

## 26331 - Aerial Sports

### Syllabus Information

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**Academic Year:** 2022/23

**Subject:** 26331 - Aerial 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:**

**Semester:** First semester

**Subject Type:** Optional

**Module:**

### 1. General information

### 2. Learning goals

### 3. Assessment (1st and 2nd call)

### 4. Methodology, learning tasks, syllabus and resources

#### 4.1. Methodological overview

**The learning process that has been designed for this subject is based on the following:**

The subject aims to connect theoretical reflection with practical experience, so that the proposed activities focus on carrying out tasks that are specified in the experienced knowledge of the sports modalities addressed.

In most of the practices, the teacher will present the activity and then, individually, will carry out the flight practices accompanied by one student at a time.

#### 4.2. Learning tasks

**The program offered to the student to help him achieve the expected results includes the following activities...**

Theoretical exhibitions. The teacher will present a part of the contents of the subject through theoretical classes in which he will explain, with the help of auxiliary means, the programmed topics.

2º.- Seminars. The students by group will carry out tasks of information search, content analysis, reflection and sharing on different proposals that help them to strengthen the skills of the subject.

3º.- Realization of works. Students in groups of between one and four components will prepare a project selected from a list presented by the teacher. Said work must meet minimum requirements that will be assessed during its completion based on the direction and corrections made in the tutorials.

4º.- Group field practices. The students, in small groups, will address part of the contents in the infrastructures that make it possible to carry out aerial sports.

5º.- Individualized field practices. Each student will carry out different flight practices accompanied, directed and supervised by the teacher, in which he will put into practice the contents previously addressed that will allow him to autonomously manage the different aircraft used in the different aerial sports modalities worked on.

#### 4.3. Syllabus

Program:

Thematic block I: Aerial activities: General concepts. The air medium. The sports practice of flying: general principles.

Thematic block II: Aerial physical-sports activities: Attempt to structure the different types of existing practices. His contribution to the field of physical activities and sports.

Thematic block III: Paragliding/ Hang gliding. historical contextualization. Description of the devices. flight equipment. The paragliding flight process.

Thematic block IV: The paramotor. historical contextualization. Description of the equipment. flight equipment. The paramotor flight process.

Thematic block V: The flight with ultralight. historical contextualization. Description of the equipment. flight equipment. The process of flying with ultralight.

Thematic block VI: The sail flight. historical contextualization. Description of the devices. flight equipment. The process of flying with sailboat.

Thematic block VII: Skydiving. historical contextualization. Modalities. flight equipment. The process of free fall with a parachute.

Thematic block VIII: Hot air balloon. historical contextualization. Description of the equipment. flight equipment. The balloon flight process: possibilities and conditions.

Thematic block IX: Meteorology: Basic concepts applied to aerial sports and physical activities.

Thematic block X: Air sports in Aragon. Current state of its development and future potentialities.

#### **4.4. Course planning and calendar**

In the first week of the subject, the teacher will communicate in writing or in Moodle the breakdown of tasks included in the evaluation and the delivery schedule for them.

#### **4.5. Bibliography and recommended resources**

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=26331>