



## Information about the subject

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

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

**Code:** 282024 **Name:** Injuries in Physical Activity

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

**Module:** 10) Optional Itinerary Module

**Subject Matter:** Sport Injuries **Type:** Elective

**Field of knowledge:** Health and functional assessment

**Department:** Health and Functional Assessment

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

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

### Lecturer/-s:

IAFCV	<u>Cristina Monleon Garcia</u> ( <b>Responsible Lecturer</b> )	cristina.monleon@ucv.es
	Maria Cristina Perez Encinas	cristina.perez@ucv.es
IAFCVT	Pascual Ernesto Casañ Gosalvez ( <b>Profesor responsable</b> )	pascual.casan@ucv.es
IED	<u>Cristina Monleon Garcia</u> ( <b>Responsible Lecturer</b> )	cristina.monleon@ucv.es
	Maria Cristina Perez Encinas	cristina.perez@ucv.es
IEDM	<u>Cristina Monleon Garcia</u> ( <b>Responsible Lecturer</b> )	cristina.monleon@ucv.es
	Maria Cristina Perez Encinas	cristina.perez@ucv.es



IEDT	Pascual Ernesto Casañ Gosálvez ( <b>Profesor responsable</b> )	pascual.casan@ucv.es
PRICA	<u>Cristina Monleon Garcia</u> ( <b>Responsible Lecturer</b> )	cristina.monleon@ucv.es
	Maria Cristina Perez Encinas	cristina.perez@ucv.es



## 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	This elective is not offered in the academic year 20/21
Sport Injuries	6,00	Injuries in Physical Activity	6,00	This elective is not offered in the academic year 20/21
Sports Marketing	6,00	Sports Marketing	6,00	This elective is not offered in the academic year 20/21
Sport and recreation	6,00	Sport and Recreation	6,00	This elective is not offered in the academic year 20/21



## 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 Acquiring basic knowledge and skills.
- R2 Multidisciplinary teamwork learning.
- R3 Learning to provide written and oral knowledge acquired about injuries from sport and physical activity and its practical application.
- R4 Learning to take decisions on various possibilities given.
- R5 Apply knowledge and skills acquired.



## 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		
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		
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
CG14	Use Internet well as communication and as a source of information		X		
CG16	Understanding other specialists proposals and communicating with them both in the student's own language and in a foreign language				X
SPECIFIC		Weighting			
		1	2	3	4
CE5	Know and understand the effects of the practice of body language and its manifestations in the personal development and health improvement			X	



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

Assessed learning outcomes	Granted percentage	Assessment method
R1	30,00%	Written/oral and/or practical tests.
R2, R4, R5	25,00%	Completion of a project.
R1, R4, R5	25,00%	Exam or practical questionnaires.
R3, R4, R5	20,00%	Design and evaluation of the final individual work supervised.

### Observations

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

· Summation of qualifications exceeding 9 pts. , in order of number of UCV granting (number Students).

#### To overcome the subject in the 1st and 2nd calls it will be essential:

- Overcome with at least 5 pts the theoretical- practical exam.
- Overcome 5 pts between the various sections of the evaluation (except attendance)
- In the rest of competences, the student will be evaluated again in the extraordinary enrolment (repetition of the theoretical and practical exam and presentation of the team work).
- Students whose do not reach the minimum requirements in any assessment section but they reach the mean of 5 pts, they will be pointed with 4.5 pts.

#### Short guide of the subject in 2nd and 3th calls:

- A separate group for students who enrol for the second of successive times will be established and they will be given a tutor
- The tutor will give six follow-up sessions (two hours each). These sessions will be organised according to students needs in order to strengthen their competences and give them the tools to handle with the subject.
- Content assessment will follow the official schedule .
- These sessions are shown in the specific temporal organization of this subject
- To overcome the subject in the 2nd enrolment will be essential:
- To attend at least to 80% of classes.
- Overcome 5 points in the previous not approved competences.
- Theoretical / Practical: Overcome with at least 5 points the theoretical- practical exam.



(40-.60%)

·Team / Individual work: Overcome with at least 5 pts. (40-.60%)

## 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>	R1, R2, R3, R5	15,00	0,60
<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>	R1	8,00	0,32
<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, R3, R4, R5	5,00	0,20
<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, R4	27,00	1,08
<b>TOTAL</b>		<b>55,00</b>	<b>2,20</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, R5	43,00	1,72
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, R3, R4, R5	52,00	2,08
<b>TOTAL</b>		<b>95,00</b>	<b>3,80</b>

## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
BLOCK I: Overview of Sports Injuries	<ul style="list-style-type: none"> <li>·Medical assessment of sports aptitude</li> <li>·Sports Injuries: Mechanisms involved</li> <li>·Sports Injury Classification</li> <li>·Epidemiology of Sports Injuries</li> </ul>
BLOCK II: Sports Injuries	<ul style="list-style-type: none"> <li>·Musculoskeletal Sports Injuries</li> <li>·Visceral Sports Injuries</li> </ul>
BLOCK III: Attitudes towards sports injuries	<ul style="list-style-type: none"> <li>·Sports Injury Prevention</li> <li>·Detection and Intervention in the acute phase</li> </ul>
BLOCK IV: Teamwork in multidisciplinary team.	<ul style="list-style-type: none"> <li>·Prevent sports injuries</li> <li>·Readaptation of injured sportman</li> </ul>
BLOCK V: Practical cases	Tools and methods in the field of prevention and readaptation of sports injuries.



## Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK I: Overview of Sports Injuries	5,00	10,00
BLOCK II: Sports Injuries	5,00	10,00
BLOCK III: Attitudes towards sports injuries	4,00	8,00
BLOCK IV: Teamwork in multidisciplinary team.	4,50	9,00
BLOCK V: Practical cases	9,00	18,00



## References

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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:



## 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: