



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280217 **Name:** Training Theory and Practice in PA

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

Module: 2) Obligatory Formation module.

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

Field of knowledge: Ciencias de la Salud

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) 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 Design programs and tasks for the development of different basic physical capacities (strength, endurance, speed and range of movement), complementary (Coordination, Balance, Agility and Proprioception) and technical-tactical-strategy in different training contexts.
- R2 Analyze and critically discriminate various sources of documentary information (in Spanish and English) on methods and / or theories related to physical-sports training.
- R3 Correctly select different instruments and technologies to manage the process of physical-sports preparation and / or training in different contexts.
- R4 Argue and justify in an organized and understandable way (written or oral) methods, techniques, exercises and physical activity programs depending on the type of population and context of application.



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
CG6	Develop interpersonal relationship skills and teamwork, both in international and national contexts and in interdisciplinary as well as non-interdisciplinary teams.	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			

SPECIFIC		Weighting			
		1	2	3	4
CE 1.2	Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, evaluation technical-scientific and / or dissemination in different contexts and in all sectors of professional intervention of physical activity and sport.				X
CE 1.3	Communicate and interact appropriately and efficiently, in physical and sporting activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.			X	



CE 2.1 Adapt the educational intervention to the individual characteristics and needs for the entire population and with emphasis on special populations such as: schoolchildren, the elderly (elderly), people with reduced mobility and Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with an emphasis on populations of a special nature such as: the elderly (elderly), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and / or prescribed by a doctor), taking into account gender and diversity. diversity.

X

CE 2.3 Design and apply fluently, naturally, consciously and continuously physical exercise and adequate physical condition, efficient, systematic, varied, based on scientific evidence, for the development of adaptation and improvement processes or readaptation of certain capacities of each person in relation to human movement and its optimization; with the purpose of be able to solve unstructured, increasingly complex and unpredictable problems and with an emphasis on populations of character special.

X

CE 2.5 Know how to re-adapt, retrain and / or re-educate people, groups or teams with injuries and pathologies (diagnosed and / or prescribed by a doctor), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.

X

CE 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote the adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their integral health, well-being and quality of life, and with emphasis on populations of a special nature such as: the elderly (elderly), schoolchildren, people with disability and people with pathologies, health problems or similar (diagnosed and / or prescribed by a doctor) attending gender and diversity.

X

CE 6.1 Know and understand the bases of the methodology of scientific work.

X



CE 7.3 Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduated in Sciences of Physical Activity and Sports as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the goals and benefits of physical activity and sport in an adequate, safe, healthy and efficient way in all the physical-sports services offered and provided and in any sector professional of physical activity and sports.

X

Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4	40,00%	Carrying out a project.
R1, R2, R3, R4	40,00%	Written / oral and / or practical tests.
R1, R2, R3, R4	20,00%	Active participation.

Observations

- The student will be able to keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is necessary to obtain 50% in all the instruments to pass the subject. If this criterion is not met, the student will be graded with a maximum of 4.5 in said call.
- Attendance to the practical sessions indicated in the schedule is mandatory. In case of not attending 70%, the student will not be evaluated during that academic year in accordance with article 8 of the UCV exam regulations (it will appear as a Not Presented).



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
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M4	R1, R2, R3, R4	27,50	1,10
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, M8, M9	R1, R2, R3, R4	26,50	1,06
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. M4, M8	R1, R2, R3, R4	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 degree project. M2, M8	R1, R2, R3, R4	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, M7	R1, R2, R3, R4	10,00	0,40
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. M8	R1, R2, R3, R4	80,00	3,20
TOTAL		90,00	3,60

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
1 General conceptualization in the field of physical-sports training.	1 General conceptualization in the field of physical-sports training.
2 Factors involved in physical-sports training.	2 Factors involved in physical-sports training.
3 Basic principles of physical-sports training.	3 Basic principles of physical-sports training.
4 Basic physical skills training: Strength, endurance, speed and range of motion.	4 Basic physical skills training: Strength, endurance, speed and range of motion.
5 Training of complementary capacities.	5 Training of complementary capacities.



Temporary organization of learning:

Block of content	Number of sessions	Hours
1 General conceptualization in the field of physical-sports training.	1,00	2,00
2 Factors involved in physical-sports training.	3,00	6,00
3 Basic principles of physical-sports training.	3,00	6,00
4 Basic physical skills training: Strength, endurance, speed and range of motion.	21,00	42,00
5 Training of complementary capacities.	2,00	4,00



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