



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: -

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

PRICA Alejandro Sanz Bayo (**Responsible Lecturer**)

alejandro.sanz@ucv.es



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.



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
TOTAL		60,00	2,40



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
TOTAL		90,00	3,60

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
GUIDE1:MOVEMENT	·Human Movement. Influence of the typology In human movement ·Implementation of human movement in relation to the type of exercise. Movement and exercise
GUIDE2: THE HUMAN BODY IN MOTION	·Plans and reference axes. Classification of movement ·Determinants of muscular work. Muscle levers ·Chains muscle
GUIDE3: BALANCE - ARTICULAR MUSCLE	·Balance - articular muscle ·Location right of the main movements and exercises on different body regions exercise



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.
- Calais, B. (1991). Anatomía para el movimiento (Tomo I. 12ª ed.). Los Libros de la Liebre de Marzo.
- Calais, B. (1994). Anatomía para el movimiento (Tomo II. 12ª ed.). Los Libros de la Liebre de Marzo.
- Carr, K. (2021). Anatomía del entrenamiento funcional (1ª ed.). Ediciones Tutor, SA
- Clarkson, H. (2003). Proceso evaluativo músculo esquelético (1ª ed. 12ª ed.). Paidotribo.
- Contreras, B. (2014). Anatomía del entrenamiento de la fuerza con el propio peso corporal. guía ilustrada para mejorar la fuerza, la potencia y la definición muscular (1ª ed.). Ediciones Tutor, SA
- Delavier, F. (2001). Guía de los movimientos de musculación. Descripción anatómica (4ª ed.). Paidotribo.
- Enoka, R. (1994). Neuromechanical Basis of Kinesiology (2ª ed.). Human Kinetics.
- Guyard, J. C. (2008). Manual práctico de cinesiología (2ª ed.). Paidotribo.
- Kapandji, Y.A. (1982). Cuadernos de fisiología articular (Tomo 1, 2, 3. 6ª ed.). Masson.
- Kendall, F.P. y Kendall McCreary, E. (1985). Músculos, pruebas y funciones (5ª ed.). Jims.
- Kendall, F. P. (2007). Músculos: pruebas funcionales, postura y dolor (5ª ed.). Marban.
- Lloret, M. y Sancha, J.A. (2003). Anatomía aplicada a la actividad fideodeportiva (3ª ed.). Paidotribo.
- Milo, J. (2020). Manual de Fuerza Anatomía y entrenamiento (1ª ed.). Jeronimo Milo.
- Neumann, D. A. (2016). Kinesiology of the musculoskeletal system (3rd ed.). Mosby.
- Plas, F., Viel, E. y Blanc, E. (1984). La marcha humana: cinesiología dinámica, biomecánica y patomecánica (1ª ed.). Masson.
- Rasch, P.J. y Burke, R.K. (1991). Kinesiología y anatomía aplicada (2ª ed.). El Ateneo.
- 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>



Universidad
**Católica de
Valencia**
San Vicente Mártir

Course guide

Year 2023/2024
280209 - Kinesiology

<https://es.khanacademy.org/science/ap-biology>

<https://www.fisioterapia-online.com/>

<https://www.muscleandmotion.com>





Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

Situation 1: Teaching without limited capacity (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

Situation 2: Teaching with limited capacity (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

☒ Microsoft Teams

☒ Kaltura



Situation 3: Confinement due to a new State of Alarm.

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

☒ Microsoft Teams

☒ Kaltura

Explanation about the practical sessions:



2. System for Assessing the Acquisition of the competences and Assessment System

ONSITE WORK

Regarding the Assessment Tools:

☒

The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

☐

The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

Comments to the Assessment System: