



## Information about the subject

**Degree:** Bachelor of Sciences of Physical Activity and Sport

**Faculty:** Faculty of Physical Activity and Sport Sciences

**Code:** 280209 **Name:** Kinesiology

**Credits:** 6,00 **ECTS Year:** 2 **Semester:** 1

**Module:** 2) Knowledge of Basic Discipline module.

**Subject Matter:** Biological and Mechanics Basis of Human Movement **Type:** Compulsory

**Field of knowledge:** Health and functional assessment

**Department:** Physical Preparation and Conditioning

**Type of learning:** Classroom-based learning

**Languages in which it is taught:** Spanish

### Lecturer/-s:

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## Module organization

### 2) Knowledge of Basic Discipline module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Science and Human Movement.	6,00	Learning and Motor Development	6,00	1/2
Manifestations of the human motor	12,00	Body Language	6,00	1/2
		Perceptual-Motor Skills	6,00	2/1
Applied basis o sports	36,00	Adapted Sport and Physical Activity with Specific Educational Needs	6,00	3/1
		Adversary Sports	6,00	3/2
		Collective Sports	6,00	2/2
		Individual Sports	6,00	2/1
		Local Games and Sports	6,00	2/2
		Sport in the Natural Environment	6,00	3/2
Biological and Mechanics Basis of Human Movement	18,00	Biomechanics of Physical Activity	6,00	3/2
		Kinesiology	6,00	2/1
		Physiology of Exercise	6,00	2/2



## Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1        Acquiring basic theory knowledge.
- R2        Apply the lessons learned.
- R3        Know the methodology of joint and muscle balance assessment.
- R4        Be able to handle correctly and effectively needed material for assessing joint and muscle
- R5        Find bibliographic information from different sources of scientific interest.



## Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

GENERAL		Weighting			
		1	2	3	4
CG1	Understanding scientific literature in English and other important languages widely used in the scientific field achieving a good management of information		X		
CG3	Develop skills to solve problems through decision-making				X
CG4	Transmit any information regarding the contents of body expression both in writing and orally		X		
CG6	Develop interpersonal skills and teamwork, both international and domestic contexts and in interdisciplinary teams and non-interdisciplinary		X		
CG7	Be capable of critical reasoning using the knowledge gained				X
CG10	Develop skills to adapt to new situations and autonomous learning		X		
CG13	Being able to apply theoretical knowledge in practice			X	
CG14	Use Internet well as communication and as a source of information		X		
SPECIFIC		Weighting			
		1	2	3	4
CE5	Know and understand the effects of the practice of body language and its manifestations in the personal development and health improvement				X
CE7	Know and understand the foundations, structure and function of body language in relation to human movement				X
CE8	Knowing and understanding the structure and function of different forms human motor function			X	



CE18 Select and know how to use the most appropriate teaching materials and resources for each type of activity

x

CE19 Learn to apply the techniques of information and communication within the body expression

x

## Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4	70,00%	Written/oral and/or practical tests.
R1, R2, R3, R4, R5	20,00%	Completion of a project.
R3, R4	10,00%	Attendance at interviews, seminars and practical activities.

### Observations

#### To pass the course in 1st enrolment:

- To obtain an average grade of 5 points (out of 10) in the final grade to pass the subject.
- To obtain a minimum grade of 5 points (out of 10) in the test type, in the oral test and group work, and 4.5 (out of 10) in the practical classes. In addition, in order to perform the oral test, the test must have been previously approved.
- Only collect the work on the date set by the teacher.
- If a student will not exceed the assessment made by one of the instruments considered basic (and examination papers), but the rest get a score greater than 5, will be graded at 4.5. In this case, the skills overcome will be stored in the following calls, until the 5th call (not included).
- Those students who do not take the oral and test type tests, will be graded with a "not presented" (NP), regardless of having the other competencies approved.

Attendance at all the practical sessions indicated in the timetable is compulsory. Additionally for this subject, in the case of not attending 80% of these, the student will fail the two sessions of the course, having to make them up in the following enrolment.

