



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280304 **Name:** Sport in the Natural Environment

Credits: 6,00 **ECTS** **Year:** 3 **Semester:** 2

Module: 2) Knowledge of Basic Discipline module.

Subject Matter: Applied basis o sports **Type:** Compulsory

Field of knowledge: SPORT TRAINING

Department: -

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:



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 To acquire basic knowledge and theoretical-practice understanding of the area of the outdoor sports
- R2 To demonstrate practical capacities in the development of the outdoor sports.
- R3 To carry out efficiently the tasks assigned as much as member of an equipment as of individual form.
- R4 To design suitable proposals of intervention, analyzing the context and the particularities of the students.
- R5 To harness the creativity, putting in practice the theoretical and practical knowledge acquired in the education-learning process and to elaborate and to present a project against the rest of companions.



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	
CG2 Ability to apply information technology and communication (ICT)			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
CG5 Plan and organize any activity efficiently				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
CG8 Being able to recognise multicultural and diverse environment			x	
CG9 Knowing and complying with the professional ethics necessary to work				x
CG10 Develop skills to adapt to new situations and autonomous learning			x	
CG11 Develop skills for creativity, initiative and entrepreneurship			x	
CG13 Being able to apply theoretical knowledge in practice				x
CG14 Use Internet well as communication and as a source of information				x



Year 2023/2024

280304 - Sport in the Natural Environment

CG15 Conveying the acquired knowledge both to specialists in the subject
and to people who are not experts on it

X

CG18 Being able to assess themselves

X

SPECIFIC	Weighting				
		1	2	3	4
CE1 Knowing and understanding the contents within the scope of Physical Activity and Sports Science				X	
CE2 Acquiring the basic scientific knowledge to different areas of Physical Activity and Sports and understanding literature in the field of physical Activity sports in English and in the other important languages widely used in the scientific field achieving a good management of information			X		
CE10 Design, plan and evaluate content of body language to improve motor skills					X
CE11 Promote and evaluate various expressive forms			X		
CE16 Planning, developing and assessing physical activity programmes			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, R4	45,00%	Written/oral and/or practical tests.
R1, R2, R3, R4, R5	10,00%	Participation and self-assessment.
R1, R2	10,00%	Attendance at interviews, seminars and practical activities.
R1, R2, R3, R4, R5	20,00%	Oral exhibition of individual and / or group works.
R1, R3	15,00%	Autonomous work.

Observations

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.
- M4 Laboratory practices.
- M5 Discussion in small groups.



M6 Practical lesson.

M7 Internship assistance.





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	22,00	0,88
TUTORIAL: 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, R4	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, R2, R3	32,00	1,28
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, R2, R3, R4	50,00	2,00
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, R5	40,00	1,60
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: THE OUTDOOR ACTIVITIES	1. Approach to the outdoor activities
BLOCK II: FUNDAMENTAL ACTIVITIES IN OUTDOOR SPORTS	2. Cartography and orienteering 3. To move in the nature: progression techniques and groups conduction. 4. Permanence in the natural surroundings: basic equipment, needs and overnight stay 5. Environmental education: “without leaving track” 6.- Cabuyería and handling of cords
BLOCK III: SPECIFIC ACTIVITIES	7. Snow and ice activities 8. Land activities 9. Water activities
BLOCK IV: RECREATIONAL ACTIVITIES	10. Games at outdoor



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK I: THE OUTDOOR ACTIVITIES	2,00	4,00
BLOCK II: FOUNDAMENTAL ACTIVITIES IN OUTDOOR SPORTS	11,00	22,00
BLOCK III: SPECIFIC ACTIVITIES	13,00	26,00
BLOCK IV: RECREATIONAL ACTIVITIES	4,00	8,00



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BASIC BIBLIOGRAPHY:

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WEB LINKS:

<http://www.femecv.com>

<http://www.fedme.es>

<http://www.fedocv.org>

<http://www.fedo.org>

<http://www.revistatrail.com>

<http://www.sporttraining.es>

<http://www.altorendimiento.com>

<http://www.cienciaydeporte.net>

<http://revistaeducacionfisica.com/>

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Programa de Televisión Temps d'Aventura de Canal 33: <http://www.ccma.cat/tv3/temps->



aventura/

Programa de Televisión Evasión de RTVE: <http://www.rtve.es/alacarta/videos/evasion/>

Revista Alternativa de montaña: <http://www.betijuelo.net/>

http://orienteering.org/wp-content/uploads/2010/12/Silva_BOOK_Ages-6- 12_English_web.pdf

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MAGAZINES:

Ágora

Aire Libre

Apunts de Educación Física.

Barrabés Cuadernos Técnicos

Motricidad.

Desnivel

Grandes Espacios. Turismo Activo

Tandem



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:

They will adapt to the possibilities of the students and the circumstances.



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
Seminar	15	This instrument disappears.	Ucv Platform and others
Autonomus work	10	Go up to 25% to compensate the impossibility to conduct practical seminars.	Microsoft Teams y Plataforma UCVnet

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

Comments to the Assessment System:

The rest of the instruments will be kept, with possible adaptations to the current circumstances and the possibilities of the students.

