



## Information about the subject

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

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

**Code:** 280404 **Name:** Planning and Methodology of Sports Training

**Credits:** 6,00 **ECTS** **Year:** 4 **Semester:** 1

**Module:** 6-9) Professional itinerary module

**Subject Matter:** Sports training **Type:** Compulsory

**Field of knowledge:** Sports training

**Department:** -

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

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

**Lecturer/-s:**

IEDM      Didac Navarro Martínez (Responsible Lecturer)

didac.navarro@ucv.es

IEDT      Didac Navarro Martínez (Responsible Lecturer)

didac.navarro@ucv.es



## Module organization

### 6-9) Professional itinerary module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Education of the physical activity and the sport	12,00	Design, assessment and intervention of educational programs	6,00	4/1
		Pedagogy in Educational Values in Physical and Sports Activity	6,00	4/1
Sports training	12,00	Assessment of Biological Condition	6,00	4/1
		Planning and Methodology of Sports Training	6,00	4/1
Physical Activity and Quality of Life	12,00	Prescription and Assessment of Physical Exercise in Different Populations	6,00	4/1
		Promotion and Programs of Healthy Lifestyles	6,00	4/1
Management and sportive/sport recreation.	12,00	Sports Facilities	6,00	4/1
		Structure and Legislation in Sports Management	6,00	4/1

## Recommended knowledge

To have the option to chose the itinerary, students must have surpassed 6 ECTS applied knowledge relating to the itinerary, in this case the subject called Theory and Practice of Sports (3rd year).



## 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 origins, key features, rationale, and scope of planning and periodization of athletic training.
- R2 Differentiate the phases of planning and be able to develop a proposal applied in the specific context of sports training (initiation, rehabilitation of injuries or performance).
- R3 Knowing the different temporal structures periodization of training , based on that, organize and distribute reasoned training loads depending on the level of the athlete and the training context.
- R4 Know the different models of sports training periodization, and elect their suitability in the specific context of training is presented.
- R5 Develop and display values and attitudes of cooperation, respect and constructive criticism needed to optimize the operation of the "staff" or coaching characterizing interdisciplinary professional development in the field of athletic training.
- R6 Find information on the record of various literature sources and analyze it critically to find specific solutions to problems arising from intervention in the context of sports training.
- R7 Be able to prepare a written document planning-periodization of training modulating different sports performance capabilities, as well as present and defend it orally in an orderly manner.



## 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
CG10 Develop skills to adapt to new situations and autonomous learning		x		
CG13 Being able to apply theoretical knowledge in practice			x	
CG14 Use Internet well as communication and as a source of information			x	
CG19 Developing habits aiming at obtaining excellence and quality at work			x	
SPECIFIC	Weighting			
	1	2	3	4



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CE1	Knowing and understanding the contents within the scope of Physical Activity and Sports Science	X
CE5	Know and understand the effects of the practice of body language and its manifestations in the personal development and health improvement	X
CE12	Plan, develop and control the theatrical process at different levels	X
CE13	Applying physiological, biomechanical, behavioural and social principles to different fields of physical activity and sports	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, R3, R4	40,00%	Written/oral and/or practical tests.
R3, R5, R7	15,00%	Participation and self-assessment.
R2, R6, R7	20,00%	Completion of a project.
R2, R3, R4, R5, R6, R7	25,00%	Oral exhibition of individual and / or group works.

### Observations

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

- Overcoming the theoretical consideration in your overall rating (> 5 pts). Without overcoming this other scores are not added together.
- Conduct group work and overcome in his overall rating (> 5 pts). If the job is rated as No Child in its 1st rate, after amendment, according to the corrections given by the teacher, in the 2nd delivery only eligible for the Child (= 5 pts).
- Add 5 points or more between the various subsections of the assessment described to this point.
- To be reviewed in the section "record of attendance and participation-attitude in practical classes", the student must attend 80% of the sessions indicated as practical, otherwise will be valued at zero in this section of the evaluation.
- In the other sections-skills, the student will be assessed again at the extraordinary session (repetition of the theoretical and practical tests and theoretical presentation of the work to achieve the APT).



## 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.



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### 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	R2, R5, R6, R7	26,50	1,06
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	R2, R7	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, R3, 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, R3, R4	27,50	1,10
<b>TOTAL</b>		<b>60,00</b>	<b>2,40</b>



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## 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, R5, R6, R7	25,00	1,00
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	R2, R5, R6, R7	65,00	2,60
<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
UD I	Explanation of the module organization, outstanding skills and assessment criteria - passing the subject. Group formation.
UD II	Definitions and basic concepts in the field of planning and periodization of athletic training. Phases of planning and training variables to consider.
UD III	Factors affecting sports training.
UD IV	Structures of periodization of athletic training. Training periodization models.
UD V	Periodization training content according to the different contexts and temporary structures.
UD VI	Work order delivery. Call for examination and review of requirements for passing the subject.



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Temporary organization of learning:

Block of content	Number of sessions	Hours
UD I	3,00	6,00
UD II	5,00	10,00
UD III	5,00	10,00
UD IV	5,00	10,00
UD V	3,00	6,00
UD VI	9,00	18,00



## References

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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:



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## 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: