



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280310 **Name:** Theory and Practice of Physical Conditioning

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

Module: 3) Applied Knowledge module

Subject Matter: Sports Training **Type:** Compulsory

Field of knowledge: Ciencias de la Salud

Department: Sports Training

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 Knowing the main principles, fundamentals and scopes of the application of the strength & conditioning.
- R2 Differentiating and being able to design tasks of development of different basic physical capacities (strength, endurance, flexibility, Speed) and complementary (Coordination, balance, agility and proprioception) in the strength & conditioning field.
- R3 Recognize, justify and apply in an appropriate way the principles and factors on which sports training is based on the context of professional intervention
- R4 Diagnosing, organizing and leading until the practice, basics programs of strength and conditioning adapted to different levels in professional contexts .
- R5 Developing and showing value, cooperative attitude, respect and constructive critics during the interdisciplinary team work when processing the training programs.
- R6 Searching information in different kind of bibliographic supports and analyzing it in a critical way to propose specific solutions for the problems of intervention.
- R7 Being able to prepare an organised summary on one or more components of the strength and conditioning training and exposing it in an ordinate and correct way.



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 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
CG13	Being able to apply theoretical knowledge in practice			X	
CG14	Use Internet well as communication and as a source of information	X			

SPECIFIC		Weighting			
		1	2	3	4
CE5	Know and understand the effects of the practice of body language and its manifestations in the personal development and health improvement				X



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3	40,00%	Written/oral and/or practical tests.
R1, R2, R3, R4	20,00%	Active participation.
R2, R3, R4, R5, R6	40,00%	Oral exhibition of individual and / or group works.

Observations

Criteria for granting a grade of A with honors:

·Summation of qualifications exceeding 9 pts. , in order of number of UCV granting (no. Students).

To overcome the subject in the 1st enrolment will be essential:

- Overcome with at least 5 pts the theoretical- practical exam
- Overcome 5 pts between the various sections of the evaluation (except attendance)
- In the rest of competences, the student will be evaluated again in the extraordinary enrolment (repetition of the theoretical and practical exam and presentation of the team work).
- Students whose do not reach the minimum requirements in any assessment section but they reach the mean of 5 pts, they will be pointed with 4.5 pts.
- Also, it will be added (up 0.5 Pts. to the final note, and once approved the rest of topics of the evaluation) the collaboration-participation in research projects developed by professors at the Department of Physical Education & Sport Sciences. Furthermore, assistance to scientific events (workshops, conferences, symposia,...) related to strength & conditioning.

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	17,40	0,70
<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>	R4	1,30	0,05
<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, R2, R3	2,50	0,10
<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, R2	25,00	1,00
TOTAL		46,20	1,85



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, R3, R4, R5, R6	28,80	1,15
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, R6	75,00	3,00
TOTAL		103,80	4,15



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
PRESENTATION OF THE SUBJECT AND ORGANISATION OF THE WORKING GROUPS	PRESENTATION OF THE SUBJECT AND ORGANISATION OF THE WORKING GROUPS
UD1: GENERAL ASPECTS OF SPORTS TRAINING, FIELDS AND AIMS OF TRAINING.	Physical activity, physical exercise and sport. Fitness and level of practice Definitions and concepts in the scope of the preparation and sport training. Scopes and objectives of the training
UD2: BASICS PRINCIPLES OF TRAINING	General Pedagogical principles, Specific Biological principles, Other Principles (Fatigue, Recovery, Overtraining)
UD3: FACTORS TAKING PART OF SPORTS TRAINING	The load: aspects to consider. supercompensation, fatigue and recovery, overtraining, prevention, intervention.
UD4: STRENGTH & CONDITIONING TRAINING – THE STRENGTH, THE ENDURANCE, THE FLEXIBILITY, THE SPEED	<ul style="list-style-type: none">·Fundamentals of the training of the strength. Concepts, methods of development and evaluation.·Fundamentals of the training of the resistance. Concepts, methods of development and evaluation.·Fundamentals of the training of the flexibility. Concepts, methods of development and evaluation.·Fundamentals of the training of the speed. Concepts, methods of development and evaluation.
UD5: INITIATION TO THE COMPLEMENTAR CAPACITIES TO DEVELOP (AGILITY, QUICKNESS,...)	<ul style="list-style-type: none">·Coordinative capacities. Concept, development and evaluation,·Balance. Concept, development and evaluation.·Agility. Concept, development and evaluation.·Propioception. Concept, development and evaluation



Temporary organization of learning:

Block of content	Number of sessions	Hours
PRESENTATION OF THE SUBJECT AND ORGANISATION OF THE WORKING GROUPS	1,00	2,00
UD1: GENERAL ASPECTS OF SPORTS TRAINING, FIELDS AND AIMS OF TRAINING.	2,00	4,00
UD2: BASICS PRINCIPLES OF TRAINING	3,00	6,00
UD3: FACTORS TAKING PART OF SPORTS TRAINING	3,00	6,00
UD4: STRENGTH & CONDITIONING TRAINING – THE STRENGTH, THE ENDURANCE, THE FLEXIBILITY, THE SPEED	12,00	24,00
UD5: INITIATION TO THE COMPLEMENTAR CAPACITIES TO DEVELOP (AGILITY, QUICKNESS,...)	2,10	4,20



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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: