



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280213 **Name:** Individual Sports

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

Module: 2) Obligatory Formation module.

Subject Matter: Sports Fundamentals. **Type:** Compulsory

Field of knowledge: Ciencias sociales y Jurídicas.

Department: Sports Training

Type of learning: Classroom-based learning

Languages in which it is taught:

Lecturer/-s:

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Module organization

2) Obligatory Formation module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Manifestations of human motor skills.	18,00	Body Language	6,00	1/1
		Perceptual Motor Skills	6,00	1/2
		Physical Activity in Nature	6,00	2/2
Sports Fundamentals.	42,00	Adapted Sport and Inclusive Physical Activity	6,00	2/2
		Adversary Sports	6,00	2/1
		Individual Sports	6,00	2/1
		Motor Learning and Development	6,00	1/1
		Native Sports and Games	6,00	1/2
		Team Sports	6,00	2/2
		Training Theory and Practice in PA	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 Correct and optimize the technical execution of tasks / exercises / technical gestures of individual sports, providing adequate feedback (relying on different methodologies: observational, videos and biomechanics).
- R2 Describe and prioritize at a practical level according to ages, levels and contexts, the shaping elements of the coordinating structure that make up different individual sports .
- R3 Design and apply tasks, sessions and programs for the development of the coordination skills of individual sports, using a teaching-learning methodology suitable for the initiation stage.



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
CG2 Know how to apply information and communication technologies (ICT).			X	
CG3 Develop skills to solve problems through decision making.			X	
CG4 Convey any related information properly both in writing and orally.			X	
CG5 Plan and organize any activity efficiently.			X	
CG7 Be able to carry out critical reasoning using the knowledge acquired.				X
CG13 Be able to apply theoretical knowledge in practice.				X
CG14 Use the internet properly as a means of communication and as a source of information.			X	
CG15 Transmit the knowledge acquired both to people specialized in the matter and to people not specialized in The subject in question.			X	

SPECIFIC	Weighting			
	1	2	3	4
CE 1.1 Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process efficiently, developing the entire course of action in all sectors of intervention professional of physical activity and sports (formal and informal physical-sports education; physical and sports training; exercise physical for health; direction of physical activity and sport).				X



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3	30,00%	Carrying out a project.
R1, R2, R3	40,00%	Written / oral and / or practical tests.
R1, R2, R3	10,00%	Active participation.
R1, R2, R3	20,00%	Oral presentation of individual and / or group works.

Observations

Criteria for granting a grade of A with honors:

·Sum of the scores higher than 9 pts. , in order of highest to lowest based on the number of students and relationship as indicated in the rules of the UCV.

·In case of equal number of the final note, the professor will take into account the interest, commitment and participation of students in the course.

To pass the subject or in the 1st enrolment will be essential:

- Get a note equal to or greater than 50% of the value of the theoretical-practical test.
- Get a note equal to or greater than 50% of the total value in the execution, delivery (in the date established) and exposure of the group work.
- Add 5 points or more between the different sections of the assessment.
- Those students who do not comply with the requirements to overcome the subject but that the overall rating is equal to or greater than 5 pts will be rated with 4.5 pts.



RITERIA FOR GRANTING A GRADE OF WITH HONORS:

- In order to considering a candidate for honors, it is necessary to have a minimum mark of 9
- Whenever two students get the same qualification, the lecturer will take into account the student's interest, predisposition and implication in the subject.
- According to UCV's rules, the number of Distinctions granted will not exceed 5% of students enrolled in a subject in the corresponding academic year unless enrolment is under 20, in which case only one Distinction may be granted.

SHORT GUIDE OF THE SUBJECT IN FIRST ENROLMENT:

- In order to passing the subject, it is necessary to have a minimum mark of 4.5 of each part of the subject (assessment tools), obtaining an average mark of 5.
- Partial marks obtained will be kept for the second enrolment.
- Students with a failing grade in some of the assessment tools, but an average mark higher than 5, will be graded with a mark of 4.5.

Learning activities

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

- M2 Group dynamics and activities.
- M3 Practical lesson.
- M4 Presentation of content by the teacher.
- M5 Laboratory practices.
- M7 Small group discussion.
- M8 Resolution of problems and cases.
- M9 Attendance at practices.



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
<p>THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M2, M5</p>	R1, R2, R3	27,50	1,10
<p>PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer room, library, etc. Meaningful construction of knowledge through interaction and student activity. M2, M3, M5, M7</p>	R1, R2, R3	26,50	1,06
<p>TUTORING: Supervision of learning, evolution. Small group discussion. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M2, M5, M7, M8</p>	R1, R2, R3	2,00	0,08
<p>EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2, M3</p>	R1, R2, R3	4,00	0,16
TOTAL		60,00	2,40



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to expose or deliver in classes and / or in tutoring. M2, M3	R1, R2, R3	35,00	1,40
SELF-EMPLOYED WORK: Study, individual preparation of exercises, works, memories, to expose or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M3	R1, R2, R3	55,00	2,20
TOTAL		90,00	3,60



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
BLOCK I. GENERAL INTRODUCTION TO THE INDIVIDUAL SPORTS	Historical background. Classification and taxonomy. Structures of individual sports. Fields of application of the various individual sports. Installation and materials. Current regulations.
BLOCK II. FUNDAMENTALS OF THE INITIATION OF INDIVIDUAL SPORTS	Biomechanical principles that are based on different individual sports techniques in different media. Stages evolutionary learning of individual sports. Requirements for level of physical capacities of different individual sports. Review and critical analysis of the various models of sports initiation.
BLOCK III. DEVELOPMENT AND PLANNING LEARNING OF INDIVIDUAL SPORTS.	Description of basic techniques and tactics Learning exercises of different individual sports, depending on the evolutionary stage. Design and progressions didactic sessions of individual sports in different areas of application.



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK I. GENERAL INTRODUCTION TO THE INDIVIDUAL SPORTS	4,00	8,00
BLOCK II. FUNDAMENTALS OF THE INITIATION OF INDIVIDUAL SPORTS	6,00	12,00
BLOCK III. DEVELOPMENT AND PLANNING LEARNING OF INDIVIDUAL SPORTS.	20,00	40,00



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Habilidades gimnásticas: minicircuitos. Colección Unidades Didácticas. Barcelona: INDE.

INTERESTING

WEBSITES: <http://www.i-natacion.com> <http://www.todonatacion.com/> <http://swimmingcoach.org/> <http://www.rfen.es/> <http://www.rfea.es/> <http://www.watchathletics.com/> <http://www.mundoatletismo.com/> www.facv.es www.elatleta.com www.foroatletismo.com <http://acrosport.roudneff.com/> <http://www.rfegimnasia.es/>



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: