

# Teaching guide

## IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Health Science		
Faculty/School:	Health Sciences		
Course:	PHYSICAL ACTIVITY - RECREATIONAL SPORT FOR THE DISABLED PEOPLE		
Type:	Optional	ECTS credits:	6
Year:	4	Code:	7564
Teaching period:	Eighth 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

In this course, the students will learn to develop, manage, promote and evaluate promotional projects regarding physical and sports recreational activities aimed at people with some degree of disability, adapting the activities to their particular characteristics.

## 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 promote and assess the development of enduring, autonomous sport and physical activity habits among the population's various professional sectors.

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

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

### DISTRIBUTION OF WORK TIME

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