Students may keep the assessment instruments passed during the 3 years following the first enrolment.

According to article 4.2. of the UCV Assessment Guidelines, the limit for absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.



## Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1      Exhibition of contents by the teacher.
- M2      Dynamics and group activities.
- M3      Resolution of problems and cases.
- M5      Discussion in small groups.
- M6      Practical lesson.



## IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
PRACTICAL /SEMINAR CLASS: Dynamics and group activities. Resolution of problems and cases. Laboratory practices. Data search in a computer room, library... Meaningful construction of knowledge through the interaction and activity of the student M2, M3, M5, M6	R1, R2, R3, R4, R5	26,50	1,06
TUTORY: Learning supervision, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of schemes and indexes of the proposed works. M5	R1, R2, R3, R4, R5	2,00	0,08
EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final project. M2, M3	R1, R2, R3, R4, R5	4,00	0,16
THEORETICAL CLASS: Presentation of content by the teacher. Competency analysis. Demonstration of skills, abilities and knowledge in the classroom. M1, M2, M5	R1	27,50	1,10
<b>TOTAL</b>		<b>60,00</b>	<b>2,40</b>



## LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. M2, M3	R1, R3, R4, R5	37,50	1,50
AUTONOMOUS WORK: Study, Individual preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M3	R1, R2, R3, R4, R5	52,50	2,10
<b>TOTAL</b>		<b>90,00</b>	<b>3,60</b>

## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

Content block	Contents
GUIDE1:MOVEMENT	<ul style="list-style-type: none"><li>·Human Movement. Influence of the typology In human movement</li><li>·Implementation of human movement in relation to the type of exercise. Movement and exercise</li></ul>
GUIDE2: THE HUMAN BODY IN MOTION	<ul style="list-style-type: none"><li>·Plans and reference axes. Classification of movement</li><li>·Determinants of muscular work. Muscle levers</li><li>·Chains muscle</li></ul>
GUIDE3: BALANCE - ARTICULAR MUSCLE	<ul style="list-style-type: none"><li>·Balance - articular muscle</li><li>·Location right of the main movements and exercises on different body regions exercise</li></ul>





## Temporary organization of learning:

Block of content	Number of sessions	Hours
GUIDE1:MOVEMENT	7,00	14,00
GUIDE2: THE HUMAN BODY IN MOTION	10,00	20,00
GUIDE3: BALANCE - ARTICULAR MUSCLE	13,00	26,00



## References

### BASIC BIBLIOGRAPHY:

- Ahonen, J., Lahtinen, T. y Sandstrom, M. (2001). Kinesiología y Anatomía aplicada a la actividad física (2ª ed.). Paidotribo.
- Ayuso Gallardo, J. L. (2008). Anatomía funcional del aparato locomotor (1ª ed.). Wanceulen.
- Boyle, M. (2017). El entrenamiento funcional aplicado a los deportes (1ª ed.). Ediciones Tutor, SA.
- Busquet, L. (2002). Las cadenas musculares (Tomo 1-4. 1ª ed.). Paidotribo.
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- Rasch, P.J. y Burke, R.K. (1991). Kinesiología y anatomía aplicada: La ciencia del movimiento humano (1ª ed.). El Ateneo.
- Taboadela, C.H. (2007). Goniometría. Una herramienta para la evaluación de las incapacidades laborales (2ª ed.). Asociart ART.
- Thompson, C. y Floyd, R.T. (1996). Manual de Kinesiología estructural (2ª ed.). Paidotribo.
- Walter, B. (2009). Anatomía y estiramientos: Guía de estiramientos: Descripción anatómica (1ª ed.). Paidotribo.

### WEBSITES:

- <http://temadeporte.blogspot.com/>  
<https://www.efisioterapia.net/articulos>



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## Course guide

Year 2024/2025  
280209 - Kinesiology

<https://es.khanacademy.org/science/ap-biology>  
<https://www.fisioterapia-online.com/>  
<https://www.muscleandmotion.com>

