

26310 - Outdoor sports

Syllabus Information

Academic Year: 2020/21

Subject: 26310 - Outdoor sports

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

Degree: 295 - Degree in Physical Activity and Sports Science

ECTS: 9.0

Year: 2

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)

The student must demonstrate that they have achieved the expected learning outcomes through the following assessment activities

The student will have the option of passing the course through a continuous assessment system or a global assessment test.

1.-CONTINUOUS EVALUATION MODALITY:

To access this modality, you have to attend at least 85% of the practices and seminars.

There are two 2 modules computable at 50% of the final grade.

During the development of external internships, respect for the environment, materials and peers must be demonstrated, and any non-compliance with the agreed rules for each activity may be negatively evaluated.

In your case, attending to the different modules of the subject, you may request the preparation of a group development work on the management and organization of certain sports activities in the natural environment.

The proposed tests and practices will be adapted, as far as possible, for students who justify a disability. Those students who, due to injury or other justified reason, cannot do the external internships, must compensate these with an additional complementary work in which they demonstrate that they have acquired the competences proposed for said internship, justifying their participation in practices with characteristics similar to those programmed in the course." In order to participate in the practices, it is ESSENTIAL AND MANDATORY, go with the specific material recommended by the teaching staff.

MOUNTAIN ACTIVITIES MODULE (50%):

? Final written test: (35%). Based on test-type questions with 4 answer options, only 1 being valid.

? Commission work (50%). According to the script established at the beginning of the course through Moodle.

-Assistance, active participation with use in the activity. Four. Five %

? Completion of an Orienteering career

? Carrying out hiking trails through the middle of the mountain with overnight stays overcoming positive slopes of no more than 1,100 m. and with an approximate distance of 15 km.

-Work carried out in groups, collected in documentary memory and supervised by the teacher.

(Defended in an interview with the teacher at least 5 days before the start date of the corresponding activity) 50%

-Self-assessment of the module. 5 %

? Field Notebook (15%): At the conclusion of each Seminar and External Practice and within the established term, a report must be submitted showing the learning acquired following the structure that will be proposed as a Field Notebook.

NAUTICAL ACTIVITIES MODULE (50%):

-Final written test: The student must take a final written exam in which their theoretical knowledge of the contents addressed in the development of the syllabus and their ability to search for solutions to real situations raised in the theoretical-practical development of the subject.

-Practical final test: It will consist of the realization of a circuit that demonstrates the basic mastery of the three sports addressed in the thematic block and the use of the techniques worked on in the development of the subject. Dinghy sailing: double course in a triangle formed by three buoys. Sailing derivation table (windsurfing): four routes between two buoys, contacting the corresponding buoy at the end of each embroidery. Canoeing (kayaking): Six kilometer journey through a sheet of calm water in a maximum established time.

The teacher will carry out an objective continuous evaluation and will be able to validate the realization of some parts of these tests to the students who, having attended all the practices, have demonstrated an applied knowledge and a practical command of the situations worked on in them.

-Assistance and participation. The student must attend 85% of the scheduled practices doing the proposed tasks and actively collaborating in their development.

For security reasons and the use of the practical period, the teacher will take a written test in the last theoretical session that the students must pass in order to attend the nautical practices. Whoever does not get the APTO qualification, will not be able to do these practices.

Those students who individually or in groups of a maximum of 4 people wish to increase their final grade, must prepare a paper on a topic directly linked to the agenda. The work must generate useful knowledge for the students who do it. The teachers will prepare a list of topics and the students will choose one among them that they will develop throughout the course.

*** METHODOLOGICAL ADAPTATIONS COVID-19**

- **Theoretical classes:** The theoretical contents (syllabus, videos and recommended articles) will be available on the Moodle virtual teaching platform where a self-assessment questionnaire space will be enabled so that the student can track their progress in learning.

- **Practical classes and seminars:** if they cannot be carried out in the manner and manner contemplated, an adaptation of the practical contents will be proposed in such a way that a part of them are taught in small groups, thus complying with the provisions of the applicable protocols. to the development of activities of active tourism and nature in terms of number, equipment and disinfection of materials, and another part will be complemented with the realization and exhibition of practical works that help to assume the established competences.

- **Tutorials:** individual and group tutorials will be proposed through email and / or the Google Meet tool or by email.

*** Evaluation of COVID'19 modality**

? Final written non-attendance test: (40%)

? Individual works exposed by videoconference (40%)

? Participation in the seminars and (where appropriate) in the final practice (20%)

2.-GLOBAL EVALUATION MODALITY:

-The student who cannot meet the demands of attending seminars and external practices, or for any other justified reason, must submit to the global assessment modality. To do this, you must pass the following evaluation tests:

? MOUNTAIN ACTIVITIES MODULE:

to. Test 1: On the date scheduled for the global evaluation, all the reports required in the course seminars and the development of a work (with the obligatory tutoring by the professors), in which the responsibilities of organization assigned to any of the Work Commissions of this module.

b. Test 2: Written exam where you will ask about the content covered both in the master classes and in the Seminars and External Practices of this module.

