

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 II		
Type:	Compulsory	ECTS credits:	6
Year:	1	Code:	7517
Teaching period:	Second 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 presents the basics of individual sports, in this case the sports of athletics and swimming. This involves a study of their development over time and how they were perceived both in earlier societies and also in ours. Students will learn the basic techniques involved in each of the sports and their different expressions, and also the psychological aspects that are crucial to development in any individual sport. These sports are played by different types and ages of people, which is why we decided to approach them from the practitioner's perspective and objectives.

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 plan, develop and control the training process at different levels.

To develop analytical, synthetic, reflective, critical, theoretical and practical thought.

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 be aware of and understand the foundations of sport.

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 be familiar with and apply current sports legislation, gaming regulations, disciplinary procedures and their modifications.

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
60 hours	90 hours