Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282066 **Name:** Applied Research Methods and Techniques in Sport Sciences

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

Module: 4) Optional Module.

Subject Matter: Research Methods and Techniques **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: English, Spanish

Teachers:

OAC5	Carlos Sanchis Sanz **(Profesor responsable)**	carlos.sanchis@ucv.es

Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Inclusive Activities and Practices	4	Insclusive 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 Eduational 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 - Identify the theoretical, methodological, procedural, and ethical foundations of the scientific method applied to research in various fields related to Physical Education and Sports Sciences (CCAFD), in order to develop a critical mindset toward methodological approaches.

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.

- Articulate and deploy procedures, processes, protocols, own analysis, with rigor and scientific attitude on matters of a social, legal, economic, scientific or ethical nature, when necessary and relevant in any professional sector of physical activity and sport (formal education and informal physical-sports; physical and sports training; physical exercise for health; direction of physical activity and sport).

- 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 how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.

- 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, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).

Type of AR: Conocimientos o contenidos

- Know and understand the bases of the methodology of scientific work.

Type of AR: Competencias

- Analyze, review and select the effect and effectiveness of the practice of research methods, techniques and resources and scientific work methodology, in solving problems that require the use of creative and innovative ideas.

- Articulate and deploy with rigor and a scientific attitude the justifications on which to constantly and professionally prepare, support, substantiate and justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.

R2 - Plan and conduct research that addresses the analysis of variables related to different areas of application within CCAFD, following methodological criteria for scientific rigor and analyzing the results.

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R3 - Critically locate, analyze, and classify the quality of evidence from various knowledge sources (in Spanish and English) to propose specific solutions or research proposals in different contexts.

Learning outcomes of the specified title

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R4 - Prepare and present research findings (whether original or from other sources) in various formats (oral and written) for optimal dissemination in each context, using bibliographic management software to enhance citation

Learning outcomes of the specified title

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R5 - Justify, compare, decide, and apply learning strategies and optimal pedagogical principles based on group characteristics, materials, and sports facilities.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

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Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R1, R2, R3, R4, R5	20,00%	Written and/or practical tests.
R1, R2, R3, R4, R5	60,00%	Individual or Group Work / Project.
R1, R2, R3, R4, R5	20,00%	Exercises and Practices in the Classroom.

Observations

·The student may keep the assessment instruments passed during the 3 years following the first enrolment.

·The student must pass 50% of each of the items of the assessment system.

·In the project, attendance at 50% of the group work sessions in the classroom is required, as part of the correct development of the group work. In these sessions, each group and student must complete the proposed tasks in due time and form.

·If any of these criteria are not met, the student will be graded with a maximum of 4.5.

·This subject is NOT subject to single assessment according to article 10.3 of the GENERAL RULES FOR EVALUATION AND GRADING OF OFFICIAL COURSES AND UCV's OWN DEGREES.

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.

M4 Practical laboratories.

M5 Presentation of content by the teacher.

M6 Practical lesson.

M7 Group dynamics and activities.

IN-CLASS TRAINING ACTIVITIES

ACTVITY	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	Resolution of problems and cases. Practical laboratories. Presentation of content by the teacher. Practical lesson. Group dynamics and activities.	12,50	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.	R1, R2, R3, R4, R5	Practical laboratories. Practical lesson. Group dynamics and activities.	26,50	1,06
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	Practical lesson. Group dynamics and activities.	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, R2, R3, R4, R5	Practical laboratories.	2,00	0,08
TOTAL			**45,00**	**1,80**

TRAINING ACTIVITIES OF AUTONOMOUS WORK

ACTVITY	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.	R1, R2, R3, R4, R5	Practical lesson. Group dynamics and activities.	18,75	0,75
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	Resolution of problems and cases.	48,75	1,95
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
BLOCK I	Research: analytical, quantitative, quantitative, qualitative and descriptive
BLOCK II	Documentary research and ethical principles
BLOCK III	The research process applied to PHYSICAL ACTIVITY AND SPORT SCIENCE
BLOCK IV	Statistical processing, analysis and interpretation of results

Temporary organization of learning:

Block of content	Sessions	Hours
BLOCK I	6	11,00
BLOCK II	6	11,00
BLOCK III	6	11,00
BLOCK IV	6	12,00

References

BASIC REFERENCES:

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COMPLEMENTARY REFERENCES:

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