

26302 - Water sports and activities

Syllabus Information

Academic year: 2024/25

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

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

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/>), so 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

1. Demonstrates basic mastery of the technique of swimming strokes: crawl, breaststroke, backstroke and butterfly.
2. Designs evaluation systems, both qualitative and quantitative, of swimming technique.
 - Analyses and corrects technical aspects previously identified in different aquatic sports modalities.
 - Designs and evaluates aquatic activity programs for application in different contexts: educational, sports and recreational activities

3. Syllabus

- **THEMATIC BLOCK I: INTRODUCTION TO THE AQUATIC ENVIRONMENT**
 - 1: Approach to Aquatic Sports and Activities
 - 2: Characteristics of the aquatic environment and its principles
- **THEMATIC BLOCK II: THE VARIOUS AQUATIC PROGRAMS**
 - 3: From aquatic discovery to performance
 - 4: Sport swimming: swimming strokes
 - 5: Educational aquatic activities
 - 6: Aquatic health activities
 - 7: Water recreation
- **THEMATIC BLOCK III: TEACHING METHODOLOGY FOR AQUATIC ACTIVITIES**
 - 8: Methodological bases for teaching aquatic activities
- **THEMATIC BLOCK IV: SPORTS PERFORMANCE IN SWIMMING**
 - 9: Specific characteristics of swimming training
- **THEMATIC BLOCK V: Other water sports**
 - 10: Sports rescue
 - 11: Water polo

4. Academic activities

- 1.-Face-to-face-Large group: (1,5 ECTS: 15 hours).
- 2.face-to-face_Small Group "Seminars": (0,5 ECTS: 5 hours)
- 3.-Pool" Practices: (compulsory attendance). (4 ECTS: 40 hours).
- 4.-Non-face-to-face activities: (9 ECTS: 90 hours)
- 4.1.-Collective work: (0,5 ECTS: 5 hours). Specific competence development, under the tutoring and advice of the teacher.
- 5.-Evaluation proposals: Developed in the corresponding section "EVALUATION" of this Teaching Guide.
- 6.-Voluntary practices: With which students will be able to acquire experience in the fields and contexts of the aquatic activity that interest them: educational, utilitarian, competitive, recreational or health.

5. Assessment system

1.GLOBAL EVALUATION MODE WITH ON-SITE ATTENDANCE

-PART-THEORETICAL PART: Passing a written exam. (45%)

-PRACTICAL PART: (55%)

- SEMINARS: 1.5 points
- POOL WORKSHOP: 1 point
- EXPANSION WORK: 2 points
- AQUATIC DOMAIN EVALUATION TEST: 1 point

2.-GLOBAL EVALUATION MODALITY WITHOUT ATTENDANCE

-Students who are unable to comply with the 85% regular attendance requirements, both for Seminars and practical sessions in the pool, or who for any other reason have access to this evaluation modality, must submit, at the latest, on the date of the official call, the reports required in the Global Face-to-Face Evaluation (Seminars, Extension Work) as well as the answer to some questions about a series of Non-Face-to Face practices. They must also pass a level test where the acquisition of the competences defined in the subject will be shown. This test will consist of 2 parts: a written exercise with possibility of being evaluated orally (short questions and a practical case to be analysed) and the technical swimming level test, which will be described in the virtual teaching platform Moodle.

Fraud or total or partial plagiarism in any of the evaluation tests will result in not passing the subject with the minimum grade, in addition to the disciplinary sanctions adopted by the Guarantee Committee for these cases.

For a more detailed knowledge about plagiarism and its consequences, please consult the following link: <https://biblioteca.unizar.es/propiedad-intelectual/propiedad-intelectual-plagio#Que>.