

Teaching guide

IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Health Science		
Faculty/School:	Health Sciences		
Course:	TRAINING AND COMPETITION SUPPORT SCIENCES		
Type:	Optional	ECTS credits:	6
Year:	4	Code:	7568
Teaching period:	Eighth 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

Sport has undergone a change in recent decades with regard to the control of training and competition. This has resulted in huge improvements in different areas of sport, such as high performance and health, and is largely due to the use of scientific methodology, whereby technological improvements have been implemented to register objective data, replacing subjective perception. On this course we therefore focus on learning how to use current technology in recording training sessions and competitions. This therefore fulfils one of the pillars of scientific methodology: the objective collection of data. Obtaining these data provides a better understanding of the different sciences in the university degree. Students themselves can therefore start performing their first research work.

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

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

To acquire basic scientific training applied to physical activity and sports in their various manifestations.

To be familiar with and apply information and communication technologies in various areas of action.

Specific skills

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

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.

To develop an attitude of permanent new skills training and improvement.

To be aware of and effectively apply the skills needed to develop critical thought both individually and among athletes, encouraging independence and reflection concerning professional reality.

To bear and display openness and interest in new methods, instruments and tools for assisting in the monitoring and improvement of training and competition.

DISTRIBUTION OF WORK TIME

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