



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 281101 **Name:** -

Credits: 9,00 **ECTS Year:** 1 **Semester:** 1/2

Module: 1) Basic formation Module

Subject Matter: Biological and mechanical foundations of human motor skills. **Type:** Basic

Formation

Field of knowledge: Ciencias de la Salud.

Department: Basic Sciences

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

116PG	<u>Rosa María Maset Roig</u> (Responsible Lecturer)	rosamaria.maset@ucv.es
281A	Encarnacion Liebana Gimenez (Profesor responsable)	encarnacion.liebana@ucv.es
281B	<u>Juan Bautista Miñana Serrano</u> (Responsible Lecturer)	jb.minana@ucv.es
281C	<u>Rosa María Maset Roig</u> (Responsible Lecturer)	rosamaria.maset@ucv.es
281D	Pascual Ernesto Casañ Gosalvez (Profesor responsable)	pascual.casan@ucv.es
281X	<u>Juan Bautista Miñana Serrano</u> (Responsible Lecturer)	jb.minana@ucv.es



Module organization

1) Basic formation Module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Biological and mechanical foundations of human motor skills.	36,00	-	6,00	2/1
		-	9,00	1/2
Behavioral and social foundations of human motor skills.	24,00	-	6,00	1/1
		-	6,00	1/2
		-	6,00	2/2

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 Identify and distinguish the different components of the locomotor system and the rest of the systems of the human body that participate in physical exercise.
- R2 Critically contrast the resources and sources of information (in Spanish and English) that allow knowing the composition of the human body and its movements.
- R3 Identify the correct structure of the components of the human body that allow a healthy state.



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
CG2	Know how to apply information and communication technologies (ICT).		X		
CG3	Develop skills to solve problems through decision making.				X
CG4	Convey any related information properly both in writing and orally.				X
CG5	Plan and organize any activity efficiently.		X		
CG6	Develop interpersonal relationship skills and teamwork, both in international and national contexts and in interdisciplinary as well as non-interdisciplinary teams.			X	
CG7	Be able to carry out critical reasoning using the knowledge acquired.				X
CG9	Know and act within the ethical principles necessary for proper professional practice.		X		
CG10	Develop skills for adaptation to new situations and for autonomous learning.				X
CG11	Develop skills for creativity, initiative and entrepreneurship.		X		
CG13	Be able to apply theoretical knowledge in practice.				X
CG14	Use the internet properly as a means of communication and as a source of information.				X
CG15	Transmit the knowledge acquired both to people specialized in the matter and to people not specialized in The subject in question .		X		
CG18	Be able to self-evaluate.			X	
CG19	Develop habits of excellence and quality in professional practice.		X		



SPECIFIC	Weighting			
	1	2	3	4
CE 2.2 Identify, communicate and apply anatomical-physiological and biomechanical scientific criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and guidelines adequate; to prevent, minimize and / or avoid a health risk in the practice of physical activity and sport in all kinds of population.				X
CE 3.4 Promote education, dissemination, information and constant orientation to people and leaders about the benefits, significance, characteristics and positive effects of the regular practice of physical and sports activity and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as the information, guidance and advice on the possibilities of physical activity and appropriate sport in your environment in any professional intervention sector.				X
CE 6.1 Know and understand the bases of the methodology of scientific work.		X		
CE 6.2 Analyze, review and select the effect and efficacy of the practice of research methods, techniques and resources and Scientific work methodology, in solving problems that require the use of creative and innovative ideas.			X	



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3	20,00%	Carrying out a project.
R2, R3	50,00%	Written / oral and / or practical tests.
R1, R2, R3	10,00%	Active participation.
R1, R2, R3	20,00%	Autonomous work.

Observations

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M2 Group dynamics and activities.
- M3 Practical lesson.
- M4 Presentation of content by the teacher.
- M5 Laboratory practices.
- M7 Small group discussion.
- M8 Resolution of problems and cases.



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
<p>THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M2, M4, M7</p>	R1, R3	66,00	2,64
<p>PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer room, library, etc. Meaningful construction of knowledge through interaction and student activity. M2, M3, M7, M8</p>	R1, R2, R3	20,00	0,80
<p>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, M8</p>	R1, R2, R3	4,00	0,16
TOTAL		90,00	3,60



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to expose or deliver in classes and / or in tutoring. M2, M8	R1, R2, R3	20,00	0,80
SELF-EMPLOYED WORK: Study, individual preparation of exercises, works, memories, to expose or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M8	R1, R2, R3	115,00	4,60
TOTAL		135,00	5,40



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
1 Introduction to Human Anatomy: basic concepts	Introduction to Human Anatomy: basic concepts
2 Composition of the human body: Levels of organization	Composition of the human body: Levels of organization
3 Anatomy of the nervous system	Anatomy of the nervous system
4 Anatomy of the circulatory and cardiovascular system	Anatomy of the circulatory and cardiovascular system
5 Anatomy of the lymphatic system	Anatomy of the lymphatic system
6 Anatomy of the respiratory system	Anatomy of the respiratory system
7 Anatomy of the digestive system	Anatomy of the digestive system
8 Anatomy of the Renal System	Anatomy of the Renal System
9 Anatomy of the sense organs	Anatomy of the sense organs
10 Anatomy of the Musculoskeletal System: Bones, Joints and Muscles	Anatomy of the Musculoskeletal System: Bones, Joints and Muscles



Temporary organization of learning:

Block of content	Number of sessions	Hours
1 Introduction to Human Anatomy: basic concepts	2,00	4,00
2 Composition of the human body: Levels of organization	3,00	6,00
3 Anatomy of the nervous system	2,00	4,00
4 Anatomy of the circulatory and cardiovascular system	4,00	8,00
5 Anatomy of the lymphatic system	2,00	4,00
6 Anatomy of the respiratory system	2,00	4,00
7 Anatomy of the digestive system	2,00	4,00
8 Anatomy of the Renal System	2,00	4,00
9 Anatomy of the sense organs	1,00	2,00
10 Anatomy of the Musculoskeletal System: Bones, Joints and Muscles	25,00	50,00



References

- Calais-Germain, B. (2004). *Anatomía para el movimiento. Tomo I. Introducción al análisis de las técnicas posturales*. (2ª ed.). La liebre de marzo
- Calais-Germain, B. y Lamotte, A. (2011). *Anatomía para el movimiento. Tomo II. Bases de ejercicios*. (2ª ed.). La liebre de marzo
- Drake, R. (2020). *Gray. Anatomía para estudiantes*. Elsevier
- Hall, S. y Stephens, J. (2020). *Lo esencial en Anatomía y Fisiología*. Elsevier
- Hansen, J.T. (2019). *Netter. Cuaderno de Anatomía para colorear*. Elsevier
- Netter, F.H. (2019). *Atlas de Anatomía Humana*. Elsevier
- Norton, K. y Olds, T. (Eds.). (1996). *Antropométrica*. Biosystem Servicio Educativo. <https://g-se.com/antropometrica-bp-T57cfb26f7c870>
- Tortora, G.J. y Derrickson, B. (2017). *Principios de Anatomía y Fisiología* (15ª ed.). Editorial Médica Panamericana



2Addendum 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
- Blackboard Collaborate Ultra
- 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

Blackboard Collaborate Ultra

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: