

Teaching guide

IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Health Science		
Faculty/School:	Health Sciences		
Course:	ENVIRONMENTAL KNOWLEDGE FOR SPORT IN TOWN AND COUNTRY		
Type:	Optional	ECTS credits:	6
Year:	4	Code:	7553
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 learn how the activities related to certain adventure or nature sports are affecting rural development, above all those that are carried out in mountainous regions.

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 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 apply information and communication technologies in various areas of action.

To develop habits of excellence and quality in professional development.

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

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