Information about the course

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:** 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: Spanish

Teachers:

OAC27	Hector Esteve Ibañez **(Profesor responsable)**		hector.esteve@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:

R10 - Show, correct, and optimize the technical execution of tasks/exercises/technical movements in triathlon, providing appropriate feedback.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.

- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.

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

- 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.

- 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.

Type of AR: Competencias

- 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.

- Articulate and display an advanced level of skill in the analysis, design and evaluation of assessment and control tests of physical condition and physical-sports performance.

R11 - Describe and practically prioritize the configurative elements (coordination, cognitive, conditional, socio-affective, and emotive-volitional) that make up triathlon based on age, levels, and contexts.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.

- 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.

- 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.

Type of AR: Competencias

- Articulate and display an advanced level of skill in the analysis, design and evaluation of assessment and control tests of physical condition and physical-sports performance.

- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in a manner adequate, efficient, systematic, varied and methodologically integrated for the entire population and with emphasis on special populations 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 and in any sector of professional intervention of physical activity and sport.

R12 - Design and implement tasks and sessions for developing various capacities and skills specific to aquatic and swimming environments, using appropriate teaching-learning methodologies for different ages, levels, and contexts.

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.

- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.

- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.

- 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.

- 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.

Type of AR: Competencias

- 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.

- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in a manner adequate, efficient, systematic, varied and methodologically integrated for the entire population and with emphasis on special populations 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 and in any sector of professional intervention of physical activity and sport.

R13 - Scientifically justify content related to human locomotion in aquatic and terrestrial environments.

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.

- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.

- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.

- 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.

- 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.

Type of AR: Competencias

- 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.

R14 - Measure and interpret physical fitness in aquatic and terrestrial environments to optimize health and/or physical-sports performance.

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.

- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.

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

- 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.

- 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.

Type of AR: Competencias

- 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.

- Articulate and display an advanced level of skill in the analysis, design and evaluation of assessment and control tests of physical condition and physical-sports performance.

- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in a manner adequate, efficient, systematic, varied and methodologically integrated for the entire population and with emphasis on special populations 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 and in any sector of professional intervention of physical activity and sport.

Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R10, R11, R12, R13, R14	40,00%	Written and/or practical tests.
R10, R11, R12, R13	20,00%	Individual or Group Work / Project.
R11	10,00%	Exercises and Practices in the Classroom.
R11, R12	20,00%	Oral tests or presentation.
R10, R11, R12, R13	10,00%	Non-face-to-face 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 and/or practical tests
-Individual or group work/project.
- Oral tests or exposition

- Autonomous non-attendance work
- Classroom Exercises and Practical Exercises

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

- According to article 4.2. of the Guidelines for Evaluation at UCV, the limit of absences that can accommodate eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.
- If any of these criteria is not met, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written 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, application of tests, 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 convocation. It consists of two parts:

-Test type: True or False. The standard penalty system will be 1 wrong subtract 100%.

-Short questions, of interpretation and development: both theoretical and practical application of knowledge.

Individual or Group Work/Project

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

Oral tests or exposition

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

Exercises and Classroom Practices

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

Autonomous non-classroom 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 the platform of each group at 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

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.	R10, R11, R12, R13	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.	R10, R11, R14	Resolution of problems and cases. Presentation of content by the teacher. Practical lesson. Group dynamics and activities.	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.	R10, R11, R12, R13, R14	Resolution of problems and cases. Practical lesson. Group dynamics and activities.	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.	R10, R11	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

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.	R10, R11, R12, R13, R14	Resolution of problems and cases. Practical lesson. 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.	R10, R11, R12, R13, R14	Resolution of problems and cases. Practical lesson. 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
BLOCK 1	Fundamentals of triathlon and paratriathlon
BLOCK 2	Rules and regulations
BLOCK 3	The swimming segment in triathlon, technique, tactics and training
BLOCK 4	The cycling segment of triathlon, technique, tactics and training
BLOCK 5	The triathlon running segment, technique, tactics and training
BLOCK 6	Transitions
BLOCK 7	Planning, control and quantification

Temporary organization of learning:

Block of content	Sessions	Hours
BLOCK 1	3	4,50
BLOCK 2	3	4,50
BLOCK 3	6	9,00
BLOCK 4	6	9,00
BLOCK 5	6	9,00
BLOCK 6	4	6,00
BLOCK 7	2	3,00

References

BASIC REFERENCES:

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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 ofperformance factors in sprint distance triathlon. J Hum Sport Exer, 2(2): 1-25

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WEBS:

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