

26310 - Outdoor sports

Syllabus Information

Academic year: 2023/24

Subject: 26310 - Outdoor sports

Faculty / School: 229 - Facultad de Ciencias de la Salud y del Deporte

Degree: 295 - Degree in Physical Activity and Sports Science

ECTS: 9.0

Year: 2

Semester: Annual

Subject type: Compulsory

Module:

1. General information

With the implementation of this subject, the aim is to bring students closer to the physical-sports activities in an uncertain environment, such as the natural environment. It is considered fundamental in the training of the Graduate in PAS. to know and master the main nautical physical-sports activities, hiking and overnight stays in nature; the understanding of their basic characteristics, and the knowledge of the different environments in which they can be developed, as well as the handling and manipulation of the necessary equipment for their implementation.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), in such a way that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to their achievement Goal 3: Health and Wellness.

Goal 4: Quality Education.

2. Learning results

Demonstrates in a practical way that is able to work in a team as a competence unit planning and organizing different sports activities in nature proposed and supervised by the teacher.

Guides, plans and organizes mountain hikes and nautical sports activities for different populations with different characteristics, through the natural environment, using specific instrumentation.

Identifies the necessary requirements of infrastructures, equipment, physical capacities and technical capacities for the development of mountain sports and nautical sports approached, recognizing and complying with the specific safety measures in the specific field and those derived from the knowledge of the contextual factors that affect them.

Describes the location and potential of the main areas for the practice of the different nautical sports in Aragon, as well as the entities currently working in their promotion and diffusion.

3. Syllabus

BLOCK OF NAUTICAL ACTIVITIES AND SPORTS

1. UNIT 1: CONTEXTUAL ASPECTS
2. UNIT 2: SAIL (WINDSURFING) DRIFTING BOARD
3. UNIT 3: DINGHY SAILING
4. UNIT 4: KAYAKING (CANOEING)

BLOCK OF MOUNTAIN ACTIVITIES

1. UNIT 1: CONCEPTUALIZATION OF THE ACTIVITIES AND SPORTS IN NATURE
2. UNIT 2: EDUCATIONAL VALUES OF THE ACTIVITIES IN NATURE: RISK PEDAGOGY
3. UNIT 3: SPORTS ORIENTATION
4. SUBJECT 4.-ORGANIZATION OF OUTDOOR SPORTS ACTIVITIES IN NATURE
5. SUBJECT 5.-LEGAL REGULATIONS FOR OUTDOOR P.A. AND SPORTS PRACTICE IN NATURE
6. SUBJECT 6.-HIKING AND MOUNTAIN TRAVERSES

4. Academic activities

1. Face-to-face-Large group: (attendance is mandatory). (2 ECTS: 20 hours).
2. Face-to-face Small Groups: (attendance is mandatory). (1 ECTS: 10 hours)
3. Face-to-Face Practices "External practices": (compulsory attendance). (6 ECTS: 60 hours)
 - Nautical Activities Module (3.5 ECTS): STAY AT THE SOTONERA RESERVOIR. This is an activity that combines dinghy sailing, windsurfing (windsurfing) and kayaking (canoeing).
 - Mountain Activities Module (2,5 ECTS): ON FOOT ORIENTATION RACE, HIKING in the SIERRA DE GUARA and ITINERANT MID-MOUNTAIN CAMP IN THE PIRINEO ENVIRONMENT WITH POSITIVE LEVELS BETWEEN 650 AND 1100 m.

5. Assessment system

There are 2 modules that count for 50% of the final grade.

The proposed tests and practices will be adapted, as far as possible, for students who justify a disability.

1. GLOBAL EVALUATION METHODOLOGY (Non-attendance)

Those students who, due to injury or any other justified cause, are unable to complete the external practices, must compensate for it with an additional complementary work in which they demonstrate having acquired the competences proposed for the proposed practice, justifying their participation in practices of similar characteristics to those programmed in the term as well as the passing of a written global exam.

-Comprehensive written examination: 65%

-Global work: 35%

2. CONTINUOUS EVALUATION MODE:

MOUNTAIN ACTIVITIES MODULE (50%):

- Final written test: (35%).

- Commission work (50%).

- Attendance, active participation in the activity. 45 %

- Work done in groups, collected in documentary report and supervised by the teacher. 50 % -Self-assessment of the module. 5 %

- Field notebook (15%).

MODULE OF NAUTICAL ACTIVITIES (50%):

- Final written test: 70%

- Final practical test: PASSED / NOT PASSED It is necessary to obtain a PASS in order to be evaluated in the rest of the sections.

- Attendance and participation: 30%. The student must attend 85% of the scheduled practices.