



## Information about the subject

**Degree:** Bachelor of Sciences of Physical Activity and Sport

**Faculty:** Faculty of Physical Activity and Sport Sciences

**Code:** 280313 **Name:** Sports Training Planning and Organisation

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

**Module:** 3) Specific Obligatory Formation Module.

**Subject Matter:** Sports organization and management. **Type:** Compulsory

**Field of knowledge:** Health Sciences

**Department:** -

**Type of learning:** Classroom-based learning

**Languages in which it is taught:** Spanish

### Lecturer/-s:

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## Module organization

### 3) Specific Obligatory Formation Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Physical activity and physical exercise for health and with special populations.	12,00	Physical Activity and Health	6,00	3/1
		Prescription and Programmes for Healthy Lifestyles	6,00	4/1
Physical exercise, fitness and sports physical training.	18,00	Evaluation of Biological Condition	6,00	3/1
		Planning and Methodology of Training in PA	6,00	3/2
		Prevention and Rehabilitation of Injuries in PA	6,00	4/1
Teaching of Physical Education and Sports.	18,00	Design, Evaluation and Intervention in Educational Programmes	6,00	4/1
		Didactics and Methodology of Sports and Physical Activity	6,00	3/1
		Social Morality and Professional Deontology	6,00	4/1
Sports organization and management.	12,00	Sports Marketing	6,00	3/2
		Sports Training Planning and Organisation	6,00	3/1



## 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 Diagnose the situation of a sports organization and its context.
- R2 Design and evaluate programs, events, and physical-sports activities based on their evolution and context.
- R3 Develop measurement systems to assess the success and viability of physical-sports projects and propose improvements.
- R4 Predict the evolution of organizations, needs, resources, and activities in various domains of physical activity and sports

## 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):

Weighting				
1	2	3	4	



## 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%	Non-face-to-face autonomous work.

### Observations

Students may keep the assessment tools they have passed for three years after first enrolling.

A 50% grade is required on the following assessment tools to pass the course:

- Written and/or practical tests.
- Individual or group assignment/project.

If any of these criteria are not met, the student will be given a maximum grade of 4.5.

This course is NOT eligible for single assessment, pursuant to Article 10.3 of the GENERAL REGULATIONS FOR THE EVALUATION AND GRADING OF OFFICIAL COURSES AND DEGREES OF THE UCV.

#### OTHER CLARIFICATIONS

Written/oral and/or practical tests.

Multiple choice exam (30%) of between 30 and 50 multiple-choice and/or short-form questions.

Standard penalty system\*.

Multiple-choice mini-tests (10%) of 2-4 questions, administered in class during class. No penalty system. This section cannot be recovered in the second sitting.

#### Project Completion

Complete an individual or group project on the strategic planning of an organization that provides sports services.

Independent work.

Completion and submission of activities and questionnaires through the teaching platform.

The detailed explanation (assignment procedure) as well as the assessment tools (sheets or rubrics) for each section will be posted on each group's platform for the student's use.

#### \*Standard Penalty System

No options = No subtractions

2 options = 1 incorrect answer subtracts 100%

3 options = 1 incorrect answer subtracts 50%

4 options = 1 incorrect answer subtracts 33.3%



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# Course guide

Year 2025/2026

**280313 - Sports Training Planning and Organisation**

5 options = 1 incorrect answer subtracts 25%

6 options = 1 incorrect answer subtracts 20%





## 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	20,00	0,80
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, M3, M6, M7	R1, R2, R3, R4	32,00	1,28
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	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, M3	R1, R2, R3, R4	4,00	0,16
<b>TOTAL</b>		<b>60,00</b>	<b>2,40</b>





## 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. M2, M3	R1, R2, R3, R4	30,00	1,20
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	60,00	2,40
<b>TOTAL</b>		<b>90,00</b>	<b>3,60</b>



## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

Content block	Contents
1. The structure of the sports system and its organizations	Sports structures and their main characteristics and functions and the legislative framework that regulates them.
2. The sports legal system	Legislative framework that regulates the different national , regional and local sports organizations. Including: international organizations (such as WADA, CAS, IOC and international federations), national organizations regulated by the state sports law, professional regulation laws, and regional organizations and regulations regulated by the regional sports law.
3. Sports system: Concepts, pathways and management models	Identify the management areas of sports organizations and the regulations that affect them in different areas (elite, professional, school, etc.). Identify local sports management models.
4. The planning process in sports organizations	Culture in sports organizations. Diagnosis of the situation in sports organizations Design of plans, programs, projects and sports events Developing measurement systems in sports organizations



## Temporary organization of learning:

Block of content	Number of sessions	Hours
1. The structure of the sports system and its organizations	4,00	8,00
2. The sports legal system	10,00	20,00
3. Sports system: Concepts, pathways and management models	4,00	8,00
4. The planning process in sports organizations	12,00	24,00



## References

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