



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282072 **Name:** Triathlon

Credits: 4,50 **ECTS Year:** 3 **Semester:** 2

Module: 4) Optional Module.

Subject Matter: Individual sports. **Type:** Elective

Field of knowledge: Ciencias de la Salud

Department: -

Type of learning: Classroom-based learning

Languages in which it is taught:

Lecturer/-s:

OAC27 Hector Esteve Ibañez (**Responsible Lecturer**)

hector.esteve@ucv.es



Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Professional Itinerary Electives.	27,00	Fitness and Physical Conditioning	6,00	This elective is not offered in the academic year 23/24
		Pedagogy in Educational Values in Sports and Physical Activity	6,00	This elective is not offered in the academic year 23/24
		Skills, Entrepreneurship and Employment	3,00	This elective is not offered in the academic year 23/24
		Sports Management of Human and Economic Resources	6,00	This elective is not offered in the academic year 23/24
		Theory and Practice of Training for High Performance in Sports	6,00	This elective is not offered in the academic year 23/24
Anthropology.	18,00	Anthropology	6,00	3/1
		Religion, Culture and Values	6,00	This elective is not offered in the academic year 23/24
		Science, Reason and Faith	6,00	3/2
Idiom.	9,00	Inglés Avanzado para Ciencias Actividad Física y Deporte	4,50	3/2



Idiom.		Inglés Intermedio para Ciencias Actividad Física y Deporte	4,50	3/2
Nutrition.	4,50	Nutrition	4,50	3/2
Sports Facilities.	4,50	Sports Facilities	4,50	This elective is not offered in the academic year 23/24
Methods and techniques of investigation.	4,50	Applied Research Methods and Techniques in Sport Sciences	4,50	This elective is not offered in the academic year 23/24
Sports in the Natural Environment.	4,50	Sports in Nature: Specific Techniques	4,50	This elective is not offered in the academic year 23/24
Inclusive Activities and Practices	4,50	Inclusive Activities and Practices in the Areas of Education and Leisure Time	4,50	3/2
Trends in sports practices	4,50	Trends in Sports Practices	4,50	This elective is not offered in the academic year 23/24
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 23/24
Individual sports.	22,50	Athletics	4,50	3/2
		Cycling	4,50	This elective is not offered in the academic year 23/24
		Gymnastics	4,50	This elective is not offered in the academic year 23/24



Individual sports.		Swimming	4,50	This elective is not offered in the academic year 23/24
		Triathlon	4,50	3/2
Collective Sports.	22,50	Basketball	4,50	3/2
		Football	4,50	3/2
		Handball	4,50	3/2
		Hockey	4,50	This elective is not offered in the academic year 23/24
		Volleyball	4,50	This elective is not offered in the academic year 23/24
Adversary Sports.	18,00	Fencing	4,50	3/2
		Judo	4,50	3/2
		Paddle	4,50	This elective is not offered in the academic year 23/24
		Tennis	4,50	3/2



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 Show, correct and optimize the technical execution of tasks / exercises / technical gestures of the Triathlon sport, providing adequate feedback.
- R2 Describe and prioritize at a practical level according to ages, levels and contexts, the configuring elements of each of the structures (coordinative, cognitive, conditional, socio-affective).
- R3 Design and apply tasks and sessions for the development of the different capacities and abilities of the aquatic environment and swimming, using a teaching-learning methodology suitable for different ages, levels and contexts.
- R4 Scientifically substantiate the contents related to human locomotion in the aquatic and land environment.
- R5 Measure and interpret the physical state in the aquatic and terrestrial environment to optimize health and / or physical-sports performance.



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	Understand the scientific literature in English and in other languages ??of significant presence in the scientific field through proper information management.		X		
CG2	Know how to apply information and communication technologies (ICT).		X		
CG3	Develop skills to solve problems through decision making.				X
CG4	Convey any related information properly both in writing and orally.			X	
CG5	Plan and organize any activity efficiently.				X
CG6	Develop interpersonal relationship skills and teamwork, both in international and national contexts and in interdisciplinary as well as non-interdisciplinary teams.		X		
CG7	Be able to carry out critical reasoning using the knowledge acquired.			X	
CG12	Develop leadership skills.		X		
CG13	Be able to apply theoretical knowledge in practice.				X
CG14	Use the internet properly as a means of communication and as a source of information.		X		
CG15	Transmit the knowledge acquired both to people specialized in the matter and to people not specialized in The subject in question .				X
SPECIFIC		Weighting			
		1	2	3	4



