



## Information about the subject

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

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

**Code:** 282013 **Name:** Sports in the Natural Environment: Specific Techniques

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

**Module:** 11) Optional module

**Subject Matter:** Sport in the Natural Environment: Specific Techniques **Type:** Elective

**Field of knowledge:** Sports Training

**Department:** Sports Training

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

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

### Lecturer/-s:

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## Module organization

### 11) Optional module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Athletics	6,00	Athletics	6,00	4/1
Football	6,00	Football/Soccer	6,00	4/1
Swimming	6,00	Swimming	6,00	This elective is not offered in the academic year 21/22
Tennis	6,00	Tennis	6,00	This elective is not offered in the academic year 21/22
Basketball	6,00	Basketball	6,00	4/1
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 21/22
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 21/22
Research Methods in Physical Activity	6,00	Research Methods and Techniques Applied to Behavioural Sciences. Physical Activity and Sport	6,00	4/1



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Water recreation activities	6,00	Recreational Water Activities	6,00	This elective is not offered in the academic year 21/22
Sport in the Natural Environment: Specific Techniques	6,00	Sports in the Natural Environment: Specific Techniques	6,00	4/1

## Recommended knowledge

Having passed the compulsory subject in the Natural Environment Sport

## 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 Acquire basic knowledge and theoretical and practical understanding of the area of sports in the natural environment and its specific techniques.
- R2 Demonstrate practical skills in the development of sports in the natural environment and its specific techniques.
- R3 Perform assigned tasks efficiently both as member of a team and individually.
- R4 Designing appropriate intervention proposals, knowing analyze the context and characteristics of students in sports in the natural environment and its specific techniques.
- R5 Enhance creativity, putting into practice the theoretical and practical knowledge acquired in the teaching-learning process and to develop and present a topic concerning the matter, against other peers.



## 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
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		
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

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

CE11 Promote and evaluate various expressive forms

X

CE15 Identifying risks of inadequate physical activity on health

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

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, R5	40,00%	Written/oral and/or practical tests.
R1, R2, R3, R5	20,00%	Participation and self-assessment.
R1, R2, R3, R5	20,00%	Active participation.
R1, R3, R4, R5	20,00%	Oral exhibition of individual and / or group works.

### Observations

#### Criteria for granting a grade with honors:

The mention of Honors (MH) may be granted to students who obtain a rating equal to or higher than "9". One mention of Honors will be granted to every 20 students, with the exception of groups with less than 20 students, where one MH will be also granted. In case of a tie, the acquisition of the enrolment of honor is clarified through the implementation of a new evidence.

#### To pass the materia in the FIRST ENROLMENT it'll be a must:

It is not necessary to pass each part of the subject, but the arithmetic mean mark should be 5 or higher. Nothing is mutually exclusive. In case of failing the subject, the certificate mark will be exact the arithmetic mean.

## 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.
- M6 Practical lesson.
- M7 Internship assistance.



## 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, M6</p>	R1, R2, R3, R4, R5	19,50	0,78
<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>M3</p>	R1, R2, R3, R4, R5	2,00	0,08
<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, R4	4,00	0,16
<p>THEORETICAL CLASS: Presentation of content by the teacher. Competency analysis. Demonstration of skills, abilities and knowledge in the classroom.</p> <p>M1, M2</p>	R1, R2, R3	34,50	1,38
<b>TOTAL</b>		<b>60,00</b>	<b>2,40</b>





## 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	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, R5	40,00	1,60
<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
BLOCK I: FUNDAMENTAL ACTIVITIES IN THE NATURAL ENVIRONMENT	1. Historical and social approach to the nature Sport 2. Mapping Fundamentals and Applications 3. AFMN first aid 4. Meteorology AFMN 5. Managing projects AFMN 6 risk management. Actions and responsibilities 7. Teaching of AFMN.
BLOCK II: FUNDAMENTAL ACTIVITIES IN THE NATURAL ENVIRONMENT	8. Cordage and rope handling applied to different types 9. Kayak at sea 10. Royalty Climbing 11. Progression and conducting cruises for groups in lower and middle mountain 12. Progression pathways Ferratas 13. Progression ravines 14. Progression snowy terrain. 15. Guidance Sports 16. AFMN Research. 17. Materials and installations .



## Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK I: FUNDAMENTAL ACTIVITIES IN THE NATURAL ENVIRONMENT	10,00	20,00
BLOCK II: FUNDAMENTAL ACTIVITIES IN THE NATURAL ENVIRONMENT	20,00	40,00



## References

### BASIC BIBLIOGRAPHY:

### BIBLIOGRAFÍA BÁSICA:

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Ortega, B. J. A. (2009). *Manual de aguas vivas en barrancos: Anticipación y prevención de peligros*. Madrid: Desnivel.

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*ocio en el medio natural*. Madrid: Talasa.

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#### COMPLEMENTARY BIBLIOGRAPHY:

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Cunningham, A., & Fyffe, A. (2007). *Montañismo invernal: técnicas básicas para excursionistas y alpinistas : manual oficial del Certificado de guía de montaña invernal e instructor de montañismo en Reino Unido*. Madrid: Desnivel.

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Mora, D. (2012). *Manual de progresión y conducción en vías ferratas*. Madrid: Desnivel.

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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:

Practical sessions will be adapted to the circumstances through specially developed video-tutorials and using the Microsoft Teams for corrections.





## 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
Participation	40	Participation 20%; Autonomous work 20%	Plataforma/Teams

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

#### Comments to the Assessment System:

The rest of the instruments will be adapted to the circumstances of the moment and the possibilities of the students, keeping the percentages awarded.