

# Teaching guide

## IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Social and Legal Science		
Faculty/School:	Education and Humanities		
Course:	ARTISTIC-EXPRESSIVE PHYSICAL ACTIVITIES		
Type:	Compulsory	ECTS credits:	6
Year:	2	Code:	7521
Teaching period:	Third 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

During the Physical Expressive Artistic Activities course students will acquire a practical understanding of a person's different emotional experiences: moments ranging from the expression of joy, empathy, a sense of fun and the feeling of nostalgia and abandonment, as social goals. Its content also features an initiation in the preparation of choreographies. The course involves a consideration for teamwork, body language and cooperative learning.

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

To acquire basic scientific training applied to physical activity and sports in their various manifestations.

To develop an ability for interpersonal communication.

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.

### **Specific skills**

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

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

To plan, develop and assess recreational physical and sports activities.

### **DISTRIBUTION OF WORK TIME**

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
65 hours	85 hours