

# Teaching guide

## IDENTIFICATION DETAILS

|                                      |   |               |      |
|--------------------------------------|---|---------------|------|
| Degree:                              | Primary Education                           |               |      |
| Field of Knowledge:                  | Arts and Humanities                         |               |      |
| Faculty/School:                      | Education and Psychology                    |               |      |
| Course:                              | HEALTH AND PHYSICAL ACTIVITY                |               |      |
| Type:                                | Optional                                    | ECTS credits: | 6    |
| Year:                                | 4   | Code:         | 7453 |
| Teaching period:                     | Seventh semester                            |               |      |
| Area:                                | Teaching and Learning of Physical Education |               |      |
| Module:                              | Teaching and discipline                     |               |      |
| Teaching type:                       | Classroom-based                             |               |      |
| Language:                            | Spanish                                     |               |      |
| Total number of student study hours: | 150   |               |      |

## SUBJECT DESCRIPTION

It will address both the benefits of being active, regularly undertaking physical activity in an appropriate manner, and choosing a healthy lifestyle and diet, which provides physical and mental benefits. Ways of detecting anomalies and forms of intervention in different emergency situations will be discussed.

## SKILLS

### Basic Skills

Students must have demonstrated knowledge and understanding in an area of study that is founded on general

secondary education. Moreover, the area of study is typically at a level that includes certain aspects implying knowledge at the forefront of its field of study, albeit supported by advanced textbooks

Students must be able to apply their knowledge to their work or vocation in a professional manner and possess skills that can typically be demonstrated by coming up with and sustaining arguments and solving problems within their field of study

Students must have the ability to gather and interpret relevant data (usually within their field of study) in order to make judgments that include reflections on pertinent social, scientific or ethical issues

Students must be able to convey information, ideas, problems and solutions to both an expert and non-expert audience

Students must have developed the learning skills needed to undertake further study with a high degree of independence

### General Skills

To promote coexistence inside and outside the classroom, to solve discipline problems and contribute to the peaceful resolution of conflicts. To encourage and value effort, perseverance and self-discipline among students.

### Specific skills

To understand the principles that contribute to cultural, personal and social education in the field of physical education.

To be familiar with the physical education syllabus.

To acquire resources to encourage participation throughout life in sports activities inside and outside school.

### DISTRIBUTION OF WORK TIME

| CLASSROOM-BASED ACTIVITY | INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY |
|--------------------------|---|
| 60 hours                 | 90 hours                                    |