



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282043 **Name:** Anthropology

Credits: 6,00 ECTS **Year:** 3 **Semester:** 1

Module: 4) Optional Module.

Subject Matter: Anthropology. **Type:** Optativa

Branch of knowledge: Health Sciences

Department: Basic Sciences and Cross-disciplinary Subjects

Type of learning: Classroom-based learning

Language/-s in which it is given: Spanish

Teachers:

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Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Inclusive Activities and Practices	4	Inclusive Activities and Practices in the Areas of Education and Leisure Time	4	4/2
Anthropology.	12	Anthropology	6	3/1
		Science, Reason and Faith	6	3/2
Collective Sports	22	Basketball	4	4/2
		Football	4	4/2
		Handball	4	4/2
		Hockey	4	4/2
		Volleyball	4	4/2
Adversary Sports	18	Fencing	4	4/2
		Judo	4	4/2
		Paddle	4	4/2
		Tennis	4	4/2
Sports in the Natural Environment	4	Sports in Nature: Specific Techniques	4	4/2
Individual sports	22	Athletics	4	4/2



Individual sports		Cycling	4	4/2
		Gymnastics	4	4/2
		Swimming	4	4/2
		Triathlon	4	4/2
Direction and Management of Gyms and Sports Centers	4	Gym and Sports Centre Management and Administration	4	4/2
Idiom	9	Inglés Avanzado para Ciencias Actividad Física y Deporte	4	4/2
		Inglés Intermedio para Ciencias Actividad Física y Deporte	4	4/2
Sports facilities	4	Sports Facilities	4	4/2
Research Methods and Techniques	4	Applied Research Methods and Techniques in Sport Sciences	4	4/2
Nutrition	4	Nutrition	4	4/2
Professional Itinerary Electives	27	Fitness and Physical Conditioning	6	4/1
		Pedagogy in Educational Values in Sports and Physical Activity	6	4/1
		Skills, Entrepreneurship and Employment	3	4/2
		Sports Management of Human and Economic Resources	6	4/1



Professional Itinerary Electives		Theory and Practice of Training for High Performance in Sports	6	4/1
Trends in sports practices	4	Trends in Sports Practices	4	4/2
Social Skills and Group Dynamics	4	Social Skills and Group Dynamics	4	4/2



Learning outcomes

Al finalizar la asignatura, el estudiante deberá demostrar haber adquirido los siguientes resultados de aprendizaje:

R1 - Acquire a synthetic view of central aspects of anthropological thought.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Know, prepare and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations of professional practice of Graduates in Physical Activity and Sports Sciences, in any professional sector of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; as well as being able to develop multidisciplinary work
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.
- Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduate in Physical Activity and Sports Sciences as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the purposes and benefits of physical activity and sport in an adequate, safe, healthy and efficient manner in all physical-sports services offered and provided and in any professional sector of physical activity and sport.

Type of AR: Competencias

- Know and know how to apply ethical and deontological principles and social justice in professional performance and involvement, as well as have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with which improvement, excellence, quality and efficiency are intended.



R12 - Recognize the role of emotions and affectivity in the person.

Learning outcomes of the specified title

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R2 - Describe with ease the characteristics of different forms of knowledge (technical, scientific, philosophical, theological) that allow for a broad and integrated understanding of the human being, rather than a reductionist one.

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R3 - Differentiate essential human capacities (intelligence, will, affectivity) that enable personal self-development and contribute to personality improvement.

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R4 - Identify fundamental traits of the human person that manifest dignity, freedom of self-determination, sociability, and openness to transcendence.

Learning outcomes of the specified title

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R5 - Be capable of analyzing and synthesizing anthropological arguments regarding existential realities and life's limits, drawing from academic texts, audiovisual materials, press, or the internet.

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R6 - Develop the ability to engage in critical dialogue about anthropological topics while respecting others' opinions and demonstrating scientific rigor.

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R7 - Adequately value the person and the factors constituting their nature: physical, psychological, rational, and spiritual.

Learning outcomes of the specified title

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Universidad
**Católica de
Valencia**
San Vicente Mártir

Guía Docente

282043 - Anthropology - Year 2025/2026





Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R1, R2, R3, R4, R5, R6, R7, R12	50,00%	Written and/or practical tests.
R6	30,00%	Individual or Group Work / Project.
R1, R2, R3, R4, R5, R6, R7, R12	10,00%	Exercises and Practices in the Classroom.
R6	10,00%	Oral tests or presentation.

Observations

- Students may keep the assessment instruments passed during the 3 years following the first enrolment.
- Written and/or practical tests: The written exam (50 % final mark) consists of a single final test on the dates of the official examination and may consist of multiple-choice questions, short questions and essay questions covering the entire syllabus.
- Individual or group work/project, for the periodic monitoring of the subject (30 %).
- Exercises and classroom practice: This instrument includes the tasks carried out by students in both practical and theoretical sessions, as well as through the virtual platform. In this way, the student is monitored throughout the course of the subject (10 % final mark).
- Oral tests or lectures and debate (10 %).
- It is necessary to obtain 40% in all the evaluation instruments to pass the course.



