

Academic Year/course: 2022/23

26315 - Fighting and adversarial sports

Syllabus Information

Academic Year: 2022/23

Subject: 26315 - Fighting and adversarial 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: Second semester

Subject Type: Compulsory

Module:

1. General information

1.1. Aims of the course

The subject "Fighting and Adversary Sports" aims to develop students' knowledge of these sports.

1.2. Context and importance of this course in the degree

In the curriculum of the Degree in Physical Activity and Sports Sciences, there is a block of Adversary Sports. At the time of teaching it, the students will have already lived the process of sports initiation.

1.3. Recommendations to take this course

To carry out the practical fighting sessions, the student must attend class with a white kimono. As a security measure and in order not to harm colleagues, it is strictly forbidden to carry out practical sessions with long hair. Students with long hair should wear it.

In the badminton block it is recommended that each student have their own racket.

Any student who does not meet the conditions described above will not be able to take the practical sessions. It is recalled that in this subject the correction in the format and the writing of all the texts is required. It is recommended that the student complements the study of this subject with the bibliography.

2. Learning goals

2.1. Competences

In this subject, as in the rest of the Graduate's subjects, all the general competences (instrumental, transversal and specific) are developed. Specific competences:

- Design, develop and evaluate the intervention processes, related to physical activity and sports.
- Understand the internal logic of motor situations, analyzing and applying it appropriately to the practice.
- Know the motor action as a fundamental study object in the field of physical activity and sports.
- Plan, develop and evaluate the implementation of teaching-learning programs based on the practice.
- Select and know how to use the sports material and equipment, suitable for each type of activity.
- Know the characteristics and potential of the useful spaces for the practice of physical-sports activities.
- Value, transmit and enhance the component of pleasure and enjoyment inherent in the practice.

2.2. Learning goals

The student will be able to identify and classify the main adversary sports according to different criteria. The student will gain mastery in the execution of the basic techniques of fighting and adversary sports. The student will demonstrate that he / she is capable of interpreting the rules of fighting and adversary sports. The student will be able to design, execute and evaluate a sports initiation process of fighting and adversary sports.

2.3. Importance of learning goals

As we have previously mentioned, the only contact that the student will have throughout the Degree is through these sports. These sports are unknown to most of the students and can be included in the so-called "minority sports". They are sports that in the future professional of a Graduate can be present either in physical education or in sports management.

3. Assessment (1st and 2nd call)

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

It offers the possibility of continuous or global evaluation

Continuous assessment

To be eligible for it, the student must participate in at least 85% of the practical sessions. The assessment will be composed of multiple tests: A written test, which will account for 30% of the final grade, which will be composed of multiple choice questions and development questions about the concepts; A practical test, in the judo modality the student must correctly execute the complementary techniques; and A dossier or portfolios, which will be composed of the work that has been indicated throughout the course. To pass the subject, the final grade must reach five, in each test, and these will be carried out in the 1st and 2nd calls.

Overall evaluation

All students who do not reach 85% participation in the seminars and practical classes must opt for the global evaluation.

A written test, consisting of multiple choice questions and development questions about the concepts, his technical mastery and tactical approach, paying special attention to serving, moving, selecting and executing hits, ... This will represent 40% of the final grade.

To pass the subject, the final grade must reach five, in each test.

In the event of a change to online assessment, the written test would be carried out using a written test.

Students with disabilities will undergo appropriate specific adaptations in conjunction with the course.

Grading system

The numerical rating will be expressed in accordance with the provisions of art. 5.2 of Royal Decree 1393/2007, of November 29, which approves the regulations of the organization of the university degrees and valid throughout the national territory. The final grade will be expressed in the range of 1 to 5.

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives.

In the course it is about combining theory with practice.

Thus the knowledge acquired in the master classes and in the seminars, in which dynamics of

Participatory and group work are complemented by practical judo and badminton sessions in which

works through direct command for teaching new techniques and solving problems with which the

students look for the most appropriate solutions to the different situations that arise. With this methodology, it is important that the student does not stay in learning a series of techniques unknown to him, but that he comes to understand the logic of this sport. For this, active participation by students is essential.

4.2. Learning tasks

The contents of the subject will be addressed in parallel through seminars, theoretical sessions and practical sessions, being distributed as follows:

SEMINARS (compulsory attendance) (0.5 ECTS: 5 hours).

PRACTICE SESSIONS (compulsory attendance) (4 ECTS: 40 hours).

THEORETICAL SESSIONS (1.5 ECTS: 15 hours)

Total 60 hours (6 ECTS credits)

4.3. Syllabus

The course will address the following topics:

Section 1: Fighting Block:

TOPIC I: GENERALITIES AND CLASSIFICATION

TOPIC II: HISTORY OF WRESTLING SPORTS

TOPIC III: JUDO GENERALITIES.

TOPIC IV: BASIC FOUNDATIONS OF JUDO

TOPIC V: INITIATION TO JUDO.

TOPIC VI: CONCEPTUAL ASPECTS: DIFFERENT CLASSIFICATIONS OF ITS CONTENTS

TOPIC VII: JUDO'S TECHNICAL ELEMENTS

Section 2: Racket Block:

TOPIC VII: GENERALITIES AND CLASSIFICATION OF THE RACKET SPORTS AND GENERALITIES OF BADMINTON

TOPIC VIII: BADMINTON'S TECHNICAL ASPECTS

TOPIC IX: BADMINTON'S TACTICAL ASPECTS

4.4. Course planning and calendar

COURSE CALENDAR: 2 SEMESTER (According to official academic calendar published for each academic year)

CLASSROOM DYNAMICS AND WORKSHOPS: River Isuela Pavilion

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

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=26315>