

# Teaching guide

## IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Health Science		
Faculty/School:	Health Sciences		
Course:	PHYSICAL ACTIVITY AND HEALTH IN PEOPLE WITH SPECIAL NEEDS		
Type:	Optional	ECTS credits:	6
Year:	4	Code:	7550
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

A course in which students learn how to plan, develop and evaluate programmes of physical activity aimed at improving and/or maintaining health in people with special conditions: pathologies, disorders, disabilities or any other condition that requires tailoring the programme.

## 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 develop skills to adapt to new situations and problem-solving, as well as for independent learning.

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

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.

## Specific skills

To design, develop and assess the teaching and learning process related to physical activity and sport, focussing on personal and context-based characteristics individually and in cooperation with other teachers and school professionals.

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.

## DISTRIBUTION OF WORK TIME

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