

26315 - Fighting and adversarial sports

Syllabus Information

Academic Year: 2019/20

Subject: 26315 - Fighting and adversarial sports

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: 2

Semester: Second 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

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. The course combines theory with practice, therefore, the knowledge acquired in the lectures and in the seminars, in which participatory and group dynamics are established, is complemented with practice sessions of judo and badminton, teaching and problem-solving techniques. With this methodology, the student understands the logic of the sport rather than simply learning by heart the techniques.

Students are expected to participate actively in the class throughout the semester.

4.2.Learning tasks

The course includes the following learning tasks:

- Lectures.
- Seminars.
- Practice sessions.

4.3.Syllabus

The course will address the following topics:

Section 1. Fighting:

- Topic I. GENERALITIES AND CLASSIFICATION
- Topic II. HISTORY OF STRUGGLE SPORTS
- Topic III. GENERALITIES OF THE JUDO
- Topic IV. BASIC FOUNDATIONS OF THE JUDO
- Topic V. INITIATION TO JUDO
- Topic VI. CONCEPTUAL ASPECTS: DIFFERENT CLASSIFICATIONS OF THEIR CONTENTS
- Topic VII. TECHNICAL ELEMENTS OF THE JUDO

Section 2. Racket

- Topic VIII. GENERALITIES AND CLASSIFICATION OF THE RACHETA SPORTS AND GENERALS OF THE BADMINTON
- Topic IX. TECHNICAL ASPECTS OF BADMINTON
- Topic X. TACTICAL ASPECTS OF BADMINTON

4.4.Course planning and calendar

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