

Teaching guide

IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Health Science		
Faculty/School:	Health Sciences		
Course:	BODILY EXPRESSION AND CREATIVE DANCE		
Type:	Optional	ECTS credits:	6
Year:	4	Code:	7552
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

In this subject, the students develop their creative abilities and learn about themselves and others in order to design and develop physical, aesthetic, rhythm and dance activities.

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 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 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 develop an ability for interpersonal communication.

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.

Specific skills

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

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

To plan, develop and assess recreational physical and sports activities.

DISTRIBUTION OF WORK TIME

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