Universidad Zaragoza

Academic Year/course: 2021/22

26302 - Water sports and activities

Syllabus Information

Academic Year: 2021/22
Subject: 26302 - Water sports and activities
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

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

One of the main objectives of this subject is to awaken in students the concern about physical and sports activities in an unusual environment, such as the aquatic environment, getting to know the particularities of both swimming and other sports disciplines, and their contextualization in different areas.

In addition, it is intended that the students reflect on the responsibilities and competences that correspond to them in this matter as a graduate in CC.A.F.D. especially in matters of safety in practice, such as the adaptation of the different aquatic programs to the particular characteristics of their practitioners.

1.2. Context and importance of this course in the degree

The subject is included in the First year of the CC Degree studies. A.F.D. and specifically it takes place during the first semester. The reference facilities are the classrooms of the Río Isuela Pavilion (Huesca Campus / University of Zaragoza) and the Almériz heated pool (Huesca City Council).

Starting from a utilitarian approach, students are gradually introduced to the most relevant technical aspects of water sports, as well as teaching situations are shown through didactic processes adapted to each context and scope of these activities: utilitarian, educational, recreational, sports and health.

Finally, and responding to the particular characteristics of the aquatic environment, this subject becomes especially relevant when it comes to being part of the academic curriculum in the training of specialists in Physical Activity and Sports Sciences, thus generating a battery in the student basic but essential professional skills.

1.3. Recommendations to take this course

For the best use of the course, students are informed that it is desirable to have a level adaptation and basic mastery of the aquatic environment.
It is recalled that in this course correction is required in the format and wording of all evidence and documents written with their impact on the rating.
It is recommended that students study complemmentary activities and materials.

2. Learning goals

2.1. Competences

GENERAL COMPETENCES:

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

SPECIFIC COMPETENCES:

1. Design, develop and evaluate the intervention processes, related to physical activity and sport with attention to the individual and contextual characteristics of people.

2. Understand the internal logic of motor situations, analyzing and applying it appropriately to those to be performed in a stable physical environment and without direct interaction with others.

14. Know the motor action as a fundamental study object in the field of physical activity and sport sciences.

22. Plan, develop and evaluate the implementation of teaching-learning programs based on the practice of physical and sports activities.

24. Select and know how to use the sports material and equipment, suitable for each type of activity.

25. Know the characteristics and potential of useful spaces for practicing physical-sports activity and arrange their management to optimize their use, serving all types of populations.

26. Valuing, transmitting and enhancing 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 and understand the fundamental principles of water sports and activities
2. Identify and know the areas of application of the different programs in current approaches to sports and aquatic activities.
3. Analyze the regulatory conditions of water sports.
4. Acquire the necessary resources for the development of aquatic activity programs.
5. Know the specific methodological treatment of the activities carried out in the aquatic environment.
6. Demonstrate mastery of the technique in different water sports: swimming, water rescue, water polo.
7. Be able to identify errors in the execution of the swimming technique and apply the necessary resources to correct it.
8. Develop audiovisual recording procedures for motor actions in the aquatic environment for their subsequent computer processing and treatment.
9. Plan, develop and evaluate the realization of particular programs developed in the aquatic environment.
10. Maintain a reflective attitude towards collaborative work approaches applied in the aquatic environment.
11. Respect the regulations for the use of aquatic facilities and basic hygienic-sanitary regulations.
12. Assess the importance of effort and commitment to personal improvement in the practice of activities in the aquatic environment.

2.2. Learning goals

The student, to approve this subject, must demonstrate the following results ...

-Demonstrates basic mastery of the technique of swimming styles: crawl, breaststroke, back and butterfly

-Design evaluation systems, both qualitative and quantitative, of the swimming technique.

-Corrects technical aspects previously identified in different water sports modalities.

-Design aquatic activity programs to apply them to different contexts: utilitarian, educational, sports and recreational.

2.3. Importance of learning goals

The acquisition of optimal learning results will generate an active experience in the students and the possibility of incorporating the acquired skills effectively towards their preparation for the world of work as a graduate.

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:

a) *EXAM* (40%):

-Written level test: up to 4 points out of 10

b) *PROCEDURAL PART* (60%):

-*SEMINARS*: up to 1.5 points out of 10. At the end of each seminar and within the expected time frame, a report must be submitted showing the lessons learned.

-SWIMMING POOL WORKSHOP: up to 0.5 point out of 10. At the conclusion of each workshop and within the scheduled time, a report must be submitted showing the lessons learned.

-* GROUP WORK: up to 2.5 points out of 10. This work will be tutored by teachers, at least 3 moments before its final presentation.

-INDIVIDUAL EVALUATION TEST AQUATIC DOMAIN: up to 1.5 points out of 10. To be developed in the aquatic facility with the following characteristics: https://moodle.unizar.es/add/pluginfile.php/2284338/mod_resource/content/1/DESCRIPCI% C3% 93N% 20PRUEBA% 20DE% 20DOMINIO% 20ACU% C3% 81TICO% 20D.AA.pdf

* EXPANSION WORK MODALITIES:

-Option I.-Monographic topic-up to 5 points.

