



## Information about the subject

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

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

**Code:** 281103 **Name:** Technology Applied to Physical Activity and Sport

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

**Module:** 1) Basic formation Module

**Subject Matter:** Behavioral and social foundations of human motor skills. **Type:** Basic Formation

**Field of knowledge:** Ciencias sociales y Jurídicas.

**Department:** -

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

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

**Lecturer/-s:**

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## Module organization

### 1) Basic formation Module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Biological and mechanical foundations of human motor skills.	36,00	Biochemistry and Human Physiology	9,00	1/2
		Biomechanics of Physical Activity	6,00	2/1
		Human Anatomy	9,00	1/2
		Kinesiology	6,00	2/1
		Physiology of Exercise	6,00	2/1
Behavioral and social foundations of human motor skills.	24,00	History and Sociology of Physical Activity and Sport	6,00	1/2
		Sport Psychology	6,00	1/2
		Statistics and Data Processing	6,00	2/2
		Technology Applied to Physical Activity and Sport	6,00	1/1



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## 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      Correctly handle different technologies related to the different fields of the sciences of physical activity and sports.
- R2      Select the appropriate technological tool depending on the objective in the different fields of the sciences of physical activity and sports.
- R3      Apply citation and format standards for the preparation of academic documents.



## 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 Understand the scientific literature in English and in other languages ??of significant presence in the scientific field through proper information management.				x
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
CG7 Be able to carry out critical reasoning using the knowledge acquired.			x	
CG10 Develop skills for adaptation to new situations and for autonomous learning.				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
CG18 Be able to self-evaluate.		x		
SPECIFIC	Weighting			
	1	2	3	4
CE 2.4 Articulate and deploy an advanced level of skill in the analysis, design, and evaluation of assessment and control tests of physical condition and physical-sports performance.			x	
CE 6.1 Know and understand the bases of the methodology of scientific work.			x	



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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.

## Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3	60,00%	Carrying out a project.
R1, R2, R3	30,00%	Written / oral and / or practical tests.
R1, R2, R3	10,00%	Autonomous work.

### Observations

- The student will be able to keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is necessary to obtain a 50% in the following instruments (if this criterion is not fulfilled, the student will be graded with a maximum of 4.5 in that exam):
  - Written/oral and/or practical tests
  - Project development

## 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.



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- M5      Laboratory practices.
- M7      Small group discussion.
- M8      Resolution of problems and cases.
- M9      Attendance at practices.





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### 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. M2, M4, M7	R1, R2, R3	10,00	0,40
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	R1, R2, R3	46,00	1,84
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	R1, R2, R3	4,00	0,16
<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, memoirs, to expose or deliver in classes and / or in tutoring. M2, M8	R1, R2, R3	10,00	0,40
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	80,00	3,20
<b>TOTAL</b>		<b>90,00</b>	<b>3,60</b>



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## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

Content block	Contents
1. Introduction and evolution of Technologies in Sports Sciences	Introduction and evolution of Technologies in Sports Sciences
2 Technologies applied to education	Technologies applied to education
3. Technologies applied to research in the area of Physical Education and sport	R + D + i information sources in CCAFD. Collection, treatment and analysis of information. Dissemination of the results. Bibliographic management software (Zotero). Bibliographic citation regulations
4 Technologies applied to sports administration and management.	Management contexts in CCAFD, tables and spreadsheets, Excel.
5 Technologies applied to training	Technology for descriptive, causal and ergometric assessment. Kinovea, Golden Cheetah and LongoMatch



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Temporary organization of learning:

Block of content	Number of sessions	Hours
1. Introduction and evolution of Technologies in Sports Sciences	2,00	4,00
2 Technologies applied to education	8,00	16,00
3. Technologies applied to research in the area of Physical Education and sport	6,00	12,00
4 Technologies applied to sports administration and management.	5,00	10,00
5 Technologies applied to training	9,00	18,00



## References

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