

Year 2024/2025 1640005 - Practicum

### Information about the subject

Degree: Official Master's Degree in Sciences Applied to the Prevention and Functional

Readaptation of Sports Injuries

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 1640005 Name: Practicum

Credits: 6,00 ECTS Year: 1 Semester: 2

Module: 6: Practicum

Subject Matter: Practicum Type: Internship

**Department:** 

Type of learning: Blended

Languages in which it is taught: Spanish

Lecturer/-s:



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### **Module organization**

#### 6: Practicum

Subject Matter	ECTS	Subject	ECTS	Year/semester
Practicum	6,00	Practicum	6,00	1/2

### Recommended knowledge

To access the external practices, they must:

- ·Have passed at least 50% of the credits corresponding to module 1 and 2.
- ·Have attended the preparatory seminars prior to external internships.

### 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 Knowing the reality of work and competent framework in the field of prevention and rehabilitation sports.
- R2 Promote balanced analysis and reflection through scientific knowledge and practical experience.
- R3 Summarizing it handle information to substantiate the points of the required documentation (dossier of practice).
- R4 Propose alternatives to the difficulties and problems arising in the professional context.
- R5 Reflect on the shortcomings in the preparation and the need for continuous professional renewal.



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## 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):

BASIC		Weighting			
		1	2	3	4
CB6	Possess and understand knowledge that provides a basis or opportunity to be original in the development and / or application of ideas, often in a research context.		x		
CB7	That the students know how to apply the acquired knowledge and their problem-solving capacity in new or little-known environments within broader (or multidisciplinary) contexts related to their area of ??study.				X
CB8	That students are able to integrate knowledge and face the complexity of formulating judgments from information that, being incomplete or limited, includes reflections on the social and ethical responsibilities linked to the application of their knowledge and judgments.				X
CB9	That students know how to communicate their conclusions and the latest knowledge and reasons that support them to specialized and non-specialized audiences in a clear and unambiguous way.				X
CB10	That students possess the learning skills that allow them to continue studying in a way that will be largely self-directed or autonomous.		X		
CB11	Know how to apply information and communication technologies (ICT).		X		

SPECIFIC		Weighting		
		1 2 3 4		
E1	Achieving comprehensive knowledge yet specialized subjects related to applied science to prevention and functional rehabilitation of sports injuries.	x		



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E2	Ability to relate specific knowledge acquired in the theoretical sessions, in order to collaborate in solving problems that may arise in the prevention and recovery of sports injury integrating knowledge from different professional fields involved in managing the injured athlete.	X
E4	Responding to increasing demand readaptador specific functional, as part of multidisciplinary professional team serving the injured athlete, and as the lead actor of the specific protocols for prevention and functional rehabilitation of sports injuries.	X
E5	Manage-own tools of their profession-that allow an objective assessment of the athlete's fitness (strength, endurance, muscle tone and volume, etc) Key phases of injury prevention and recovery in the strictly functional.	X
E6	Knowing how to plan, schedule, monitor, evaluate, coordinate and direct the prescription, prevention, exercise programming, and retraining the athlete's effort according to their profile, and the competition at the moment we meet.	X
E8	Learning to work in a multidisciplinary and specialized, collaborating with other professionals involved in the prevention, treatment and rehabilitation of the athlete to achieve an optimal and individualized approach of lesional processes of sportsman.	X

# Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4, R5	40,00%	Attendance and performance in tutored activities in the center where the practices have been carried out.
R1, R2, R3, R4, R5	60,00%	Monitoring and tutoring of students by university faculty including works and reports

**Observations** 



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## Learning activities

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

M2 Laboratory.

M3 Seminar.

### **IN-CLASS LEARNING ACTIVITIES**

	LEARNING OUTCOMES	HOURS	ECTS
Tutoring.	R1, R2, R3, R4, R5	5,00	0,20
Classroom activity in the center of practice.	R1, R2, R3, R4, R5	100,00	4,00
TOTAL		105,00	4,20

### **LEARNING ACTIVITIES OF AUTONOMOUS WORK**

	LEARNING OUTCOMES	HOURS	ECTS
Autonomous work.	R1, R2, R3, R4, R5	45,00	1,80
TOTAL		45,00	1,80



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### Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

Content block	Contents
BLOCK 1	·Realization of the practical seminars.
	·Application of the contents acquired in practical hours in
	different contexts of the sports world.

### Temporary organization of learning:

Block of content	Number of sessions	Hours	
BLOCK 1	75,00	150,00	

### References

### **Basic Bibliography:**

RD.1707 / 2011 of November 18, which regulates the external academic practices of university students (BOE Saturday December 10, 2011.)

UCV external academic practice regulations

Zabalza Beraza, M.A. (2013) El practicum y las prácticas en empresas: en la formación universitaria. Madrid: Narcea.