-Option II.-Swimmer technical analysis- up to 8 points.

-Option III.-Participation in Research Proposal- up to 10 points.

- PORTFOLIOS + MOODLE PARTICIPATION (+ -5% final grade)

* To mediate the parts, each of them must be overcome with a grade greater than 4 points

2.-GLOBAL EVALUATION MODALITY:

-The student who cannot meet the requirements of regular attendance of 85% both in seminars and practical sessions, or who for other reasons opts for this modality, must deliver, on the date scheduled for the global assessment, the required reports for seminars, extension work and practical sessions, in addition to passing a level test where the acquisition of the skills defined in the subject will be demonstrated. This test will consist of 2 parts: a written exercise with the possibility of being orally evaluated (short questions and a practical course to be analyzed) and the technical swimming level test, previously described in the continuous evaluation section.

To pass the evaluation of the subject through this modality of continuous evaluation, a score of at least 5 must be achieved to pass the subject.

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 supported by guided seminars on specific topics applied to aquatic environment work. These seminars are based on new technologies and collaborative work.
- In the pool, situations of practice and simulated practice take place, where aspects that have previously worked on the basis of lectures, seminars and reading articles of interest are experienced.
- The Moodle platform works as a fundamental support to create space for exchange of teaching materials and discussion groups.

- Tutorials are very important, the student is guided to generate their own learning fluctuating between theory and practice and is oriented toward autonomous learning.

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 (6 ECTS: 150 hours) includes the following learning tasks:

- **LECTURES** (1 ECTS: 10 hours).
- **SEMINARS** (compulsory attendance) (0.5 ECTS: 5 hours).
- **PRACTICE SESSIONS IN THE POOL** (compulsory attendance) (4 ECTS: 40 hours). Dynamics of self-employment, self-learning and self-assessment so that students can have perception of their own progress in the acquisition of different skills.
- **GROUP WORK** (0.5 ECTS: 5 hours). Skill development under the supervision of the teacher.
- **PROPOSALS FOR EVALUATION**. More information is provided in the "Assessment" section of this Guide.
- **VOLUNTARY TASKS**. Students can gain experience in the fields and contexts of aquatic activity that interest them: educational, utility, competitive, recreational or health.

The Moodle platform is an essential tool for monitoring and autonomous work, which includes the following parts:

- **TEACHING MATERIALS** to have access to lecture notes and complementary dossiers with readings for each topic.
- **AUTONOMOUS WORK**, students can access to "online" questionnaires with proposals for self-learning and self-evaluation as well as participate in the course portfolios.
- **GROUP WORK** to participate in forum dynamics, answer questions of each topic in a collaborative way, and develop teaching materials, among all students, through a WIKI space.
- **SEMINARS / WORKSHOPS** to access information on class seminar.
- **GRAPHIC SPACE** to have access to video images on different technical models swimming and other resources of interest.

4.3. Syllabus

The course will address the following topics:

- SECTION 1. INTRODUCTION TO AQUATIC ACTIVITIES
  - TOPIC 1. Approach to Sports and Water Activities
  - TOPIC 2. Features of the aquatic environment and its laws
- SECTION 2. DIFFERENT AQUATIC PROGRAMS
  - TOPIC 3. Aquatic discovery performance
  - TOPIC 4. Sport swimming: swimming styles
  - TOPIC 5. Educational water activities
  - TOPIC 6. Water activities health
  - TOPIC 7. The aquatic recreation
- SECTION 3. TEACHING METHODOLOGY OF AQUATIC ACTIVITIES
  - TOPIC 8. Methodological bases for teaching water activities
- SECTION 4. THE SPORT PERFORMANCE IN THE SWIM
  - TOPIC 9. Specific features swimming training
- SECTION 5. OTHER WATER SPORTS ACTIVITIES
  - TOPIC 10. The sports water rescue
  - TOPIC 11. The waterpolo
  - TOPIC 12. Synchronized swimming

4.4. Course planning and calendar

- COURSE CALENDAR: 1 SEMESTER (According to official academic calendar published for each academic year)

- CLASSROOM DYNAMICS AND WORKSHOPS: River Isuela Pavilion
- DYNAMIC POOL: Pool Alméria (Front Pavilion River Isuela)

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

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- Maglischo, Ernest W.. Nadar más rápido : tratado completo de natación / por Ernest W. Maglischo ; [traducido por Lluís Santacana i Faralt] . Barcelona : Editorial Hispano Europea, D.L. 1986
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- Vezos, N., Gourgoulis, V., Aggeloussis, N., Kasimatis, P., Christoforidis, C., & Mavromatis, G.. Underwater Stroke Kinematics During Breathing and Breath-holding Front Crawl Swimming. Journal of Sports Science & Medicine, 6(1), 58?62; 2007
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