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: Health Sciences

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 Developing Basic Physical Capacities (Strength, Endurance, Speed, and Range of Motion), Complementary Skills (Coordination, Balance, Agility, and Proprioception), and Technical-Tactical-Strategic Aspects in Different Training Contexts.

R2 Critically Analyze and Discriminate Various Documentary Information Sources (in Spanish and English) Related to Methods and Theories in Physical-Sports Training.

R3 Select Appropriate Instruments and Technologies Based on Theoretical-Practical Grounding to Manage the Physical-Sports Preparation and Training Process in Different Contexts.

R4 Organize and Justify Methods, Techniques, Exercises, and Physical Activity Programs in a Clear and Understandable Manner (Written or Oral) Based on Population Type and Context of Application.

Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4	40,00%	Written and/or practical tests.
R1, R2, R3, R4	40,00%	Individual or Group Work / Project.
R1, R2, R3, R4	20,00%	Exercises and Practices in the Classroom.

Observations

This course is NOT eligible for a single assessment request in accordance with the provisions of Article 10.3 of the GENERAL REGULATIONS FOR THE ASSESSMENT AND GRADING OF OFFICIAL COURSES AND UCV DEGREE PROGRAMS.
Students may keep the assessment instruments passed during the 3 years following the first enrolment.
It is necessary to obtain 50% in all assessment instruments to pass the subject.
Attendance at all the practical sessions indicated in the timetable is **compulsory**. Additionally for this subject, in the event of not attending **70%** of these, the student will fail the two sessions of the course, having to make them up in the following enrolment.
In case of not fulfilling any of these criteria, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written and/or practical

It consists of a single final exam on the dates of the official call (1st and/or 2nd call)
The exam is carried out in 2 phases:

·Multiple-choice test of 15-30 questions (25% of the final exam mark):

·Several answer options, penalty of 25% to 50% depending on the magnitude of the error in the answer).

·True/false; Matching; Short answer (one word, number or phrase (no penalty for incorrect answers).

·Must be passed with at least 5 points in order to proceed to the 2nd part of the exam (development).

·Developmental exam-3-6 questions: (75% of the final exam mark):

·Theoretical: Development questions related to the theoretical contents of the syllabus.

·Practical: Development questions related to the practical content of the syllabus.

·It is assessed according to the use of specific slang and content included in the subject.

·It must be passed with at least 5 points in order to pass the theoretical part.
Students who have passed the multiple-choice part, but not the development part, will have to retake only the development part at the next exam session. In case of failing the developmental part, students must take both parts (test and developmental part) at the next registration.

Individual or Group Work / Project

Part 1: Individual Work (20%)

·Assessable Forums and Quizzes (10%)+ Individual Work (10%)

Part 2: Group Work (20%)

The papers will be submitted in digital format on UCVnet, and a hard copy may also be requested (1 copy per participant / group) within the established deadlines. Failure to submit the work on time will result in the **non-evaluation** of that work.

Exercises and Practices in the Classroom

Delivery of activities, questionnaires, forums, surveys, during theoretical or practical classes, seminars and exhibitions. This grade may be penalised for 'inadequate' behaviour in class (late arrival or early departure, lack of attention - cannot be made up in subsequent examinations.

Others: In addition, the collaboration-participation in research projects developed by professors of the Faculty of CCAFD of the UCV and/or the attendance to scientific-formative events (Conferences, Congresses, Symposiums,...) related to Physical Sports Training during the time period in which the subject is taught will be evaluated (up to 0,5 Pts. that will be added to the final grade, once the rest of the sections of the evaluation have been approved).

The detailed explanation (procedure for the assignments) as well as the assessment tools (worksheets or rubrics) for each section will be posted on the platform of each group at the student's disposal.

Use of Artificial Intelligence Tools in the CAFD Degree Program

Use of Artificial Intelligence tools in the CAFD degree program In the Bachelor's Degree in Physical Activity and Sports Sciences (CAFD), the use of Artificial Intelligence (AI) tools is permitted in a complementary and responsible manner, as long as it contributes to active learning, the development of critical thinking, and the improvement of students' professional skills. Under no circumstances should AI replace personal effort, direct practice, or independent reflection, which are fundamental pillars of this degree program.

Permitted Uses of AI:
·Obtaining alternative explanations of theoretical or methodological concepts.
·Generating outlines, concept maps, or summaries to support study.
·Simulating interviews, questionnaires, or training sessions as part of methodological or research practices.
·Receiving feedback on report writing, provided that the original content is the student's own.
·Supporting the search for bibliography or scientific references, always contrasting with reliable and real academic sources, and respecting the CAFD regulations for the presentation of university work.

Prohibited Uses of AI:
·Writing complete sections of academic papers, classroom exercises and practices, internship reports, journals, or portfolios, as well as the Final Degree Project.
·Formulating hypotheses, objectives, or conclusions for academic work.
·Replacing qualitative or quantitative data analysis with automated tools without human validation.
·Creating videos, presentations, or avatars with AI as a substitute for the student's oral or practical presentation.
·Obtaining automatic answers to tests, rubrics, or assessable activities through the use of AI.

Citation and Attribution Guidelines:
·Any use of AI tools must be explicitly acknowledged in the submitted document (e.g., in a footnote or appendix).
·The name of the tool, the purpose of use (e.g., grammatical review, organization of ideas, interview simulation), and where it was used in the work must be indicated.
·Responsible use of AI will be evaluated within the framework of originality, academic honesty, and digital competence.

Additional recommendations:
Students are encouraged to combine the use of AI with traditional methods (manual problem solving, practical session design, direct observation, etc.) to ensure the comprehensive development of their skills.

If there are any doubts about the permitted use of AI in a specific activity, students should consult the faculty responsible for the course.

Learning activities

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

M1 Attendance at practices.

M2 Resolution of problems and cases.

M3 Discussion in small groups.

M4 Practical laboratories.

M5 Presentation of content by the teacher.

M6 Practical lesson.

M7 Group dynamics and activities.

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. M5	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 classroom, library, etc. Meaningful construction of knowledge through student interaction and activity. M1, M2, M6, M7	R1, R2, R3, R4	26,50	1,06
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, M7	R1, R2, R3, R4	4,00	0,16
TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M2, M5	R1, R2, R3, R4	2,00	0,08
TOTAL		**60,00**	**2,40**

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring. M3, M7	R1, R2, R3, R4	10,00	0,40
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces. M2	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 conceptualisation in the field of physical-sport training.	General conceptualisation in the field of physical-sport training.
2. Factors that intervene in physical-sport training.	Factors that intervene in physical-sport training.
3. Basic principles of physical-sport training.	Basic principles of physical-sport training.
4. Training of basic physical capacities: Strength, resistance, speed and range of movement.	Training of basic physical capacities: Strength, resistance, speed and range of movement.

Temporary organization of learning:

Block of content	Number of sessions	Hours
1. General conceptualisation in the field of physical-sport training.	1,00	2,00
2. Factors that intervene in physical-sport training.	3,00	6,00
3. Basic principles of physical-sport training.	3,00	6,00
4. Training of basic physical capacities: Strength, resistance, speed and range of movement.	23,00	46,00

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