

30145 - Teaching: Physical Activity and Sport

Syllabus Information

Academic year: 2023/24

Subject: 30145 - Teaching: Physical Activity and Sport

Faculty / School: 179 - Centro Universitario de la Defensa - Zaragoza

Degree: 563 - Bachelor's Degree in Industrial Organisational Engineering

ECTS: 6.0

Year: 4

Semester: First semester

Subject type: Optional

Module:

1. General information

The main objective of this subject is for the student to learn the basic fundamentals of sports training. For this purpose, they will study concepts on anatomy and physiology of exercise and will analyse the training methodology for the development of physical qualities, delving into the basic fundamentals of strength and endurance. Finally, they will study the planning of the sports training process and the evaluation of physical condition.

Defence Profile: 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 knowledge, skills and competencies to contribute to some extent to their achievement.

-Goal 3: Health and Wellness.

2. Learning results

1. Describe the theoretical bases of each of the contents of teaching in physical activity and sport.
2. Define and analyse the different approaches from which the teaching of physical activity and sport is developed
3. Identify, classify and elaborate tasks appropriate to each of the contents studied.
4. Describe the methodological processes involved in teaching physical education and sport.
5. Describe and use in a basic way the different training systems.
6. Explain the basic characteristics of the session and its parts.
7. Recognize and interpret different teaching styles.
8. Detail the different basic concepts of sports training.
9. Describe the different ways to evaluate and plan in the teaching of physical activity and sport.

3. Syllabus

Unit 1: The muscular system.

Unit 2: Energy systems.

Unit 3: Principles of sports training.

Unit 4: Resistance.

Unit 5: Strength.

Unit 6: Flexibility.

Unit 7: Planning of the training process.

Unit 8: Sports nutrition.

4. Academic activities

- Expository classes.
- Theoretical and practical activities: gamification, problem-solving, case studies, cooperative learning, etc.
- Writing and oral presentation of a paper.
- Completion of written tests in accordance with the evaluation guidelines indicated.
- Individual or group tutoring.
- Personal study of the student.

5. Assessment system

FIRST CALL

Continuous assessment:

1. Test 1: theoretical examination (30%).
2. Test 2: theoretical-practical exam (30%) and problem solving (20%).
3. Team work and oral presentation (20%).

The final continuous evaluation grade (100%) will be calculated according to the specific weight of each test.

Global test:

Students who do not pass the subject by continuous evaluation or who would like to improve their grade, will have the right to take the global test, prevailing, in any case, the best of the grades obtained. This global test will have a 100% weight in the final grade . It will consist of a theoretical-practical exam and problem solving on the contents seen in the subject and the delivery and oral presentation of the work.

SECOND CALL

Global test:

Students who do not pass the subject in the first exam may sit for a global exam. It will consist of a theoretical-practical exam and problem solving on the contents seen in the subject and in the delivery and oral presentation of the work.

ASSESSMENT CRITERIA

They are established based on the learning results of the subject.

In the work, the students will be provided with an evaluation rubric.

In all cases, in order to pass the subject, a grade equal to or higher than 5 must be obtained both in the final grade and in each of the evaluation instruments.

INSTRUMENTS vs. LEARNING RESULTS (RA)

Assessment instruments:	Weighting	LR-1	RA-2	RA-3	RA-4	RA-5	RA-6	RA-7	RA-8	RA-9
Test 1	30%	X	X		X			X	X	
Test 2	50% (30%+20%)		X	X	X	X	X	X	X	X
Work	20%	All potentially, depending on the subject of the work.								