Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282007 **Name:** Athletics

Credits: 6,00 **ECTS Year:** The course is not offered this academic year **Semester:** 1

Module: 11) Optional module

Subject Matter: Athletics **Type:** Elective

Field of knowledge: Sports Training

Department: Physical-Sports Disciplines and Activities

Type of learning: Classroom-based learning

Languages in which it is taught:

Lecturer/-s:

Module organization

11) Optional module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Athletics	6,00	Athletics	6,00	This elective is not offered in the academic year 25/26
Football	6,00	Football/Soccer	6,00	4/1
Swimming	6,00	Swimming	6,00	This elective is not offered in the academic year 25/26
Tennis	6,00	Tennis	6,00	This elective is not offered in the academic year 25/26
Basketball	6,00	Basketball	6,00	This elective is not offered in the academic year 25/26
New Tendencies of Practices in Sports Centers	6,00	New Trends of Practice in Sports Centres	6,00	This elective is not offered in the academic year 25/26
Paddel Tennis	6,00	Paddle	6,00	4/1
Direction and management of fitness and sports facilities	6,00	Direction and Management of Gymnasiums and Sports Centres	6,00	This elective is not offered in the academic year 25/26

Research Methods in Physical Activity	6,00	Research Methods and Techniques Applied to Behavioural Sciences. Physical Activity and Sport	6,00	4/1
Water recreation activities	6,00	Recreational Water Activities	6,00	This elective is not offered in the academic year 25/26
Sport in the Natural Environment: Specific Techniques	6,00	Sports in the Natural Environment: Specific Techniques	6,00	This elective is not offered in the academic year 25/26

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 and history of athletics, the institutions that regulate and diversity of its component modalities.

R2 Executing with certain motor skills in different athletic modalities.

R3 Knowing observe and perceive during technical executions, the correct gestures from the incorrect ones applying adequate feedbacks to the performers and making reports noted.

R4 Knowing how to apply different programs for the teaching and learning of athletics considering the stages and phases of the evolutionary development of the performers.

R5 Developing and display values and attitudes of cooperation, respect, constructive criticism and professionalism own multidisciplinary teams formed around the modern athletics.

R6 Documenting and justify the different proposals for intervention through literature searches or through web pages, critically analyzing the documentation provided.

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	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	
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
CE9	Know and understand the different manifestations of expressive human movement				x
CE10	Design, plan and evaluate content of body language to improve motor skills				x
CE13	Applying physiological, biomechanical, behavioural and social principles to different fields of physical activity and sports			x	
CE16	Planning, developing and assessing physical activity programmes			x	
CE18	Select and know how to use the most appropriate teaching materials and resources for each type of activity			x	

Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R3, R4	40,00%	Written/oral and/or practical tests.
R2, R3, R4, R5	20,00%	Active participation.
R1, R2, R3, R4, R5, R6	30,00%	Oral exhibition of individual and / or group works.
R2, R3, R4, R5, R6	10,00%	Design and evaluation of the final individual work supervised.

Observations

TO PASS THE SUBJECT IN THE FIRST ENROLMENT WILL BE ESSENTIAL:

·Get a score less than 50% of the value of the written exam.

·Get a score less than 50% of the total carrying value, delivery (when due) and group work exposure.

·Add 5 points or more between the different sections of the assessment.

·Students who do not meet the requirements to pass the course but the overall rating is equal to or greater than 5 pts. will be graded with 4.5 pts.

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.

M7 Internship assistance.

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, M6	R1, R2, R3, R4, R5, R6	34,00	1,36
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. M5	R4, R5, R6	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. M1, 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	20,00	0,80
TOTAL		**60,00**	**2,40**

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	R1, R2, R3, R4, R5, R6	50,00	2,00
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	R1, R2, R3, R4, R6	40,00	1,60
TOTAL		**90,00**	**3,60**

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
DIDACTIC UNIT I: INTRODUCTION	1.1. Specialties of athletics. Olympic program. Indoor. School Calendar.1.2. Installation. Olympic track. Indoor. Training modules.1.3. Federative organization.1.4. Brief History of Athletics
DIDACTIC UNIT II: ATHLETICS GENERALITIES	2.1. Athletics classical classification.2.2. Athletic skills classification.2.2.1. Depending on the type of movement.2.2.2. According driving wealth.2.2.3. According to the predominant physical quality.2.3. Basic criteria for training in the athletics initiation stage.2.4. Stages of development and learning skills of athletics.2.4.1. Initiation.2.4.2. Sports guidance.2.4.3. Specialization.2.4.4. High Performance.