CE 1.3 Communicate and interact appropriately and efficiently, in physical and sporting activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.	X
CE 2.1 Adapt the educational intervention to the individual characteristics and needs for the entire population and with emphasis on special populations such as: schoolchildren, the elderly (elderly), people with reduced mobility and 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 an emphasis on populations of a special nature such as: the elderly (elderly), 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. diversity.	X
CE 2.3 Design and apply fluently, naturally, consciously and continuously physical exercise and adequate physical condition, efficient, systematic, varied, based on scientific evidence, for the development of adaptation and improvement processes or readaptation of certain capacities of each person in relation to human movement and its optimization; with the purpose of be able to solve unstructured, increasingly complex and unpredictable problems and with an emphasis on populations of character special.	X
CE 2.4 Articulate and deploy an advanced level of skill in the analysis, design, and evaluation of assessment and control tests of physical condition and physical-sports performance.	X
CE 4.2 Elaborate fluently procedures and protocols to solve unstructured, unpredictable and difficult problems. increasing complexity, articulating and displaying a domain of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in an adequate, efficient, systematic, varied and integrated way methodologically for the entire population and with emphasis on special populations such as: older people (elderly), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and / or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of activity physics and sport.	X



CE 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and processes of physical condition and physical exercise; having take into account the development, characteristics, needs and context of individuals, different types of population and spaces where physical activity and sports are carried out; in the various sectors of professional intervention and with an emphasis on populations of special character.

X

CE 6.3 Articulate and deploy with rigor and a scientific attitude the justifications on which to elaborate, support, base and constantly and professionally justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.

X



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4	20,00%	Carrying out a project.
R1, R2, R3, R4, R5	40,00%	Written / oral and / or practical tests.
R2	10,00%	Active participation.
R2, R3	20,00%	Oral presentation of individual and / or group works.
R1, R2, R3, R4	10,00%	Autonomous work.

Observations

·The student will be able to keep the evaluation instruments passed during the 3 years following the first enrollment.

·It is necessary to obtain a 50% in the following instruments:

- Written/oral and/or practical tests
- Completion of a project
- Exhibition of individual/group work
- Autonomous work
- Active participation

50% IS REQUIRED IN EACH EVALUATION INSTRUMENT IN ORDER TO ADD TO THE OVERALL GRADE OF THE COURSE. HOWEVER, NONE OF THEM IS COMPULSORY, ALL OF THEM ARE VOLUNTARY.

·Attendance to the practical sessions indicated in the schedule is mandatory. In case of not attending 80% of the practical sessions, the student will not be evaluated during that academic year according to article 8 of the UCV exams regulations (it will appear as Not Presented).

SPECIFICATIONS TO THE EVALUATION INSTRUMENTS

Written/oral and/or practical tests

The evaluation system of the course is cumulative, so the grades obtained in the different partial exams are independent and are added together.

The organization of this section will be as follows, divided into two parts:



1.(20%) Practical midterm exams. Two tests that will consist of applying theoretical and practical knowledge acquired about Triathlon (technical analysis, error correction, learning exercises, training tasks, test application, among others). Date according to schedule.

2.(20%) Theoretical-practical exam of the rest of the contents of the course on the dates of the official call. It consists of two parts:

- Type test: True or False. The standard penalty system will be 1 wrong subtracts 100%.
- Short questions of interpretation and development: both theoretical and practical application of knowledge.

Realization of a project

A project related to the contents of the course may be carried out: training sessions of any of the triathlon disciplines, teaching sessions in the school context (EF), application of tests/assessment tests, video tutorials of technical analysis, review and research work, among others.

Oral presentation of individual and/or group work.

Oral presentation in class of the project carried out. Date according to schedule.

Active participation

Participation in the different tasks performed in class or through the UCVnet platform.

Autonomous work

Individual portfolio of the subject or other type of individual work agreed with the teacher.

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

Learning activities

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

- | | |
|----|---|
| M2 | Group dynamics and activities. |
| M3 | Practical lesson. |
| M4 | Presentation of content by the teacher. |
| M5 | Laboratory practices. |
| M8 | Resolution of problems and cases. |



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. M2, M4, M8	R1, R2, R3, R4	12,60	0,50
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer room, library, etc. Meaningful construction of knowledge through interaction and student activity. M2, M3, M4, M8	R1, R2, R5	26,80	1,07
TUTORING: Supervision of learning, evolution. Small group discussion. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M4, M8	R1, R2	1,80	0,07
EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2, M3, M8	R1, R2, R3, R4, R5	3,80	0,15
TOTAL		45,00	1,80



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to expose or deliver in classes and / or in tutoring. M2, M3, M8	R1, R2, R3, R4, R5	28,50	1,14
SELF-EMPLOYED WORK: Study, individual preparation of exercises, works, memories, to expose or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M2, M3, M8	R1, R2, R3, R4, R5	39,00	1,56
TOTAL		67,50	2,70



