

26312 - Individual sports

Syllabus Information

Academic Year: 2020/21

Subject: 26312 - Individual 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: First semester

Subject Type: Compulsory

Module: ---

1.General information

1.1.Aims of the course

The teaching of this subject aims that the student has a global vision of the history of some individual sports (athletics, cycling and skating) and their modalities. How they have evolved and what is the technical execution model, learning processes and errors. Also, the effects of the practice of individual sports in the organism and know how to create, organize, plan and evaluate tasks for improvement or learning, in different contexts.

1.2.Context and importance of this course in the degree

Individual sports, and specifically athletics, form the basis of most sports. In fact, the qualities needed and worked in the different athletic modalities are the same as in the rest of sports. Knowing them will allow us to apply it in other sports modalities.

On the other hand, performance in individual sports depends on fundamental aspects related to psychological, physiological and biomechanical aspects. The effect on the organism, as well as the planning of the training or improvement programs, or the design of activities and teaching-learning processes essential in the sport initiation are also the main object of other subjects of the Degree.

1.3.Recommendations to take this course

This subject is compulsory, does not require prior knowledge. However, it is recommended to maintain an acceptable physical condition.

2.Learning goals

2.1.Competences

Upon passing the subject, the student will be more competent to ...

General skills:

In this subject, as in the rest of the subjects of the Graduate, all the general competences (instrumental, personal and interpersonal and systemic) that appear in the Degree Report will be attended.

Professional skills:

- Design, develop and evaluate the intervention processes, related to physical activity and sports with attention to the individual and contextual characteristics of the people.
- Understand the internal logic of the motor situations, analyzing and applying it in an appropriate way to those to be performed in a stable physical environment and without direct interaction with others.
- Know the motor action as an object of fundamental study in the field of physical activity and sport sciences.
- Plan, develop and evaluate the realization of teaching-learning programs based on the practice of physical-sporting activities.
- Select and know how to use sports equipment and equipment, suitable for each type of activity.
- Know the characteristics and potentialities of the spaces useful for the practice of physical and sports activity and arrange their order to optimize their use attending all types of populations.
- Assess, transmit and enhance the component of pleasure and enjoyment inherent in the practice of physical-sporting activities, and the relational opportunities that such practice implies.

Competences of the subject:

- Handle the basic terminology of the subject, and be able to adequately describe the technical actions of the technical elements carried out.
- Describe relevant historical milestones for the development of athletics as a sport, and for the evolution of all modalities and its regulations.

- Be able to describe and execute, identifying the most common mistakes in the basic technical elements of athletics, cycling and skating.
- Develop and evaluate athletics tasks using new technologies.
- Design and make teaching and learning proposals for individual sports, following appropriate methodological guidelines focused on initiation.

2.2. Learning goals

The student to overcome this subject should demonstrate the following results ...

- Describe the history and evolution of sports modalities, their biomechanics and the basic rules of the sports treated: athletics, cycling and skating, as well as knowing basic terminology of the subject "Individual Sports" as well as the relevant bibliographic sources to document this subject.
- Perform the basic technical elements of the modalities correctly, using the material in an appropriate manner and identifying the most common errors of each one.
- Design, develop and evaluate individual learning programs specific to individual sports, as well as design and carry out teaching proposals for the modalities carried out, following appropriate methodological guidelines.

2.3. Importance of learning goals

They will allow the student to know individual sports and their modalities, being able to apply this knowledge in other sports and in other sports contexts. It will allow you to interrelate basic concepts of other subjects.

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

Overall evaluation

Pass a written test with short theoretical or practical questions or test-type questions on the two content blocks.

Prepare a work related to the individual sports carried out whose content will be agreed in the sessions.

Correctly executing basic techniques of the individual sports dealt with: athletics, cycling and skating, recognizing fundamental errors and proposing specific activities for their improvement.

In specific cases with students with disabilities, appropriate specific adaptations will be made together with the Disability Office of the University of Zaragoza, if such adaptations are possible (and in no case be significant adaptations).

