

## 26320 - Sport as Recreation

### Syllabus Information

**Academic Year:** 2020/21

**Subject:** 26320 - Sport as Recreation

**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:** 3

**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. Its objectives are:

- The student is able to plan a sports project.
- The student is able to implement a proposal of Sports Recreation for large groups of participants.
- The student experiences different physical-recreational systems.

A wide range of teaching and learning tasks are implemented, such as:

- Lectures and theory application in solving cases and work in small groups
- Analysis of advertising sources involved in the sports in small groups
- Presentation of sports recreation and small group application systems for planning, organization, implementation and evaluation of a physical-recreational activity for a large number of participants
- In large groups, all students experience and evaluate experiences of sports recreation outdoors or in a natural environment.

#### 4.2.Learning tasks

The course includes the following learning tasks:

- Lectures.
- Compulsory reading of specific bibliography.
- Audiovisual assignments in practice sessions.
- Experience of physical recreation in the open air and in the natural environment.
- Analysis of brochures, posters and/or promotional videos.
- Design of que practical assignment: recreational sports proposals specific to large groups of participants.
- Search and creation of materials and recreational sports activities.
- Construction instruments of analysis of the social reality around the leisure sports.
- Collaboration and studies of Sports recreation research.
- Project planning of sports entertainment since the diagnosis of the participant population.
- Assignment presentation.

### 4.3.Syllabus

The course will address the following topics:

#### **SECTION A. SPORTS RECREATION**

- Topic 1.The characteristics that define the recreational activities in free time
- Topic 2. The physical recreation
  - 2.1. The functions of sport in today's society
  - 2.2. Differentiating features of sports recreation. The qualitative and quantitative variables that affect the degree of recreation of a physical activity
  - 2.3. The types of physical recreation and leisure sports activity. Differential objective
  - 2.4. Movements and current manifestations of leisure sports. Spatial, temporal dimensions and materials
- Topic 3. Planning, organization and implementation of Sport Recreation for large groups of participants
  - 3.1. Methodological systems to develop recreational physical activities
  - 3.2. Selection criteria for objectives and contents

#### **SECTION B. INTRODUCTION TO THE FUNDAMENTALS OF FREE TIME AND LEISURE IN THE CONTEMPORARY SOCIETY**

- Topic 4. The conceptualization of leisure
  - 4.1. Construct of leisure: time, activity and attitude
  - 4.2. Dimensions and leisure functions. Leisure autotelic and exotelic
- Topic 5. Leisure in contemporary society
  - 5.1. Leisure and free time from a historical perspective
    - 5.1.1. Brief evolution from ancient classical times to the 20th century
  - 5.2. The dimensions and models in the 21st century: three models of citizens
- Topic 6. The market of leisure in contemporary society
  - 6.1. Consumers of leisure
  - 6.2. Variables for defining the market

#### **SECTION C. PHYSICAL AND SPORTS ACTIVITY AS A MANIFESTATION OF THE LEISURE SOCIETY**

- Topic 7. The connection of sport, free time and leisure
  - 7.1. The social and individual culture of sport. Passive and active leisure
  - 7.2. Sports social styles
  - 7.3. The sporting habits of Spanish
- Topic 8.The leisure sports education
  - 8.1. The pedagogy of leisure: free time education
  - 8.2. The education in and through the leisure sports
- Topic 9. Sports animation
  - 9.1. The sports animation as sport for all drive
  - 9.2. Intervention sectors and objectives
  - 9.3. The planning of sports animation projects
  - 9.4. The sports animator: formation, function and profile

#### **SECTION D. SPORTS ADVERTISING AND ITS INFLUENCE ON THE DEVELOPMENT OF THE LEISURE SPORTS IN THE CULTURE OF CONTEMPORARY SOCIETY**

- Topic 10. The socio-cultural history of physical and sports practices in contemporary society
  - 10.1. Evolution of the sports movement. Practice sport and sport show
  - 10.2. Body models associated with sports
  - 10.3. Values and not values around the sport of our society
- Topic 11. Sport-related advertising
  - 11.1. The advertising as a coercive mechanism of consumption
  - 11.2. The use of sport and its manifestations in the current advertising
  - 11.3. Pedagogical intervention around the sports advertising: towards the development of a sporting culture plural and critical

#### **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**