



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280308 **Name:** Social Skills and Group Dynamics

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

Module: 4) Instrumental knowledge module

Subject Matter: Social Skills and group dynamics **Type:** Compulsory

Field of knowledge: Management and didactics in Physical Activity

Department: Basic Sciences

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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Module organization

4) Instrumental knowledge module

Subject Matter	ECTS	Subject	ECTS	Year/semester
English.	6,00	English. Specific English	6,00	1/2
Social Skills and group dynamics	6,00	Social Skills and Group Dynamics	6,00	3/1
New Technologies Applied to Physical Activity.	6,00	New Technologies Applied to Physical Activity	6,00	1/1



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 Learn to make a search for information to expand and personalize the theoretical content of the course.
- R3 Learning to analyze the internal dynamics of groups and using techniques for conflict resolution.
- R4 Learn to use assessment and intervention strategies in improving social skills.
- R5 Learning to evaluate different variables of interest to study aspects of the group.
- R6 Learning to lead a group of assertive.
- R7 Learn to present oral or written, work individually or in groups.
- R8 Learning to Work as a team, taking the decisions necessary for the proper functioning of the scheduled tasks.
- R9 Learning to synthesize and organize information.
- R10 Learn to Design cheerleading programs.



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	
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	
CG12	Developing leadership abilities				X
CG13	Being able to apply theoretical knowledge in practice				X
CG14	Use Internet well as communication and as a source of information			X	
CG18	Being able to assess themselves			X	



CG19 Developing habits aiming at obtaining excellence and quality at work

x

SPECIFIC

Weighting

1 2 3 4

CE6 Know and experience the practice of body language as a means of communication and personal and interpersonal relationship

x

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	40,00%	Written/oral and/or practical tests.
R2, R3, R5, R6, R7, R8, R9, R10	30,00%	Completion of a project.
R2, R3, R5, R6, R7, R8, R9, R10	30,00%	Oral exhibition of individual and / or group works.

Observations

MENTION OF HONOR:

According to article 22 of the Regulatory Regulations of the Evaluation and Qualification of the Subjects of the UCV, the mention of "Matriculation of Honor" may be awarded by the professor responsible for the subject to students who have obtained the qualification of "Outstanding". The number of "Honor Registration" mentions that may be granted may not exceed five percent of the students included in the same official act, unless it is less than 20, in which case a single "Registration of Honor".

When several students have the same average grade and there are no Honor Registrations available to all, the individual grades obtained in the assessment instruments specified in the "schedule and assessment criteria" document will be taken into account, to decide which student will be assigned grants the Matricula de Honor. The Honor Registration will be granted, taking into account the notes of the following assessment instruments, in this order: 1st Practical exposition of group work, 2nd Completion of a project and 3rd Written Test.

DEVELOPMENT OF THE SUBJECT IN SECOND AND SUBSEQUENT ENROLLMENTS:

Where will be a group for students who are not of first registration and a teacher in charge of that group. The teacher in charge of this group will conduct six follow-up sessions and tutoring for 2 hours each. In each session the subject will be developed so as to reinforce the work of the skills that each student needs to pass the course. Content assessment in the examination will be posted on the official schedule for this subject and the presentation of the project to be delivered the day of the exam. These sessions are available on the specific schedule.



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>	R1, R2, R3, R4, R5, R6, R7, R9	15,00	0,60
<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, R9	4,50	0,18
<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, R3, R4, R5	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	28,50	1,14
TOTAL		51,00	2,04



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, R7, R8	49,00	1,96
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, R9	50,00	2,00
TOTAL		99,00	3,96



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
BL I	Conceptual approach: communication, social skills, coaching, the group and group dynamics. Projects: Basic elements for the design and drafting of a proposed development of social skills through sports and physical activities. Communication. Concept and elements involved. Communication barriers. Communication Styles. Assertive communication techniques and social competence.
BL II	The group. Formation, Structure, and Roles Group dynamics techniques. Conflict Resolution. Effective planning and management of meetings.
BL III	Coaching sports. Training in the coaching process. Mediator in the sporting context Skills to be a prosocial coaching. Coaching the process of communication: interpersonal skills coach athlete relationship Coaching in grassroots sport and sports teams



Temporary organization of learning:

Block of content	Number of sessions	Hours
BL I	6,00	12,00
BL II	8,00	16,00
BL III	11,50	23,00



References

BASIC BIBLIOGRAPHY:

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COMPLEMENTARY BIBLIOGRAPHY:

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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:

There will be no changes to the assessment instruments but an adaptation of the tasks will be made depending on the circumstances.