GRADING SYSTEM

The evaluation is a global test that has different theoretical evaluation tests? practices. Students who attend regularly (more than 85% of the practical sessions) take these tests during the theoretical-practical sessions of the semester that are thus scheduled. Students who do not attend regularly take all the tests on the date of the official call.

In all the tests the spelling mistakes and the formal aspects of the presentation will be taken into account, being able to discount up to 1,5p in each test. If a student presents an exam with illegible handwriting, they will be asked to read it orally to be evaluated.

Assessment tests:

Assessment test 1, evaluation of the theoretical part: 50%

The theoretical tests of the students with regular attendance will consist of short and test-type questions. Students who have not demonstrated an active participation according to 85% of the practices, must take the written test that shows the mastery of the knowledge presented in these practices, with short questions and to be developed. The date of this test will be the one proposed in the official calendar.

- Theoretical Block 1: carrying out an objective written test on athletics

The acquisition and understanding of the theoretical-practical conceptual contents of athletics will be evaluated. The weighting in the rating is 25%.

- Theoretical Block 2: carrying out an objective written test on cycling and skating

The acquisition and comprehension of the theoretical-practical conceptual contents of cycling and skating will be evaluated. The weighting in the rating is 25%.

Assessment test 2, objective test of a practical nature: 35%

The practical test has two content blocks that must be passed separately. Active participation in sessions will be taken into account:

- Practical Block 1: Athletics. Students will carry out individually: a 60m hurdles race, where they will evaluate time and execution; high jump, where performance and height will be evaluated; and discus throw, where performance and distance will be evaluated. The weighting in the rating is 25%.

- Practical Block 2: Skating. Students will individually perform forward movement with balloons, 90° turn technique, braking technique, change of direction and backward movement, evaluating time and execution. The weighting in the rating is 10%.

Test 3, theoretical-practical work: 15%

A single individual practical theoretical work related to cycling will be carried out. Two alternatives will be offered, one more related to teaching-learning, and another related to performance. The weighting in the rating is 15%.

To average each test must be passed with a 5.0 (out of 10). Exceptionally, it can be averaged if a single block does not

reach the rating of 5.0 but is equal to or greater than 4.5.

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. It is intended that students use the appropriate methodological progressions, taking into account the risk of injuries.

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

Classroom materials will be available via Moodle. These include a repository of the lecture notes used in class, the course syllabus, as well as other course-specific learning materials, including a discussion forum.

Further information regarding the course will be provided on the first day of class.

Given the exceptional situation caused by COVID-19, the theoretical sessions will be online. Weekly students will receive a document with the theoretical syllabus and a recording of the explanation and presentation of these topics. In this way they can access this information at any time and organize their own work. In the same way, they will be regularly summoned for sessions in Google Meet where we can clarify concepts or answer questions or expand the content that the students themselves require.

In any case, the indications received from the Dean of the Faculty will prevail.

4.2. Learning tasks

Theoretical classes. 15 telematic sessions equivalent to 1 hour of face-to-face class and complementary Google Meet sessions. In them the basic theoretical knowledge of the subject is presented to the students, which will deal with the topics exposed in the program with the following syllabus:

Block I: Athletics

Introduction

History

Regulation

Running track

Categories

The races

The athletic march

The relays

The jumps

Fences

Releases

Block II: Cycling and Skating

Cycling

Origins and history

Cycling modalities

Regulation

Material: Parts of the bicycle and its mechanics. Cycling clothing.

Biomechanics and position on the bicycle.

Basic cycling skills: balance, driving, braking ...

Basics of cyclist training

Skating

History

Inline skating

2.1. General

2.2. Basic positions

2.3. Push and slide

2.4. Braking in line

2.5. Falls

2.6. Changes of direction

Theoretical sessions: 15 theoretical sessions lasting 1 hour in a classroom in the business building.

