



Information about the subject

Degree: Bachelor of in Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282012 **Name:** Sport and Recreation

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

Module: 10) Optional Itinerary Module

Subject Matter: Sport and recreation **Type:** Elective

Field of knowledge: Management and didactics in physical activity

Department: Basic Sciences (FCAFD)

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

IGRD Jaime Tortosa Grobas (**Responsible Lecturer**)

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Module organization

10) Optional Itinerary Module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Nutrition and physical and sports activity	6,00	Nutrition and Physical and Sports Activity	6,00	4/1
Sport Injuries	6,00	Injuries in Physical Activity	6,00	4/1
Sports Marketing	6,00	Sports Marketing	6,00	4/1
Sport and recreation	6,00	Sport and Recreation	6,00	4/1

Recommended knowledge

To qualify for the track chosen, students must have exceeded 6 credits of applied knowledge in relation to the itinerary you choose.



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 Learn basics of free time leisure and recreation as well as the socio-historical evolution of leisure in humanity.
- R2 Framing in leisure physical activities and sports entertainment and recreation and intervention.
- R3 Set goals for physical activities and sports entertainment recreation leisure in different areas: formal, nonformal, informal.
- R4 Knowing the basics of cheerleading: The sport entertainment agents and professional profile cheerleader.
- R5 Analyze the policy areas for the development of an animation project and recreation in physical activity and sport.
- R6 Experiencing physical activities and sports entertainment recreation leisure, experiencing the recreational use of various materials.
- R7 Know the criteria to develop a program of activities: methodological tools for Planning.



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	
CG8	Being able to recognise multicultural and diverse environment				X
CG9	Knowing and complying with the professional ethics necessary to work				X
CG10	Develop skills to adapt to new situations and autonomous learning				X
CG11	Develop skills for creativity, initiative and entrepreneurship				X
CG12	Developing leadership abilities		X		
CG13	Being able to apply theoretical knowledge in practice				X
CG14	Use Internet well as communication and as a source of information			X	



CG15	Conveying the acquired knowledge both to specialists in the subject and to people who are not experts on it				X
CG16	Understanding other specialists proposals and communicating with them both in the student's own language and in a foreign language	X			
CG17	Learn about other cultures and customs and be able to adapt its activities to them				X
CG18	Being able to assess themselves	X			
CG19	Developing habits aiming at obtaining excellence and quality at work				X

SPECIFIC		Weighting			
		1	2	3	4
CE2	Acquiring the basic scientific knowledge to different areas of Physical Activity and Sports and understanding literature in the field of physical Activity sports in English and in the other important languages widely used in the scientific field achieving a good management of information			X	
CE5	Know and understand the effects of the practice of body language and its manifestations in the personal development and health improvement		X		
CE6	Know and experience the practice of body language as a means of communication and personal and interpersonal relationship			X	
CE7	Know and understand the foundations, structure and function of body language in relation to human movement				X
CE8	Knowing and understanding the structure and function of different forms human motor function				X
CE9	Know and understand the different manifestations of expressive human movement				X



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R4	20,00%	Written/oral and/or practical tests.
R3, R4, R5, R6	40,00%	Completion of a project.
R3, R5, R7	40,00%	Oral exhibition of individual and / or group works.

Observations

Criteria for granting a grade of honor:

Mention Honors (MH) may be granted to students who score at or above "9", provided that the number of these students does not exceed 5% of those enrolled in that matter (if that the student group is less than 20 an honors would be awarded to the student / to reach the required score). If the number of students meeting the conditions of honors exceed 5%, this rating will be assigned to complete this percentage starting with the highest score. In case of tie, obtaining honors are by conducting a new test.

