

Teaching guide

IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Health Science		
Faculty/School:	Health Sciences		
Course:	SPORTS STRATEGY AND TACTICS		
Type:	Optional	ECTS credits:	6
Year:	4	Code:	7559
Teaching period:	Seventh semester		
Area:	Sports Training		
Module:	Sport and Physical-Sporting Activities		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

SUBJECT DESCRIPTION

The course entails analysis of different structural and functional components of a range of sports. It also involves exploration of the conceptual and methodological bases for the practical application of the tactical & strategic coaching in the field of sports training.

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 be familiar with and understand the matter of study of physical activity and sports sciences.

To plan, develop and control the training process at different levels.

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

Specific skills

To be familiar with the means or tools facilitating the attainment of those goals set by the coach.

To be aware of the various strategies and tactics of the world's main sports and of the variety of sports (and their modalities) that the students are interested in.

To identify, assess and prevent potential errors in training or competition, seeing them as a way of learning and progress, effectively and positively managing changes and/or adaptations needed for continued improvement.

DISTRIBUTION OF WORK TIME

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