

# Teaching guide

## IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Social and Legal Science		
Faculty/School:	Education and Humanities		
Course:	BASICS AND INITIATION OF INDIVIDUAL SPORTS AND THEIR TEACHING I		
Type:	Compulsory	ECTS credits:	6
Year:	1	Code:	7513
Teaching period:	First semester		
Area:	Basics of and Introduction to Sport		
Module:	Sport and Physical-Sporting Activities		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

## SUBJECT DESCRIPTION

This course deals with both the basic gymnastic skills that a graduate in Physical Activity and Sports Sciences should know and master in order to teach, and also new activities associated with the gymnastic skills that are highly useful in the field of health, recreation and sports training. They will therefore be given an overview of the possibilities of the human body in space.

## 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 be familiar with and understand the matter of study of physical activity and sports sciences.

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

To be familiar with and act on the basis of the ethical principles needed for appropriate professional practice.

To be familiar with and understand the effects of physical exercise on the structure and function of the body, and on the psychological and social aspects of human beings.

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.

## Specific skills

To be familiar with the means or tools facilitating the attainment of those goals set by the coach.

To be familiar with and suitably apply the criteria for training children, teenagers and youngsters.

To be familiar with the theoretical principles of training and their practical application.

To assess teaching conduct and professional practice among trainers.

To be familiar with and develop the personal qualities and skills required of a personal trainer.

To bear and display openness and interest in new methods, instruments and tools for assisting in the monitoring and improvement of training and competition.

## DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
66 hours	84 hours