

Teaching guide

IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Health Science		
Faculty/School:	Health Sciences		
Course:	WORK PLACEMENTS		
Type:	Curricular Internships	ECTS credits:	12
Year:	4	Code:	7543
Teaching period:	Seventh-Eighth semester		
Area:	Work Placement		
Module:	Work Placement and End-of-Degree Project		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	300		

SUBJECT DESCRIPTION

Placements in schools, sports centres, leisure centres and in sports recreation, etc.

Students of the Physical Activity and Sport Sciences degree require specific training in education centres, sports centres, leisure centres and in sports recreation, etc. in which they can put into practice the skills acquired during their period of theoretical and practical training.

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 evaluate physical condition and prescribe health-oriented physical exercise.

To prepare programmes for managing sports organisations, entities and installations.

To understand scientific literature in the area of physical activity and sport in the English language and in other languages broadly used in the scientific sphere.

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 be familiar with and act on the basis of the ethical principles needed for appropriate professional practice.

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 master conflict resolution techniques.

To reflect on professional practice, developing initiative and entrepreneurship, innovation and research in order to improve one's professional endeavour.

To develop habits of excellence and quality in professional development.

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 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 apply physiological, biomechanical, behavioural and social principles in the proposal of tasks to be taught in the educational context in the fields of physical activity and health, as well as during the supervision of physical and sports activities.

To be familiar with the most common illnesses and injuries in school and sports, and to identify the risks posed for schoolchildren and athletes in their various contexts as a result of inadequate physical activities.

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.

To plan, develop and assess school sports, training and physical activity programmes focussed on health and fitness.

Specific skills

To gain practical knowledge in sports and physical activity sciences.

To understand in practice the methods for controlling and monitoring the educational (school or healthcare), organisational, recreational or training process by mastering the necessary techniques and strategies.

To link theory and practice with the professional reality.

To participate in professional activities and learn how to perform, acting and reflecting on practice.

To take part in improvement proposals in the various fields of action that may be established in the sphere of sports.

DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
280 hours	20 hours