Practical seminar sessions: 5 hours in person. They will take place on outdoor tracks and specific practical activities will be carried out in a small group. In these sessions the skating practices will be developed. Although the practice groups are smaller in the seminars, work waves will be established so that there are no more than 6 students on the track simultaneously and they must maintain a minimum distance of 2 meters between them.

Practical field sessions: 27 hour and a half sessions per student, that is, 40.5 contact hours, work in three groups. They will take place on the athletics tracks of the Ciudad Deportiva, on the outdoor tracks of the Río Isuela Sports Center and, eventually, there are trips with the bicycle from the Sports center of the Faculty. At the beginning of the semester the dates of the exits will be specified and the students will be informed. During cycling practices, each student must use their bicycle and their own tool only and exclusively. The sessions on the outdoor rinks will follow the same protocol as for skating practices (6 students simultaneously on the rink and a minimum distance of 2 meters between them). The material should be disinfected before and after each practical activity. Athletics sessions must respect the safety distance of 2 meters at all times and will not share material. In such a way that we will work by stations and small groups so that each launching material is used by a single student in each session.

4.3. Syllabus

The program of this subject consists of a theoretical part and a practical part.

The sports included in the program are athletics, cycling and skating. In the theoretical part of the subject, the history and basic rules of competition will be studied, and the basic techniques (learning progressions, materials, teaching

methodologies, errors and correction exercises) will be analyzed.

In the practical part of the subject, the method and learning progressions of the technical gestures of each of the sports modalities will be learned, the different materials and their correct use will be valued, as well as improvement exercises will be proposed according to the technical errors that are committed.

4.4. Course planning and calendar

Practice sessions on cycling and athletics are on Mondays and Wednesdays. Skate sessions are held during the seminars.

Students must submit a written assignment whose topic is explored during the first classes. For students who attend classes, the practical tests will be done during the class sessions, with prior notice to the students.

The date of the written exam will be the day of the official call.

SEMANA	LUNES	MARTES	MIÉRCOLES	MIÉRCOLES	ACTIVIDADES EVALUACIÓN
1ª week	P1		T1	P2	
2ª W	P3		T2	P4	
3ª W	P5	Seminary 1	T3	P6	
4ª W	P7	Seminary 2	T4	P8	
5ª W	P9	Seminary 3	T5	P10	
6ª W	P11	Seminary 4	T6	P12	
7ª W	P13	Seminary 5	T7	P14	
8ªW	P15		T8	P16	
9ª W	P17		T9	P18	Ev. Skating
10ª W	P.19		T10	P.20	
11ª W	P.21		T11	P.22	
12ª W	P.22		T12	P.24	Ev. 60m fences
13ª W	P.25		T 13	P.26	Ev. Jump
14ª W	P.27		T14		Ev. weight
15ª W			T15		
OFICIAL DATE					EXAM

4.5. Bibliography and recommended resources

- Campos Granell, José. Las técnicas de atletismo : manual práctico de enseñanza / José Campos Granell, José Enrique Gallach Lazcorreta . 1ª ed. Barcelona : Paidotribo, cop. 2004
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- Algarra, José Luis. [Ciclismo total]. 1, Fundamentos del ciclismo : el ciclista y su mundo / José Luis Algarra, Antxon Gorrotxategi . Madrid : Gymnos, D.L. 1996
- Plas, Rob van der. La bicicleta : su mantenimiento y reparación paso a paso / Riob van der Plas . Barcelona : Editorial Hispano Europea, D.L. 1995
- Glaskin, Max. Mountain bike : recreación, aventura y competición : equipo, mantenimiento y técnica de ciclismo de montaña / Max Glaskin, Jeremy Torr ; prólogo, Pere Pi . 1a. ed. Barcelona : Editorial Hispano Europea, D.L. 1991
- Guía maestra de la Mountain Bike : consejos de expertos para vencer curvas, trialeras, pendientes, descensos, colinas, barro y todo tipo de adversidades / por los editores de las revistas Mountain Bike y Bicycling ; editor, Jesús Domingo, revisión técnica, Juan Ignacio Chico . 2a. ed. Madrid : Tutor, 2003
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