



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282060 **Name:** Gymnastics

Credits: 4,50 ECTS **Year:** 4 **Semester:** 2

Module: 4) Optional Module.

Subject Matter: Individual sports **Type:** Optativa

Branch of knowledge: Health Sciences

Department: Physical-Sports Disciplines and Activities

Type of learning: Classroom-based learning

Language/-s in which it is given:

Teachers:



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:

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Learning outcomes of the specified title

Type of AR:

-



Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R21, R22, R23	40,00%	Written and/or practical tests.
R20, R21, R23	40,00%	Individual or Group Work / Project.
R20, R22, R23	20,00%	Exercises and Practices in the Classroom.

Observations

This subject is NOT eligible for a single evaluation request according to the provisions of article 10.3 of the GENERAL REGULATIONS FOR THE EVALUATION AND GRADING OF OFFICIAL TEACHINGS AND OWN TITLES OF THE UCV.

- The student may keep the passed evaluation instruments for 3 years following the first enrollment.
- It is necessary to obtain 50% in all evaluation instruments to pass the subject.
- Attendance at all practical sessions indicated in the schedule is mandatory. Additionally, for this subject, if the student does not attend 70% of these, they will fail both calls of the course and will have to retake them in the next enrollment.
- If any of these criteria are not met, the student will be graded with a maximum of 4.5.

SPECIFICATIONS FOR THE EVALUATION INSTRUMENTS

Written and/or practical tests

It consists of a single final test on the official call dates. This instrument consists of a development exam with 7 questions.

Individual/Group Work/Project

The project will be divided into two parts:

- Preparation of a poster on a technique (15%).



- Design of a session of a discipline aimed at initiation (25%).

Exercises and practices in the classroom

A sheet for each practice will be delivered, in which the corresponding technique must be analyzed.

The detailed explanation (procedure for the works) as well as the evaluation tools (forms or rubrics) for each section will be posted on the platform of each group for the student's disposal.

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.
- 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.	R20, R21, R22, R23	Resolution of problems and cases. Presentation of content by the teacher. Group dynamics and activities.	12,60	0,50



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.	R20, R21, R22, R23	Resolution of problems and cases. Presentation of content by the teacher. Practical lesson.	26,80	1,07
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R20, R21, R22, R23	Resolution of problems and cases.	3,80	0,15
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.	R20, R21, R22, R23	Resolution of problems and cases. Presentation of content by the teacher.	1,80	0,07
TOTAL			45,00	1,80



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.	R20, R21, R22, R23	Resolution of problems and cases. Group dynamics and activities.	28,50	1,14
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.	R20, R21, R22, R23	Resolution of problems and cases. Presentation of content by the teacher. Group dynamics and activities.	39,00	1,56
TOTAL			67,50	2,70



Description of contents

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

Theoretical content:

Block of content	Contents
1. Introduction to gymnastic sports: history, disciplines, current and future perspectives	Introduction to gymnastic sports: history, disciplines, current and future perspectives
2. Classification and methodology of basic gymnastic skills	Classification and methodology of basic gymnastic skills
3. Aid, protection and safety in the educational initiation of gymnastics	Aid, protection and safety in the educational initiation of gymnastics
4. Organizational resources and materials for learning gymnastics skills	Organizational resources and materials for learning gymnastics skills

Temporary organization of learning:

Block of content	Sessions	Hours
1. Introduction to gymnastic sports: history, disciplines, current and future perspectives	2	3,00
2. Classification and methodology of basic gymnastic skills	2	3,00
3. Aid, protection and safety in the educational initiation of gymnastics	20	30,00
4. Organizational resources and materials for learning gymnastics skills	6	9,00



Universidad
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Guía Docente

282060 - Gymnastics - Year 2025/2026

References