

## 26302 - Water sports and activities

### Syllabus Information

**Academic Year:** 2019/20

**Subject:** 26302 - Water sports and activities

**Faculty / School:** 229 - Facultad de Ciencias de la Salud y del Deporte

**Degree:** 295 - Degree in Physical Activity and Sports Science

**ECTS:** 6.0

**Year:** 1

**Semester:** First semester

**Subject Type:** Compulsory

**Module:** ---

### 1.General information

#### 1.1.Aims of the course

#### 1.2.Context and importance of this course in the degree

#### 1.3.Recommendations to take this course

For the best use of the course, students are informed that it is desirable to have a level adaptation and basic mastery of the aquatic environment.

It is recalled that in this course correction is required in the format and wording of all evidence and documents written with their impact on the rating.

It is recommended that students study complementary activities and materials.

### 2.Learning goals

#### 2.1.Competences

#### 2.2.Learning goals

#### 2.3.Importance of learning goals

### 3.Assessment (1st and 2nd call)

#### 3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

### 4.Methodology, learning tasks, syllabus and resources

#### 4.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as

- Lectures supported by guided seminars on specific topics applied to aquatic environment work. These seminars are based on new technologies and collaborative work.
- In the pool, situations of practice and simulated practice take place, where aspects that have previously worked on the basis of lectures, seminars and reading articles of interest are experienced.
- The Moodle platform works as a fundamental support to create space for exchange of teaching materials and discussion groups.
- Tutorials are very important, the student is guided to generate their own learning fluctuating between theory and practice and is oriented toward autonomous learning.

#### 4.2.Learning tasks

The course (6 ECTS: 150 hours) includes the following learning tasks:

- **LECTURES** (1 ECTS: 10 hours).
- **SEMINARS** (compulsory attendance) (0.5 ECTS: 5 hours).
- **PRACTICE SESSIONS IN THE POOL** (compulsory attendance) (4 ECTS: 40 hours). Dynamics of self-employment, self-learning and self-assessment so that students can have perception of their own progress in the acquisition of different skills.
- **GROUP WORK** (0.5 ECTS: 5 hours). Skill development under the supervision of the teacher.
- **PROPOSALS FOR EVALUATION.** More information is provided in the "Assessment" section of this Guide.
- **VOLUNTARY TASKS.** Students can gain experience in the fields and contexts of aquatic activity that interest them: educational, utility, competitive, recreational or health.

The Moodle platform is an essential tool for monitoring and autonomous work, which includes the following parts:

- **TEACHING MATERIALS** to have access to lecture notes and complementary dossiers with readings for each topic.
- **AUTONOMOUS WORK**, students can access to "online" questionnaires with proposals for self-learning and self-evaluation as well as participate in the course portfolios.
- **GROUP WORK** to participate in forum dynamics, answer questions of each topic in a collaborative way, and develop teaching materials, among all students, through a WIKI space.
- **SEMINARS / WORKSHOPS** to access information on class seminar.
- **GRAPHIC SPACE** to have access to video images on different technical models swimming and other resources of interest.

### 4.3.Syllabus

The course will address the following topics:

- SECTION 1. INTRODUCTION TO AQUATIC ACTIVITIES
  - TOPIC 1. Approach to Sports and Water Activities
  - TOPIC 2. Features of the aquatic environment and its laws
- SECTION 2. DIFFERENT AQUATIC PROGRAMS
  - TOPIC 3. Aquatic discovery performance
  - TOPIC 4. Sport swimming: swimming styles
  - TOPIC 5. Educational water activities
  - TOPIC 6. Water activities health
  - TOPIC 7. The aquatic recreation
- SECTION 3. TEACHING METHODOLOGY OF AQUATIC ACTIVITIES
  - TOPIC 8. Methodological bases for teaching water activities
- SECTION 4. THE SPORT PERFORMANCE IN THE SWIM
  - TOPIC 9. Specific features swimming training
- SECTION 5. OTHER WATER SPORTS ACTIVITIES
  - TOPIC 10. The sports water rescue
  - TOPIC 11. The waterpolo
  - TOPIC 12. Synchronized swimming

### 4.4.Course planning and calendar

- COURSE CALENDAR: 1 SEMESTER (According to official academic calendar published for each academic year)
- CLASSROOM DYNAMICS AND WORKSHOPS: River Isuela Pavilion
- DYNAMIC POOL: Pool Almería (Front Pavilion River Isuela)

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sports Sciences website.

### 4.5.Bibliography and recommended resources

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- Natación terapéutica / por Mario Lloret...[et al.] . 2a. ed. Barcelona : Paidotribo, D.L.1997
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- Vezos, N., Gourgoulis, V., Aggeloussis, N., Kasimatis, P., Christoforidis, C., & Mavromatis, G.. Underwater Stroke Kinematics During Breathing and Breath-holding Front Crawl Swimming. *Journal of Sports Science & Medicine*, 6(1), 58-62; 2007
- Martens, J., & Daly, D. (2012). Qualitative Evaluation of Water Displacement in Simulated Analytical Breaststroke Movements. *Journal of Human Kinetics*, 32, 53-63. doi:10.2478/v10078-012-0023-7
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