To pass the course in 1st enrolment call will be essential:

Objective test: Examination of developing oral or written, which will override the capacity for analysis and relationship between the themes developed. The exam constitutes 20% of the total grade, being necessary to remove at least 5 to make mediaGroup work: Development and public presentation of group work. For each of them will be assessed: A) the ability to synthesize information. B) work in teams, when documenting the issue and make the presentation in digital format. C) The team's ability to expose and properly communicate the contents. All the three notes for work constitutes 50% of the final grade, being necessary to remove at least 5 to make mediaAttendance: The attendance and participation in practical sessions, as the experience of sports physical activities and recreation animation is considered a fundamental part of the course, the minimum attendance and participation in practical sessions is 80%. With a 30% weighting in the final. If failure is due to present a dossier of practical sessions to expand each of the sessions (delivered the day of the written test / oral) and respond to additional questions on the exam. Constitutes 30% of practices, being necessary to remove at least 5 to make media.

To pass the course in 2nd enrolment will be essential:

The student will keep notes of each of the sections of continuous assessment and must overcome those sections that were just outstanding. There will be a special group for students who are not



first registration and a professor in charge of the group. The professor in charge of this group will follow 6 sessions 2 hours each and mentoring necessary. In each session the subject so that the work of the skills that each student needs to pass the course, suggesting the supplementary material and strategies to facilitate such improvement will be developed will be strengthened. Evaluating contents will be on the exam set in the official calendar for this course. These sessions are available on the specific schedule.

To pass the course in 3th and successive enrolments will be essential:

- The student will undertake a review of Department, losing those notes you may have continuous evaluation of previous calls. -No contemplate the 6 sessions but recommend students request tutoring explanatory.- The course will be passed if a grade equal to or above 50% of the value of the test is achieved Department.

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.



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
<p>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</p> <p>M2, M3, M5, M6</p>	R2, R3, R4, R6	18,00	0,72
<p>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.</p> <p>M5</p>	R3, R5, R7	30,00	1,20
<p>EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final project.</p> <p>M2, M3</p>	R1, R2, R3, R4, R5, R6, R7	2,00	0,08
<p>THEORETICAL CLASS: Presentation of content by the teacher. Competency analysis. Demonstration of skills, abilities and knowledge in the classroom.</p> <p>M1, M2, M5</p>	R1, R2, R4	12,00	0,48
TOTAL		62,00	2,48



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	R3, R4, R7	54,00	2,16
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, R5, R6	34,00	1,36
TOTAL		88,00	3,52



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
MODULE I: THE HUMAN EXPRESSION AS ENTERTAINMENT:	Differences concepts and definitions of leisure Socio-historical evolution of free time and leisure. Free time for leisure activities and sport
MODULE II: ACTIVITIES AND RECREATION IN PHYSICAL ACTIVITY AND SPORT:	Concept of animation recreation of the sport and physical activity Methodology for recreation sports Materials and recreational spaces for sport Recreational activities and sports in his speech animation
MODULE III: OBJECTIVES, FUNCTIONS AND AREAS OF ENTERTAINMENT AND RECREATION IN PHYSICAL ACTIVITY AND SPORT:	Formal education Non-formal education Informal education
MODULE IV: THE RECREATION AND SPORTS ANIMATOR AND REVITALIZATION OF GROUPS:	Profile and role of sports and cultural animator Specific groups Group dynamics The playful approach: Theory and resources
MODULE V: INTERVENTION PROGRAMS IN THE ENTERTAINMENT AND RECREATION SPORT AND PHYSICAL ACTIVITY:	Planning and organizing events The draft socio-cultural / sports



Temporary organization of learning:

Block of content	Number of sessions	Hours
MODULE I: THE HUMAN EXPRESSION AS ENTERTAINMENT:	5,00	10,00
MODULE II: ACTIVITIES AND RECREATION IN PHYSICAL ACTIVITY AND SPORT:	7,00	14,00
MODULE III: OBJECTIVES, FUNCTIONS AND AREAS OF ENTERTAINMENT AND RECREATION IN PHYSICAL ACTIVITY AND SPORT:	6,00	12,00
MODULE IV: THE RECREATION AND SPORTS ANIMATOR AND REVITALIZATION OF GROUPS:	6,00	12,00
MODULE V: INTERVENTION PROGRAMS IN THE ENTERTAINMENT AND RECREATION SPORT AND PHYSICAL ACTIVITY:	7,00	14,00



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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
- 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:

The content of the practical sessions will be modified so that the students acquire the learning results through other types of educational activities that can be carried out in a non-face-to-face way.



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: