

Teaching guide

IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Social and Legal Science		
Faculty/School:	Education and Humanities		
Course:	BASIC MOTOR FUNCTIONS AND MOTOR GAMES		
Type:	Compulsory	ECTS credits:	6
Year:	1	Code:	7512
Teaching period:	First semester		
Area:	Educational Contents of Physical Education		
Module:	Physical Education and the Teaching of Physical Activity and Sport		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

SUBJECT DESCRIPTION

This course presents the fundamentals of human movement, its meaning, learning and development from the neonatal period to old age. Students will discover the meaning of play and its educational applications, and develop the necessary resources for their profession.

Students who are starting in the profession need to practise empathy continuously: Their entire future professional work involves dedication to either individuals or groups. They should therefore investigate the preferences, interests and motivations of different ages. They also need to realise that play is a part of people's lives, not only in childhood but also throughout the rest of life. "Play" in its purest form should also be present in mature adults, cultivating an attitude of wonder, creativity, simplicity, etc. Understanding play is the simplest way of developing intelligence, motor skills, enriching the imagination and enlivening the soul.

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 select and be able to use sports materials and equipment, suited to every type of activity, in their various contexts: school, sports, recreation or sport for all.

To develop skills for leadership, interpersonal relations and teamwork.

To develop skills to adapt to new situations and problem-solving, as well as for independent learning.

To be familiar with and understand the foundations, structures and functions of the skills and patterns of human body movement and its various manifestations.

To design, develop and assess the teaching and learning processes related to physical activity and sport, focussing on the individual and context-based characteristics of individuals.

To plan, develop and assess school sports, training and physical activity programmes focussed on health and fitness.

Specific skills

To design, develop and assess the teaching and learning process related to physical activity and sport, focussing on personal and context-based characteristics individually and in cooperation with other teachers and school professionals.

To effectively develop physical education sessions, handling mechanisms for student motivation and encouraging them to reach their targets.

To carry out educational leadership by engaging in physical, sports and orientation activities with students and their families, taking into consideration individual educational needs.

To develop habits and skills for independent, cooperative learning and to foster this learning process among students.

To acquire the capacity to listen and empathise through forming close relationships.

DISTRIBUTION OF WORK TIME

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