

Teaching guide

IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences
---------	---------------------------------------

Field of Knowledge:	Health Science
---------------------	----------------

Faculty/School:	Health Sciences
-----------------	-----------------

Course:	RECREATIONAL PHYSICAL AND SPORTS ACTIVITY FOR DIFFERENT TARGET GROUPS: FROM CHILDHOOD TO OLD AGE
---------	--

Type:	Optional
-------	----------

ECTS credits:	6
---------------	---

Year:	4
-------	---

Code:	7549
-------	------

Teaching period:	Seventh semester
------------------	------------------

Area:	Focus on Diversity in 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

It is important to know the objectives of each stage and to design a series of exercises consistent with previously raised objectives in order to avoid working improperly, which would be an incoherent development of the activity. Therefore, the aim of this course is that students learn how to clearly differentiate the stages and everything that happens to them and fully understand their practical development to subsequently be able to adequately design sessions.

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

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

Specific skills

To design and regulate learning areas in contexts of diversity, fostering gender equality, egalitarianism and respect for human rights formed by the values of citizen education.

To acquire the capacity to listen and empathise through forming close relationships.

DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
60 hours	90 hours