

26342 - Orientation and Off-Road Bicycles

Syllabus Information

Academic Year: 2020/21

Subject: 26342 - Orientation and Off-Road Bicycles

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: Optional

Module: ---

1.General information

1.1.Aims of the course

The subject and its expected results respond to the following approaches and objectives:

- Responsibly experience different practical situations that outline the professional field of orientation and mountain biking.
- Know the materials of both physical-sports modalities as well as their operation, maintenance and basic repair.
- Master the basic techniques of orientation sports and mountain biking.
- Know the basic principles of the sports initiation of both sports, being able to plan the process of teaching and learning in different settings and for different types of population.
- Master the organization and implementation of mountain biking and orientation races.

1.2.Context and importance of this course in the degree

Sport in contact with nature gives the athlete pleasant and deep sensations of adventure and exploration; together with the values ??that are transmitted in and by the development of these practices, the possibilities are considered multiple that this medium offers us, and must be aware of the benefits that it provides for our graduates.

This course involves the continuation, either from deepening certain content or learnin of other new ones linked to it, of the teaching-learning process of the second grade subjects: Individual sports and Sports in nature.

For all those students who are inclined to improve their knowledge and skills in the field of guidance in the natural environment and mountain biking, it is the ideal complement to the compulsory subjects taken previously.

1.3.Recommendations to take this course

To take this course, the student must know and have experienced proposals for physical activities in the nature focused on recreational and sports orientation. You should also know the basic learning processes in sports initiation and basic techniques for handling and riding the bicycle.

The student should consult the bibliography recommended by the teaching staff through the link:

<http://psfunizar7.unizar.es/br13/eGrados.php?id=153&p=1> taking into account that the? basic bibliography? it is considered of obligatory consultation, and that the? complementary bibliography? it is for guidance.

It is also recommended that the student who chooses to enroll in this subject have sufficient capacity aerobic to cope with mountain bike outings of a maximum duration of up to three hours and a medium slope.

2.Learning goals

2.1.Competences

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

GENERAL COMPETENCES: As detailed in the Degree Guide:

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

PROFESSIONAL SKILLS:

2. Understand the internal logic of motor situations, analyzing and applying it appropriately to those a perform in a stable physical environment and without direct interaction with others.
6. Understand the internal logic of motor situations, analyzing and applying it appropriately to those perform in a physical environment with uncertainty.
14. Know the motor action as a fundamental object of study in the field of physical activity science and sport.
17. Identify the risks derived from health, from the practice of inappropriate physical activities.
22. Plan, develop and evaluate the implementation of teaching-learning programs based on the practice of physical-sports activities.
24. Select and know how to use sports material and equipment, suitable for each type of activity.
25. Know the characteristics and potential of the useful spaces for the practice of physical-sports activity and arrange its management to optimize its use attending to all kinds of populations.
26. Value, transmit and enhance the component of pleasure and enjoyment inherent in the practice of physical-sports activities, and the relational opportunities that such practice implies.

OWN COMPETENCES OF THE SUBJECT:

1. Know the orientation and the all-terrain bicycle (MTB) as types of physical and sports modalities with identity own encompassed within activities in the natural environment.
2. Become familiar with the materials and equipment of the physical and sports modalities of the orientation and the MTB specified in its description, operation, maintenance and basic repair.
3. Identify the elements, mainly educational, sociocultural and multidisciplinary, that intervene in the practice of the physical and sports activities of orientation and mountain biking.
4. Assimilate the basic techniques and elementary tactical situations of the physical-sports modalities of the orientation and MTB, discovering the most appropriate types of teaching-learning activities and curricular materials in each case.
5. Live and experience situations and activities typical of both disciplines
6. Know the different modalities of practicing the sport of orientation and those corresponding to cycling linked to activities in the natural environment.

By passing this subject, the general competences of the Bachelor's degree will be improved by developing different instrumental skills, personal and interpersonal relationship skills and systemic skills.

2.2.Learning goals

The student, to pass this subject, must demonstrate the following results:

- Get to know in a theoretical and practical way the MTB sports and orientation.
- Knows how to define the different areas of action in each of the social aspects (educational, competitive, recreational leisure ...) of the physical and sports modalities of MTB and orientation, as well as some basic principles of action in the development of each of the established areas.
- Know the basic technique and the elemental tactical situations of the sports modalities associated with the orientation in the natural environment and mountain biking.

2.3.Importance of learning goals

The competences that form this subject are relevant because they contribute to the understanding of the sports phenomenon of the sport of orientation and mountain biking in the natural environment in all its practical applications (educational, competitive and recreational) through analysis of practice.

This understanding involves the use of methodologies appropriate to each social context, as well as their adaptation in depending on the content to be taught (orientation or MTB) and the needs of the target group of the practice (initiation sessions, didactic units, training integrated into sports planning, etc.).

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

The student must demonstrate that he / she has achieved the expected learning results through the following evaluation activities (The part of the orientation and mountain bike course must be passed with a minimum grade of 5 points to be able to average).

Modality A: continuous evaluation.

Attendance at 80% of the practices (independently quantified the practices dedicated to counseling of practices linked to mountain biking).

Planning, organization and implementation of a joint orientation and mountain biking activity in the natural environment (70% of the final grade).

Theoretical exam (30% of the final grade).

The tests may be face-to-face or telematic through virtual platforms such as Moodle or others.

