



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280306 **Name:** Teaching and Methodology of Physical and Sport Activities

Credits: 6,00 **ECTS Year:** 3 **Semester:** 1

Module: 3) Applied Knowledge module

Subject Matter: Teaching physical activity and sports **Type:** Compulsory

Field of knowledge: Management and didactics in physical activity

Department: Physical Activity Management and Didactics

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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Module organization

3) Applied Knowledge module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Teaching physical activity and sports	6,00	Teaching and Methodology of Physical and Sport Activities	6,00	3/1
Sports Training	6,00	Theory and Practice of Physical Conditioning	6,00	3/2
Physical Activity and Quality of Life	6,00	Physical Activity and Health	6,00	3/1
Sport and Recreation Management	6,00	Planning and Sports Organisation	6,00	3/2



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 Acquisition of basic knowledge.
- R2 Learning to perform a search and effective selection of information to extend and customize the theoretical content of the course.
- R3 Know how to design, develop and evaluate planning and programming relating to physical activity and sport, taking into account the individual characteristics in different contexts.
- R4 Applying pedagogical principles in the field of sport and physical activity in different contexts.
- R5 Learn to contribute ideas, to respect those made by peers and teachers and accept criticism about their work.
- R6 Learn to present oral work.
- R7 Learn to synthesize and organize information.
- R8 Learn to express in writing the knowledge acquired.
- R9 Learning to work together and make decisions.



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	
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		
CG7	Be capable of critical reasoning using the knowledge gained	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	
SPECIFIC	Weighting				
		1	2	3	4
CE10	Design, plan and evaluate content of body language to improve motor skills				X



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R7, R8	40,00%	Written/oral and/or practical tests.
R2, R3, R4, R7, R8	40,00%	Completion of a project.
R1, R5, R6, R7, R8, R9	20,00%	Attendance at interviews, seminars and practical activities.

Observations

CRITERIA FOR GRANTING A GRADE WITH HONORS:

In order to considering a candidate for the mention of this distinction, it is necessary to have a minimum mark of 9. Whenever two students get the same mark, the teacher will take into account the interest in the subject, behaviour and implication of the students. The number of distinctions granted will not exceed 5% of students enrolled in a subject in the corresponding academic year unless enrollment is under 20, in which case only one Distinction may be granted (Royal Decree 1125/2003).

To overcome the subject in the 1st enrolment:

- It will be necessary to pass the course and add all paragraphs must overcome both theoretical examination as exhibition and design programming.
- Any teacher in the study guide, define the percentages to be applied in each part of the evaluation.
- Students who do not meet the requirements to pass the course but the overall rating is equal to or greater than 5 pts. will be rated at 4.5 pts.
- Scores on the different assessment tests that have passed with 5 or more, be saved until fourth call including wing.



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
<p>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</p> <p>M2, M3, M5, M6</p>	R3, R4, R6, R7, R8, R9	6,00	0,24
<p>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.</p> <p>M5</p>	R1, R2, R7	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 project.</p> <p>M2, M3</p>	R1, R5, R6, R7, R8	3,00	0,12
<p>THEORETICAL CLASS: Presentation of content by the teacher. Competency analysis. Demonstration of skills, abilities and knowledge in the classroom.</p> <p>M1, M2, M5</p>	R1	45,00	1,80
TOTAL		56,00	2,24



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	R2, R9	48,50	1,94
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	R2, R6, R7, R8	45,50	1,82
TOTAL		94,00	3,76

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
BLOCK I:	Unit 1: Conceptual approach to the teaching methodology Unit 2: Specific Teaching Physical Education
BLOCK II:	Unit 3: Elements of planning and its context. Unit 4: Teaching Methods of Physical Activity and Sports. Unit 5: Assessment of Physical Activity and Sports. Unit 6: How to do a programming?
BLOCK III	Unit 7: Laws of Education. Unit 8: Basic Competences. Unit 9: Levels of curricular. Design and Curriculum Development in Physical Education. Curricular adaptations.



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK I:	3,00	6,00
BLOCK II:	20,00	40,00
BLOCK III	5,00	10,00



References

BASIC BIBLIOGRAPHY:

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WEBSITES:

www.profes.net

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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:

No changes will be made in the assessment instruments, but an adaptation of the tasks depending on the circumstances will be made if necessary.