DIDACTIC UNIT III: RACE WALKING AND RACES.	DIDACTIC UNIT III: RACE WALKING AND RACES.3.1. Race's generalities.3.2. Speed race (Sprints):3.2.1. Technical characteristics.3.2.2. Exercises, tasks, and games for its development.3.2.3. Analysis of the most common mistakes.3.2.4. Technical correction processes.3.2.5. Frequency and amplitude.3.2.6. Getting Optimum stride length3.3. Starting blocs practices3.4. Relays3.4.1. 4x100 relays.3.4.2. 4x400 relays.3.5. Hurdles races: 3.5.1. Technical characteristics.3.5.2. Exercises, tasks, and games for its development.3.5.3. Analysis of the most common mistakes.3.5.4. Technical correction processes.3.5.5. Main methods of training.3.6. Race walking:3.6.1. Technical characteristics.3.6.2. Exercises, tasks, and games for its development.3.6.3. Analysis of the most common mistakes.3.6.4. Technical correction processes3.6.5. Means and methods of training.3.7. Training means and methods in general races3.7.1. Continuous method3.7.1.1. Uniform3.7.1.2. Variable3.7.2. Fractional Method3.7.2.1. Interval3.7.2.1.1. Intensive3.7.2.1.2. Extensive3.7.2.2. Repetitions3.7.2.3. Competition and control
DIDACTIC UNIT IV: JUMPS	4.1. Jumps generalities in athletics. Common points.4.1.1. Vertical component jumps and horizontal component jumps.4.1.2. Biomechanical principles of the jumps.4.1.3. Multihops as a method of initiation into the jumps.4.1.4. Means of evaluating jumping ability.4.2. Feature long jump technique:4.2.1. Technical characteristics.4.2.2. Exercises, tasks, and games for its development.4.2.3. Analysis of the most common mistakes.4.2.4. Technical correction processes.4.3. Features high jump technique:4.3.1. Technical characteristics.4.3.2. Exercises, tasks, and games for its development.4.3.3. Analysis of the most common mistakes. 4.3.4. Technical correction processes.4.4. Technical characteristics of the triple jump:4.4.1. Technical characteristics.4.4.2. Exercises, tasks, and games for its development.4.4.3. Analysis of the most common mistakes.4.4.4. Technical correction processes.4.5. Features pole vault technique:4.5.1. Technical characteristics.4.5.2. Exercises, tasks, and games for its development.4.5.3. Analysis of the most common mistakes.4.5.4. Technical correction processes.

DIDACTIC UNIT V: THROWS	5.1 Shot overview. Common points.5.1.1. Biomechanical principles of shots.5.1.2. Multishots like initiation method for shots.5.1.3. Evaluation means for shot capability.5.2. Shot features:5.2.1. Technical characteristics.5.2.2. Exercises, tasks, and games for its development.5.2.3. Analysis of the most common mistakes.5.2.4. Technical correction processes.5.3. Throw features:5.3.1. Technical characteristics.5.3.2. Exercises, tasks, and games for its development.5.3.3. Analysis of the most common mistakes.5.3.4. Technical correction processes.5.4. Javelin features:5.4.1. Technical characteristics.5.4.2. Exercises, tasks, and games for its development.5.4.3. Analysis of the most common mistakes.5.4.4. Technical correction processes.5.5. Hammer throw features: 5.5.1. Technical characteristics.5.5.2. Exercises, tasks, and games for its development.5.5.3. Analysis of the most common mistakes.5.5.4. Technical correction processes.
DIDACTIC UNIT VI: COMBINED EVENTS	6.1. Combined Events Program. Outdoor. Indoor.6.2. The combined tests as a way of initiation for athletics.
DIDACTIC UNIT VII: APPLICATION AND DEVELOPMENT OF SPECIFIC TRAINING PROGRAMS IN ATHLETICS.	7.1. Implementation of programs for the development of the technique of the disciplines.7.2. Implementation of programs to improve the specific physical qualities specialties.7.3. Planning the training of a specific discipline for an entire season

Temporary organization of learning:

Block of content	Number of sessions	Hours
DIDACTIC UNIT I: INTRODUCTION	1,00	2,00
DIDACTIC UNIT II: ATHLETICS GENERALITIES	3,00	6,00
DIDACTIC UNIT III: RACE WALKING AND RACES.	8,00	16,00
DIDACTIC UNIT IV: JUMPS	6,00	12,00
DIDACTIC UNIT V: THROWS	5,00	10,00
DIDACTIC UNIT VI: COMBINED EVENTS	3,00	6,00
DIDACTIC UNIT VII: APPLICATION AND DEVELOPMENT OF SPECIFIC TRAINING PROGRAMS IN ATHLETICS.	4,00	8,00

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