

# 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:	7538
Teaching period:	Sixth semester		
Area:	Sports Training		
Module:	Sport and Physical-Sporting Activities		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

## SUBJECT DESCRIPTION

Students are required to develop the skills necessary to act professionally in different areas: fitness trainer, coach, scout, etc., while exploring advanced training methodologies.

## 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 promote and assess the development of enduring, autonomous sport and physical activity habits among the population's various professional sectors.

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

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

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.

## Specific skills

To be aware of and apply managerial and leadership skills for teams and athletes, encouraging self-management and personal development.

To be familiar with the means or tools facilitating the attainment of those goals set by the coach.

To be familiar with the skills of the various members of the coaching staff and the relationships established among them.

To manage the time spent by a trainer efficiently on different facets and functions.

To be familiar with and develop the personal qualities and skills required of a personal trainer.

To be familiar with both the recommended and unsuitable exercises for the most common conditions, illnesses and injuries.

## DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
62 hours	88 hours