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
BLOCK 1	1. Fundamentals of triathlon and paratriathlon
BLOCK 2	2. Regulation
BLOCK 3	3. The swimming segment in triathlon, technique, tactics and training
BLOCK 4	4. The cycling segment in triathlon, technique, tactics and training
BLOCK 5	5. The triathlon race segment, technique, tactics and training
BLOCK 6	6. Transitions
BLOCK 7	7. Planning, control and quantification



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK 1	1,00	2,00
BLOVK 2	1,00	2,00
BLOCK 3	6,00	12,00
BLOCK 4	6,00	12,00
BLOCK 5	6,00	12,00
BLOCK 6	4,00	8,00
BLOCK 7	6,00	12,00



References

BASIC BIBLIOGRAPHY

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- Cala A, Cejuela R. (2011). How to get an efficient swim technique in triathlon? J Hum Sport Exerc, 6:8
- Cardona, C., Cejuela, R., & Esteve-Lanao, J. (2019). Manual para entrenar deportes de resistencia. Guadalajara, México: All In YourMind
- Cejuela R., Perez-Turpín J.A., Villa J.G., Cortell J.M., Rodriguez-Marroyo, J.A. (2007). An analysis of performance factors in sprint distance triathlon. J Hum Sport Exer, 2(2): 1-25
- Costill, D.L., Maglischo, E.W., Richardson, A.B. (2001). Natación. Barcelona. Hispano Europea.
- Friel, J. (2016). *Manual de entrenamiento del ciclista (Bicolor)*. Paidotribo.
- Maglischo, E.W. (2003). Swimming fastest. Ed. Human Kinetics.
- Navarro, F., Oca, A., y Castañón, F.J. (2003). El entrenamiento del nadador joven. Madrid. Ed Gymnos
- Reglamento oficial de competiciones. FETRI. 2023. Extraído en: <http://triatlon.org>

COMPLEMENTARY BIBLIOGRAPHY:

- Camarero, S., Tella, V. (1997). Natación: aplicaciones teóricas y prácticas. Promolibro.
- Cejuela, R. (2005). Análisis de la natación: Natación triatlón vs natación piscina II. Sport Training. Septiembre-octubre.
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- Cejuela, R., Cortell-Tormo, J. M., Chinchilla-Mira, J. J., Pérez-Turpin, J. A., & Villa, J. G. (2012). Gender differences in elite Olympic distance triathlon performances. Journal of Human Sport and Exercise, 7(2), 434-445.
- Cejuela R, Esteve-Lanao J. (2011). Training load quantification in triathlon. J Hum Sport Exerc, 6: 218–232.
- Colado, J.C. (2003) Acondicionamiento físico en el medio acuático. Barcelona. Paidotribo.
- Laursen P.B. Long distance triathlon: Demands, preparation and performance. (2011). J Hum Sport Exerc; 6: 247–263.
- Mujika, I. (2011). Tapering for triathlon competition. Journal of Human Sport and Exercise, 6(2), 264-270.
- Navarro, F. (1990). Hacia el dominio de la natación. Madrid. Gymnos
- Arellano, R., Pardillo, S. (2003) Historia de la natación. Evolución de los medios y métodos de investigación en la biomecánica de la natación. En Rodríguez (Ed.) Compendio Histórico de la Actividad Física y el Deporte. Ed. Masson.
- Clarys, J. (1996) The historical perspective of swimming science. En Troup, J.P., Hollander, A.P. Strasse, D. Trappe, S.W. Cappaert, J.M. y Trappe, T.A.(Eds) Biomechanics and Medicine in Swimming VII. Spon Press.
- Counsilman, J.E. (1980) Natación competitiva. Hispano Europea.
- Counsilman, J.E., Counsilman, B.E. (1994). The new science of swimming. Ed. Prentice-Hall.



Valero DAF. Identificación De Factores Para El Desarrollo Del Talento Deportivo En Jóvenes Triatletas. 2018; 2–304.

Vilas-Boas, J.P, Alves, F. y Marques, A. (2006) Biomechanics and Medicine in Swimming X. X th International Symposium. Portuguese journal of sport sciences Vol. 6, supl. 2. Oporto

INTEREST WEBSITES

www.triatlocv.org

www.triatlon.org

<https://www.sporttraining.es/>

<http://www.i-natacion.com>

<http://www.todonatacion.com/>

<http://swimmingcoach.org/>

<http://www.nataccion.com/>

<http://revistaentrenamientodeportivo.com>

<http://www.altorendimiento.com/>

<http://www.cienciaydeporte.net>

<http://www.rediref.org>

<http://g-se.com/es/>



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

☐

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

☐

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: