

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 GROUP SPORTS AND THEIR TEACHING I		
Type:	Compulsory	ECTS credits:	6
Year:	1	Code:	7518
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

The contents of this course deal with the following points: history and evolution of football and volleyball, the tactical and technical fundamentals of both these sports, basics notions of the rules, the different stages of education and methodology of the teaching-learning process both during initiation and at different levels of competition.

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

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 foster fair play and solidarity, using sports as a means of social transformation.

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

DISTRIBUTION OF WORK TIME

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