

26323 - Outdoor Physical-Sports Activities

Syllabus Information

Academic Year: 2019/20

Subject: 26323 - Outdoor Physical-Sports Activities

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

Degree: 295 - Degree in Physical Activity and Sports Science

ECTS: 12.0

Year: 4

Semester: Annual

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 theoretical contents constitute the basic information needed to solve the practical tasks that constitute the main nucleus of the course.

The course starts with theoretical-practical sessions that take place in the Pío XII pavilion, in which the different maneuvers of sport climbing, canyoning and speleology will be worked on. These sessions will support, contextualize or complement the contents addressed in the main practical parts. Subsequently, depending on the nivo-climatological conditions, the part of snow activities will be carried out. This will take place in winter stations and enclaves of the province. The final part is also related to climbing, in which in addition to consolidate the knowledge acquired, there will be a field visit to practice sport climbing in a school of natural rock climbing.

4.2.Learning tasks

The course includes the following learning tasks:

- Teaching sessions that will take place in the classrooms of the Faculty with the entire class group.
- Teaching sessions that will take place in the Pío XII School Pavilion's Rocódromo.
- Seminars that will take place in the natural environment. These will include snow practical tasks, which will be carried out in winter stations and enclaves in the province, as well as a field trip to a climbing school in the Sierra de Guara.

4.3.Syllabus

The course will address the following topics:

Section 1. Vertical sports.

- Topic 1. Introduction to sport climbing
- Topic 2. The specific gear for sport climbing.
- Topic 3. Specific techniques and maneuvers at sport climbing.
- Topic 4. Rope maneuvers.
- Topic 5. Knots.
- Topic 6. Via ferrata.
- Topic 7. Canyoning.
- Topic 8. Caving.

Section 2. Sports and physical activities in the snow.

1. Overview of physical and sports activities in the snow.

- Topic 1. Introduction and overview of physical and sports activities in the snow.
- Topic 2. The historical approach to physical activities in the snow.
- Topic 3. Sports disciplines of physical activities in the snow.
- Topic 4. Elements involved in the activity:
 - 4.1. The practice environment.
 - 4.2. Infrastructure; the equipment and the materials.
- Topic 5. Sustainable active tourism at snowy environments.
- Topic 6. Snow tourism: Snow in Aragon.
- Topic 7. Environmental education through physical activities in the natural environment.
- Topic 8. The training and functions of the snow activities professional.

2. The teaching of snow activities: initiation and improvement.

- Topic 9. Theoretical approach: the global development of motor skills in the snow.
- Topic 10. The integral model of teaching snow activities.
- Topic 11. Proposal of phases and stages by modalities.

3. Organization and safety at the snow activities.

- Topic 12. Specific criteria of organization and action in the snow activities.
- Topic 13. Elements and security considerations; gear and facilities.
- Topic 14. Notions of avalanches, snow hiking and safety tips.

4. Practical activities and resources in the snow.

- Topic 15. The development of specific teaching-learning activities (for modules or sport activities):
 - 15.1. Nordic skiing.
 - 15.2. Downhill skiing.
 - 15.3. Snowboard.
 - 15.4. Other snow sports.

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