Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282049 **Name:** Theory and Practice of Training for High Performance in Sports

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

Module: 4) Optional Module.

Subject Matter: Professional Itinerary Electives **Type:** Elective

Field of knowledge: Health Sciences

Department: Physical Preparation and Conditioning

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Inclusive Activities and Practices	4,50	Insclusive Activities and Practices in the Areas of Education and Leisure Time	4,50	3, 4/2
Anthropology.	12,00	Anthropology	6,00	3/1
		Science, Reason and Faith	6,00	3/2
Collective Sports	22,50	Basketball	4,50	3, 4/2
		Football	4,50	3, 4/2
		Handball	4,50	3, 4/2
		Hockey	4,50	This elective is not offered in the academic year 25/26
		Volleyball	4,50	4/2
Adversary Sports	18,00	Fencing	4,50	This elective is not offered in the academic year 25/26
		Judo	4,50	4/2
		Paddle	4,50	4/2
		Tennis	4,50	3, 4/2

Sports in the Natural Environment	4,50	Sports in Nature: Specific Techniques	4,50	3, 4/2
Individual sports	22,50	Athletics	4,50	3, 4/2
		Cycling	4,50	This elective is not offered in the academic year 25/26
		Gymnastics	4,50	This elective is not offered in the academic year 25/26
		Swimming	4,50	This elective is not offered in the academic year 25/26
		Triathlon	4,50	3, 4/2
Direction and Management of Gyms and Sports Centers	4,50	Gym and Sports Centre Management and Administration	4,50	This elective is not offered in the academic year 25/26
Idiom	9,00	Inglés Avanzado para Ciencias Actividad Física y Deporte	4,50	3, 4/2
		Inglés Intermedio para Ciencias Actividad Física y Deporte	4,50	3, 4/2
Sports facilities	4,50	Sports Facilities	4,50	This elective is not offered in the academic year 25/26
Research Methods and Techniques	4,50	Applied Research Methods and Techniques in Sport Sciences	4,50	3, 4/2
Nutrition	4,50	Nutrition	4,50	3, 4/2

Professional Itinerary Electives	27,00	Fitness and Physical Conditioning	6,00	4/1
		Pedagogy in Eduational Values in Sports and Physical Activity	6,00	4/1
		Skills, Entrepreneurship and Employment	3,00	4/2
		Sports Management of Human and Economic Resources	6,00	4/1
		Theory and Practice of Training for High Performance in Sports	6,00	4/1
Trends in sports practices	4,50	Trends in Sports Practices	4,50	This elective is not offered in the academic year 25/26
Social Skills and Group Dynamics	4,50	Social Skills and Group Dynamics	4,50	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 Plan and periodize the training of the different basic physical capacities (strength, endurance, range of motion and speed), complementary (Coordination, Balance, Agility and Proprioception) and Technical-Tactical in the context of high sports performance in individual, collective and adversary sports.

R2 Analyze, correct and optimize the conditional performance (strength, speed, resistance and range of movement) and the technique, tactics and strategy of the athlete-team (relying on different methodologies and / or technologies) in training and competition situations providing adequate feedback for the planning process.

R3 Analyze and critically discriminate different sources of documentary information (in Spanish and English) on methods and / or theories, to translate it into planning / periodization oriented to high sports performance in sports individual, collective and adversary.

R4 Select and correctly use different instruments and technologies to manage the athlete 's preparation process in the context of high performance in individual, team and adversary sports.

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):

	Weighting			
	1	2	3	4

Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4	40,00%	Written and/or practical tests.
R1, R2, R3, R4	40,00%	Individual or Group Work / Project.
R1, R2, R3, R4	20,00%	Exercises and Practices in the Classroom.

Observations

This course is NOT eligible for a single assessment request in accordance with Article 10.3 of the GENERAL REGULATIONS FOR ASSESSMENT AND GRADING OF OFFICIAL COURSES AND UCV DEGREE PROGRAMS.
Students may keep the assessment instruments passed during the 3 years following the first enrolment.
It is necessary to obtain 50% in all assessment instruments to pass the subject.
Attendance at all the practical sessions indicated in the timetable is compulsory. Additionally for this subject, in the event of not attending **70%** of these, the student will fail the two sessions of the course, having to make them up in the following enrolment.
In case of not fulfilling any of these criteria, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written and/or practical tests

This consists of a single final exam on the dates of the official exam dates (1st and/or 2nd exam).
·There will be 10 questions per block.
·One session will be used for the evaluation of the first two blocks.
·The final exam session will be used for the evaluation of the contents of the last block and the general content.
·The block assessments will be considered as the first sitting. Students who fail the first assessment will have to make it up at the second sitting.

Individual or Group Work / Project

·There will be a single group work in trios.
·The content of the group work will be chosen on the basis of a set of sports previously established by consensus of the teachers.
·An annual planning will be developed.

The work will be delivered in digital format on UCVnet, and a paper copy may also be requested (1 copy per participant/group) within the established deadlines. Failure to submit the work on time will result in the **non-evaluation** of the work.

Exercises and Practices in the Classroom
Delivery of activities, questionnaires, forums, surveys, during theoretical or practical classes, seminars and exhibitions. This grade may be penalised for 'inappropriate' behaviour in class (late arrival or early departure, lack of attention) - This instrument cannot be recovered in the following exams without having the equivalent practical assistance to this evaluation instrument.

The detailed explanation (procedure for the assignments) as well as the assessment tools (worksheets or rubrics) for each section will be posted 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.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

M1 Attendance at practices.

M2 Resolution of problems and cases.

M3 Discussion in small groups.

M4 Practical laboratories.

M5 Presentation of content by the teacher.

M6 Practical lesson.

M7 Group dynamics and activities.

IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M3, M5, M7	R1, R2, R3	20,00	0,80
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. M2, M3, M5, M6, M7	R1, R2, R3, R4	34,00	1,36
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2, M7	R1, R2	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. M3	R1, R2, R3, R4	2,00	0,08
TOTAL		**60,00**	**2,40**

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring. M2, M3, M7	R1, R2, R3, R4	20,00	0,80
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. M2	R1, R2, R3	70,00	2,80
TOTAL		**90,00**	**3,60**

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
1. General concepts of training planning oriented to high sport performance.	General concepts of training planning oriented to high sport performance.
2. Planning of high performance oriented training for individual sports.	Planning of high performance oriented training for individual sports.
3. Planning of high performance oriented training for team sports.	Planning of high performance oriented training for team sports.
4. Planning of training oriented to the high performance of adversary sports.	Planning of training oriented to the high performance of adversary sports.

Temporary organization of learning:

Block of content	Number of sessions	Hours
1. General concepts of training planning oriented to high sport performance.	12,00	24,00
2. Planning of high performance oriented training for individual sports.	6,00	12,00
3. Planning of high performance oriented training for team sports.	6,00	12,00
4. Planning of training oriented to the high performance of adversary sports.	6,00	12,00

References

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