Students who choose this option, to pass the evaluation of the subject through this continuous assessment modality, they must achieve at least a score of 5 points to pass the matter.

? NAUTICAL ACTIVITIES MODULE:

a. Test 1: Completion of a written work that addresses all the contents that make up the nautical program that makes up the corresponding part of the subject

b. Test 2: Written exam where you will ask about the content covered both in the master classes and in the Seminars and External Practices of this module.

Students who choose this option, to pass the evaluation of the subject through this continuous assessment modality, they must achieve at least a score of 5 points to pass the matter.

In any case and depending on the evolution of the Covid-19 situation, the indications received from the Dean of the Faculty will prevail.

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. This is a course that connects theory with practice: the theoretical contents form information bases necessary to successfully solve practical tasks, which are the core of the course.

Practical tasks are structured according to two major sections. On the one hand, there is an intense week located in the natural reserve of La Sotonera and in which the water content and realization of a camp in a steppe natural environment takes place. In the second section, confined in a medium or medium-high mountain ?corresponding to the contents Hiking / climbing? there is an installation of itinerant camps.

Throughout the course will be a series of theoretical and practical sessions that will support, complement and contextualize the content addressed in the two main practice tasks.

- **ADAPTATIONS NOT PRESENTIAL SCENARIO COVID'19**

In case of having to access the online teaching modality, the theoretical sessions and seminars will be developed through the Google Meet platform.

The written exam test will be developed through the Moodle platform and with video support on the official date.

(In due time, students will be notified of the appropriate indications for access and development).

In the scenario of impossibility of developing the external practices, these will be compensated from the development of practical assumptions where technical and organizational aspects will be analyzed in the modalities of hiking with overnight stays and nautical activities, and must be presented through an explanatory video by the student.

4.2. Learning tasks

The course includes the following learning tasks:

- Theory sessions and seminars IN THE "PABELLÓN RÍO ISUELA".
- Field work. Stay in La Sotonera. It combines contents of camping and water sports (sailing, windsurfing and canoeing).
- Field work. Camping that combines contents of trekking in a medium and high mountain in Sierra de Guara and the Pyrenees with slopes between 650 and 1100 m.

4.3. Syllabus

The course will address the following topics:

SECTION I. ACTIVITIES AND WATER SPORTS

- TOPIC 1. THE CONTEXT
- TOPIC 2. WINDSURF
- TOPIC 3. SAILING
- TOPIC 4. KAYAK (CANOEING)

SECTION II. MOUNTAIN ACTIVITIES

- TOPIC 1. CONCEPT ACTIVITIES. SPORTS AND NATURE
- TOPIC 2. EDUCATIONAL VALUES OF THE ACTIVITIES IN NATURE: RISK EDUCATION
- TOPIC 3. THE SPORT ORIENTATION
- TOPIC 4. ORGANIZATION IN NATURE PHYSICAL AND SPORTIVE ACTIVITIES
- TOPIC 5. LEGAL PRACTICE STANDARDS A. F. AND SPORTS IN NATURE
- TOPIC 6. TREKKING AND HIKING THE MOUNTAIN

4.4. Course planning and calendar

Provisional course planning

THE NATURAL RESERVE OF LA SOTONERA (May)

- KAYAKING (May)
- SAILING (May)
- WINDSURF (May)

MEDIUM / HIGH MOUNTAIN IN SIERRA DE GUARA / PYRINEES (From October to May):

- ORIENTEERING: (October)
- HIKING GUARA: (November)
- MOUNTAIN - PYRINEES (May)

PERIODICAL ACTIVITIES: SEMINARS AND CONFERENCES.

4.5. Bibliography and recommended resources

- Actividades en la naturaleza / autores, Jorge Ascaso Martorell...[et al.] ; coordinación, Ángeles López Rodríguez, Roberto Velázquez Buendía, Leonor Gallardo Guerrero . Madrid : Ministerio de Educación y Ciencia, 1996
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- Funollet, F. . Actividades en el medio natural. Tipos, clasificaciones y recursos. Organización de actividades físicas en la naturaleza Temario de Oposiciones ESO. Tema 14. Barcelona: Inde, 1994
- García Gómez, Eusebio. Orientación : desde el mapa y la brújula hasta el GPS y las carreras de orientación / Eusebio García Gómez . 4ª ed. Madrid : Desnivel, 2005
- García Gómez, Eusebio. Orientación / Eusebio García Gómez . Madrid: Desnivel, 2002
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- Manual de técnicas de montaña e interpretación de la naturaleza / por Javier A. Melendo Soler ... [et al.] . 1a. ed. Barcelona : Paidotribo, cop. 2002
- Nasarre Sarmiento, José María. Responsabilidad civil en deportes de montaña y actividades en la naturaleza / José María Nasarre . 1ª ed. Madrid : Desnivel, 2013
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