- If any of these criteria are not met, the student will be graded with a maximum of 4.5.
- This subject can be applied for a single assessment by submitting an application to the secretary's office with the appropriate evidence and justifications for the application. This is essential for the application to be assessed by the subject's teaching staff.

The detailed explanation (procedure of the tasks) as well as the evaluation instruments (cards or rubrics) of each section will be published on the platform of each group at the student's disposal.



Use of Artificial Intelligence Tools in the CAFD Degree Program

Use of Artificial Intelligence tools in the CAFD degree program In the Bachelor's Degree in Physical Activity and Sports Sciences (CAFD), the use of Artificial Intelligence (AI) tools is permitted in a complementary and responsible manner, as long as it contributes to active learning, the development of critical thinking, and the improvement of students' professional skills. Under no circumstances should AI replace personal effort, direct practice, or independent reflection, which are fundamental pillars of this degree program.

Permitted Uses of AI:

- Obtaining alternative explanations of theoretical or methodological concepts.
- Generating outlines, concept maps, or summaries to support study.
- Simulating interviews, questionnaires, or training sessions as part of methodological or research practices.
- Receiving feedback on report writing, provided that the original content is the student's own.
- Supporting the search for bibliography or scientific references, always contrasting with reliable and real academic sources, and respecting the CAFD regulations for the presentation of university work.

Prohibited Uses of AI:

- Writing complete sections of academic papers, classroom exercises and practices, internship reports, journals, or portfolios, as well as the Final Degree Project.
- Formulating hypotheses, objectives, or conclusions for academic work.
- Replacing qualitative or quantitative data analysis with automated tools without human validation.
- Creating videos, presentations, or avatars with AI as a substitute for the student's oral or practical presentation.
- Obtaining automatic answers to tests, rubrics, or assessable activities through the use of AI.

Citation and Attribution Guidelines:

- Any use of AI tools must be explicitly acknowledged in the submitted document (e.g., in a footnote or appendix).
- The name of the tool, the purpose of use (e.g., grammatical review, organization of ideas, interview simulation), and where it was used in the work must be indicated.
- Responsible use of AI will be evaluated within the framework of originality, academic honesty, and digital competence.

Additional recommendations:

Students are encouraged to combine the use of AI with traditional methods (manual problem solving, practical session design, direct observation, etc.) to ensure the comprehensive development of their skills.



If there are any doubts about the permitted use of AI in a specific activity, students should consult the faculty responsible for the course.

Actividades formativas

The methodologies to be used so that the students reach the expected learning outcomes will be the following:

- M2 Resolution of problems and cases.
- M3 Discussion in small groups.
- M5 Presentation of content by the teacher.
- M6 Practical lesson.
- M7 Group dynamics and activities.

IN-CLASS TRAINING ACTIVITIES

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.	R1, R2, R3, R4, R5, R6, R7, R12	Discussion in small groups. Presentation of content by the teacher. Group dynamics and activities.	26,00	1,04



PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity.	R1, R4	Discussion in small groups. Practical lesson. Group dynamics and activities.	28,00	1,12
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R1, R2, R3, R4, R5, R6, R7, R12	Resolution of problems and cases. Presentation of content by the teacher.	4,00	0,16
TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works.	R1, R4	Discussion in small groups.	2,00	0,08
TOTAL			60,00	2,40



TRAINING ACTIVITIES OF AUTONOMOUS WORK

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring.	R5, R6	Resolution of problems and cases. Presentation of content by the teacher. Group dynamics and activities.	25,00	1,00
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces.	R1, R2, R3, R4, R5, R6, R7, R12	Resolution of problems and cases.	65,00	2,60
TOTAL			90,00	3,60



Description of contents

Descripción de contenidos necesarios para la adquisición de los resultados de aprendizaje.

Theoretical content:

Block of content	Contents
BLOCK 1. PHYSICAL AND SOCIAL ANTHROPOLOGY	<ul style="list-style-type: none">·The anthropological problem: Human dignity and human rights.·Physical dimension: corporeality, the world.·Social dimension: human community, intersubjectivity, equality.
BLOCK 2. PHILOSOPHICAL ANTHROPOLOGY	<ul style="list-style-type: none">·The psychic dimension: (emotions, feelings, introduction to freedom).·The spiritual dimension: failure and evil, death, the meaning of life, the meaning of suffering.·Salvation history. God's imprint on the human being.
BLOCK 3. ANTHROPOLOGY OF SPORT	Pragmatist model vs. ascetic model

Temporary organization of learning:

Block of content	Sessions	Hours
BLOCK 1. PHYSICAL AND SOCIAL ANTHROPOLOGY	15	30,00
BLOCK 2. PHILOSOPHICAL ANTHROPOLOGY	10	20,00
BLOCK 3. ANTHROPOLOGY OF SPORT	5	10,00



References

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