

# 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		
Type:	Compulsory	ECTS credits:	6
Year:	2	Code:	7529
Teaching period:	Fourth 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 course contains two blocks: Combat sports and bat and racket sports:

- The combat sports are judo and jiu-jitsu. Judo as an Olympic sport and jiu-jitsu, its predecessor, as personal self-defence. Their history will be studied to understand the point at which we currently stand. The relation between different combat sports is analysed. The basic techniques and the fundamentals of how they are taught are analysed.
- The section on bat and racket sports includes tennis and paddle tennis. This part of the course provides students with the knowledge they require to teach the basic technical and tactical features of both sports, to be able to detect errors and correct them, and to prepare basic methodological sessions and approaches to work on these basic technical-tactical aspects.

## 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 for leadership, interpersonal relations and teamwork.

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

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

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