

## 26305 - Basics and simple evidence of motor functions

### Syllabus Information

**Academic Year:** 2020/21

**Subject:** 26305 - Basics and simple evidence of motor functions

**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

### 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 learning process that has been designed for this subject is based on the following:

In the **theoretical sessions** (master classes) the content related to the subject will be addressed at the epistemological, conceptual and taxonomic, and guidelines and indications will be established for the approach of said contents within teaching-learning processes adapted to the context and the evolutionary level.

The **practical sessions** will seek the students' experience of proposals aimed at developing the content related to the subject, which will allow a greater understanding of them and will be a model of intervention.

The **seminars** will seek to guide students in carrying out certain tasks assigned in the subject and strengthen the conceptual, procedural and attitudinal content related to it, enjoying the advantage that allows in terms of teacher-student interaction the organization in small groups.

The agenda will mainly address the following contents, contemplated both from theory and from practice:

- Block of "Basic concepts in motor skills": basic concepts related to motor skills will be covered, and key elements when conducting an analysis of it.
- Block of "Perceptual motor bases": it will focus on the study of perceptual capacities (perception corporal, spatial and temporal), of the coordinative capacities (coordination and balance), and of agility as resulting capacity.
- Block of "Basic motor skills": it will make an approximation to the basic motor skills and abilities locomotives (displacements, jumps and turns) and manipulatives (throws and receptions).

The organization of the teaching of the subject will be carried out as follows:

- 15 theoretical sessions (master classes), lasting 1 hour each.
- 27 practical sessions for each group of practices of the subject, of 1 hour and a half each.
- 5 seminars for each group of practices of the subject, lasting 1 hour.

*ADDENDUM:*

**POSSIBLE ADAPTATIONS OF THE COURSE BY SITUATION COVID-19**

In the event that a non-face-to-face teaching scenario is presented, the contents of the subject can be continued with adaptatio

Instead of doing practical sessions of the contents, as we ordinarily do, they will be taught in a theoretical-practical way, giving t

Expressly selected videos will be provided to facilitate monitoring and understanding.

Regarding the teaching methodology, forums will be established with topics of interest.

Group video calls will be held to explain dynamics, theoretical and practical content, answer collective questions, etc ...

Selected videos on practical content will be provided. Regular communication will be established with group and individual ema

It will be provided through Moodle notes prepared expressly with guiding questions on key aspects.

**4.2.Learning tasks**

**4.3.Syllabus**

**4.4.Course planning and calendar**

**4.5.Bibliography and recommended resources**