

# Teaching guide

## IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Social and Legal Science		
Faculty/School:	Education and Humanities		
Course:			
Type:	Compulsory	ECTS credits:	6
Year:	3	Code:	7537
Teaching period:	Sixth 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

The course is intended to help students develop the ability to appreciate nature as a milieu in which to perform recreational and leisure physical-sports activities. Students will also acquire the skills and tools necessary to manage, plan and effectively lead recreational activities in nature that meet sustainability and safety criteria.

## 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 be familiar with and understand the foundations, structures and functions of the skills and patterns of human body movement and its various manifestations.

### Specific skills

To cooperate with the various educational community and social environment sectors.

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

### DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
64 hours	86 hours