Mode B: global evaluation.

Planning, organization and implementation of a joint orientation and mountain biking activity in the natural environment (50% of the final grade).

Theoretical exam (50% of the final grade).

In modality B, the student must pass (with a minimum grade of five points) sections 1 and 2 separately to be able to average the final grade. The tests may be face-to-face or telematic through virtual platforms like Moodle or others.

Reference documents for qualification

- Competences of the subject
- Active participation with use of the activity.
- Evaluation documents

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

- Lectures to explain the theoretical contents.
- Practice sessions to address the practical contents of sports initiation and orientation and MTB.
- Planning and implementation of orientation and MTB activities in urban and rural environments.
- In large groups, all students experience orientation and MTB planned by a small group of students.

4.2.Learning tasks

The course includes the following learning tasks:

- Know the orientation and the all-terrain bicycle (MTB) as types of physical and sports modalities with their own identity comprised within the activities in the natural environment.
- Become familiar with the materials and equipment of the physical and sports modalities of orientation and of MTB specified in its description, operation, maintenance and basic repair.
- Identify the elements, mainly educational, sociocultural and multidisciplinary, that are involved in the practice of physical and sports activities of orientation and MTB.
- Assimilate the basic techniques and the basic tactical situations of the physical-sport modalities of the orientation and MTB, discover the types of teaching-learning activities and the curricular materials more appropriate in each case.
- Experience situations and activities of both disciplines.
- Know the different modalities of the practice of the sport of orientation and those corresponding to cycling linked to activities in the natural environment.

4.3.Syllabus

The course will address the following topics:

- Topic 1. Main concepts of physical activities in the nature of orientation and MTB: Concept, trajectory historical and sociocultural, educational values.
- Topic 2. The orientation.
 - 2.1. Concept and generalities. The sports orientation and its modalities.
 - 2.2. Materials, equipment and infrastructures.
 - 2.3. Procedures of orientation in the nature: Cartographic Interpretation. Guidance with G.P.S. Coordinates U.T.M. Sports modalities of orientation.
 - 2.4. Contents of specific practical development.
 - 2.4.1. The design of orientation maps: Ocad.
 - 2.4.2. Tracing and beaconing methods: Sportiden system.
 - 2.4.3. Run Modality.
 - 2.4.4. Modality MTB.
 - 2.4.5. The technical orientation training.
- Topic 3. The all-terrain bicycle.
 - 3.1. Concept and generalities. The different modalities. cyclists in the field of activities in the natural environment.

- 3.2. Materials, parts, mechanical operation of its components. Clothing. Positions and basic techniques.
- 3.3. Contents of specific practical development.

B) Compulsory readings of specific bibliography.

C) Experience of orientation and MTB activities in rural and natural environments.

D) Analysis of active tourism programs and projects.

E) Project: design and development of practical proposals in urban and rural areas of orientation and MTB.

F) Search and creation of materials and activities to plan sports initiation processes to both modalities.

G) Project presentation.

4.4.Course planning and calendar

Calendar of face-to-face sessions and presentation of Works. The activity planning, updated every year according to the official academic calendar, will be published at the beginning of each academic year on the MOODLE virtual teaching platform.

1.- Expository classes on the theoretical contents.

2.- Group classes (two groups) to learn the sports initiation processes in both modalities

3.- Classes for the whole group to experience orientation and mountain biking activities in rural and natural environments previously planned by groups of students.

If the sessions could not be carried out in person, the course would continue without attending through platforms such as Moodle, Google Meet or similar.

4.5.Bibliography and recommended resources

- García Pajuelo, Jesús. Guía práctica para escuelas del deporte de la orientación / Jesús García Pajuelo . 1a ed. Sevilla: Wanceulen, 1999
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- 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
- Blandford P.W. Manual de orientación. Uso de mapas y brújulas para aventureros, excursionistas, montañeros y navegantes Barcelona: Ed. Martínez Roca, 1989
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- Mínguez Viñambres, Alberto. El entrenamiento del corredor de orientación.. Madrid. Consejo Superior de Deportes., 2008
- Fleming J.. Manual de orientación. Todo sobre el mapa y la brújula. Madrid: Ed. Desnivel, 1995
- García Gómez, Eusebio. Carreras de orientación : el deporte del siglo XXI / Eusebio García Gómez . 1a ed. Madrid: Desnivel, 2001
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- Gómez Encinas, Vicente. Deporte de orientación / autores, Vicente Gómez Encinas, Jesús Luna Torres, Pedro Pablo Zorrilla Sanz ; coordinación, Leonor Gallardo Guerrero, Roberto Velázquez Buendía, Angeles López Rodríguez . Madrid: Ministerio de Educación y Ciencia, D.L. 1996

- Haberkorn M. . Manuel pratique des sports d'orientation Paris, Amphora Sports, 2004
- Kronlund, Martín. Carrera de orientación: técnica, táctica y estrategia de la carrera de orientación y del trazado de recorridos para las competiciones. Madrid: Kronlund, Martin H. A., 1991
- Lapetra, S.; Guillén, R.; Generelo, E. y Casterad, J. (1998). Las posibilidades de uso y disfrute de la bicicleta de montaña. En Camerino, O. y Castañer, M. (Coords.), Guías Praxis para el profesorado. Educación Física. Contenidos, Actividades y Recursos (425-477). Barcelona: Praxis.