

Teaching guide

IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Health Science		
Faculty/School:	Health Sciences		
Course:	CONTENTS OF PHYSICAL EDUCATION: TEACHING APPLICATIONS		
Type:	Optional	ECTS credits:	6
Year:	4	Code:	7551
Teaching period:	Seventh 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 based on the study of the different blocks of Physical Education content covered in the current compulsory secondary education curriculum: fitness and health, games and sports, bodily expression, activities in natural surroundings. This will enable students to implement the appropriate educational applications in each block.

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 for leadership, interpersonal relations and teamwork.

To develop analytical, synthetic, reflective, critical, theoretical and practical thought.

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 effectively develop physical education sessions, handling mechanisms for student motivation and encouraging them to reach their targets.

To carry out educational leadership by engaging in physical, sports and orientation activities with students and their families, taking into consideration individual educational needs.

To develop habits and skills for independent, cooperative learning and to foster this learning process among students.

DISTRIBUTION OF WORK TIME

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