



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 283304 **Name:** Internship I

Credits: 3,00 ECTS **Year:** 3 **Semester:** 2

Module: 5) External practices.

Subject Matter: External practices. **Type:** Prácticas Externas

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: Spanish

Teachers:

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Module organization

5) External practices.

Subject Matter	ECTS	Subject	ECTS	Year/semester
External practices.	12	Internship I	3	3/2
		Practicum II	9	4/2



Learning outcomes

Al finalizar la asignatura, el estudiante deberá demostrar haber adquirido los siguientes resultados de aprendizaje:

R1 - Develop and show values and attitudes of cooperation, respect and constructive criticism typical of interdisciplinary teamwork that occurs in the management, teaching, physical-sports preparation and / or training processes sports.

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 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.
 - 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, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduate in Physical Activity and Sports Sciences as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the purposes and benefits of physical activity and sport in an adequate, safe, healthy and efficient manner in all physical-sports services offered and provided and in any professional sector of physical activity and sport.
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Type of AR: Conocimientos o contenidos

- Know and understand the bases of the methodology of scientific work.
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Type of AR: Competencias



- Know and know how to apply ethical and deontological principles and social justice in professional performance and involvement, as well as have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with which improvement, excellence, quality and efficiency are intended.
- Analyze, diagnose and evaluate the elements, structure, situation and characteristics of all types of physical activity and sports organizations, as well as the legislative and legal elements linked to physical and sports activity.
- 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 - Observe and record the characteristics of sports facilities and spaces in order to be able to safely practice physical sports activities.

Learning outcomes of the specified title

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R3 - Analyze, qualitatively and quantitatively, the physical-sports activity programs applied in different populations and contexts.

Learning outcomes of the specified title

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R4 - Identify: problems, difficulties, learning environments, exercise adherence environments, which are generated in the professional context.

Learning outcomes of the specified title

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R5 - Analyze, reflect and describe, the practical experience, through the knowledge acquired.

Learning outcomes of the specified title

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Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R1	10,00%	Written and/or practical tests.
R2, R3, R4, R5	30,00%	Final internship report.
R1, R4, R5	60,00%	Report and assessment of the External tutor.

Observations

The student may keep the assessment instruments passed during the 3 years following the first enrolment. It is necessary to obtain 50% in the final internship report and in the external tutor's report and assessment in order to pass the subject. If any of these criteria is not met, the student will be graded with a maximum of 4.5. In the written test, the penalty system will be as follows: *Standard penalty system

No options = no subtraction

2 choices = 1 wrong subtract 100%.

3 options = 1 wrong subtract 50%.

4 options = 1 wrong subtracts 33.3%.

5 options = 1 wrong subtract 25% 6 options = 1 wrong subtract 20% *Standard penalty system

6 options = 1 wrong subtracts 20%.

The detailed explanation (procedure of the tasks) as well as the assessment instruments (cards or rubrics) of each section will be published on the platform of each group at the disposal of the student.

This subject is NOT eligible for single assessment according to article 10.3 of the GENERAL RULES ON ASSESSMENT AND GRADING OF OFFICIAL COURSES AND UCV'S OWN DEGREES



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:

- M1 Attendance at practices.
- M2 Resolution of problems and cases.
- M5 Presentation of content by the teacher.
- 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.	R1, R2, R3, R4	Presentation of content by the teacher.	6,00	0,24
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R2, R3, R4	Resolution of problems and cases.	1,00	0,04



<p>PRACTICAL ASSISTANCE: The practices will be supervised by a tutor belonging to the entity where they are carried out. In addition, there will be a supervisor of the process internship belonging to the university.</p>	<p>R1, R2, R3, R4, R5</p>	<p>Attendance at practices.</p>	<p>60,00</p>	<p>2,40</p>
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<p>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.</p>	<p>R1, R2, R3, R4, R5</p>	<p>Resolution of problems and cases. Group dynamics and activities.</p>	<p>4,00</p>	<p>0,16</p>
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TOTAL	71,00	2,84
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TRAINING ACTIVITIES OF AUTONOMOUS WORK

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
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<p>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.</p>	<p>R2, R3, R4, R5</p>	<p>Resolution of problems and cases.</p>	<p>4,00</p>	<p>0,16</p>
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TOTAL	4,00	0,16
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Description of contents

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

Theoretical content:

Block of content	Contents
I	General and specific regulations for external placements.
II	Phases of the Practicum I, Practicum II and extracurricular placements.
III	Practicum I management processes. Documents and memory.
IV	Instruments for observational recording.

Temporary organization of learning:

Block of content	Sessions	Hours
I	1	2,00
II	1	2,00
III	1	1,00
IV	1	1,00



References

BASIC REFERENCES

- American College of Sports Medicine (2019). *Manual ACSM para la valoración y prescripción del ejercicio*. Paidotribo
- Casimiro, A.J., Muyor, J.M., Aliaga, M. y Prada, A. (2014). *Manual básico de prescripción de ejercicio físico para todos*. Universidad de Almería.
- Desbordes, M. y Falgoux, J. (2006). *Gestión y organización de un evento deportivo*. Inde
- Garatachea, N. (2017). *Manual de prácticas de fundamentos fisiológicos de la actividad física y del deporte*. Prensas de la Universidad de Zaragoza.
- Gutiérrez, M. (2003). *Manual sobre valores en la educación física y el deporte*. Barcelona: Paidós.
- Häfelinger, V. (2010). *La coordinación y el entrenamiento propioceptivo*. Barcelona: Paidotribo
- Lara Sánchez, A. J. (2013). *El deporte como vehículo de integración*. España: Wanceulen Editorial S.L.
- Martínez, C. (2017). *Evaluación de programas UNED*
- Mestre, J.A. (2008). *Planificación estratégica del deporte: teoría y práctica: hacia la sostenibilidad*. Madrid: Síntesis.
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- Real Decreto 592/2014, de 11 de julio, por el que se regulan las prácticas académicas externas de los estudiantes universitarios. BOE, 184, de 30 de julio de 2014.
<https://www.boe.es/buscar/pdf/2014/BOE-A-2014-8138-consolidado.pdf>
- Real Decreto 822/2021, de 28 de septiembre, por el que se establece la organización de las enseñanzas universitarias y del procedimiento de aseguramiento de su calidad. BOE, 233, de 29 de septiembre de 2021. <https://www.boe.es/buscar/doc.php?id=BOE-A-2021-15781>
- Resolución de 22 de enero de 2020, de la Secretaría General Técnica, por la que se publica el Convenio con la Universidad Católica de Valencia, para el desarrollo de prácticas académicas externas de sus estudiantes. https://www.boe.es/diario_boe/txt.php?id=BOE-A-2020-1494
- Sánchez, P. (2000). *Marketing Deportivo*. Madrid: Consejería de Educación (Comunidad de Madrid)
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