

## 26305 - Basics and simple evidence of motor functions

### Syllabus Information

**Academic year:** 2024/25

**Subject:** 26305 - Basics and simple evidence of motor functions

**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

The aim is for students to understand and assimilate the concepts and knowledge necessary

to analyse the structure of human motricity from a multidimensional point of view, as well as to experiment different activities of a practical nature that allow to identify and relate to each other the perceptual-motor abilities and motor skills in the physical-sports manifestations.

They will be able to analyse, design and apply any motor manifestation based on the experiences lived in the different practices complemented with bibliographic arguments

These approaches and objectives are aligned with the SDGs of the United Nations 2030 Agenda in such a way that the acquisition of the learning results provides training and competence to contribute to their achievement: Goal 3: Health and wellness.

Goal 4: Quality Education.

### 2. Learning results

To know the fundamentals and basic manifestations of motor skills, their definition, processes, analysis, classification and evolution throughout the stages of human development, as well as the phases a person goes through when learning motor and sports skills

To analyse, classify, differentiate and describe in a systematic way the human motricity based on the anatomical, mechanical, structural and functional characteristics of physical exercises and physical condition using appropriate strategies.

To apply the knowledge acquired in the analysis and design of motor tasks for intervention in different areas of physical activity and sport, using a multidisciplinary approach and design methodological progressions from the point of view of physical activity and sport, depending on the characteristics of the person and the contextual circumstances, designing methodological progressions aimed at facilitating the teaching-learning process of a specific motor skill, physical condition and/or the development of a physical quality.

To analyse in a systematic way the methodological proposals aimed at improving the motor bases, physical condition and sport skills of the individual, differentiating the valid pedagogical proposals to achieve the established objectives.

### 3. Syllabus

Topic 1: "Classification of physical exercises"

Topic 2: "Graphical representation of physical exercise"

Topic 3: "Taxonomy of physical exercise. Mechanical analysis of motor tasks"

Topic 4: "Physical qualities"

Unit 5: "Body outline"

Unit 6: "Postural tone and attitude."

Unit 7: "Laterality"

Unit 8: "Breathing and relaxation."

Unit 9: "Spatial perception and temporal perception."

Unit 10: "Coordination and balance."

### 4. Academic activities

## **MASTER CLASSES**

One hour of theoretical class per week will be given (master class).

## **PRACTICAL CLASSES**

From the beginning of the term until the end of the first semester, there will be three hours of practical classes per week (two sessions of an hour and a half each) for each of the groups of practices contemplated in the subject

## **SEMINARS**

Five practical seminars will be held throughout the semester, the dates of which are determined at the beginning of the school year.

The written exams will be held on the official date set by the Faculty of Health and Sports Sciences.

## **5. Assessment system**

### **CONTINUOUS EVALUATION MODEL:**

#### - Written examinations

Short answer, motor task analysis and test type.

It will account for 60% of the final grade.

#### - Classroom activities

Scientific and terminological rigor will be taken into account when recording the activities carried out in the practical classes, as well as the presentation in terms of formal aspects. Classroom activities must be presented in computer support through ADD (Moodle), grading according to the chosen support. They will account for 30% of the final grade.

#### - Work related to seminars and/or class practices

It will account for 10% of the final grade.

### **GLOBAL EVALUATION MODEL:**

Students with less than 85% participatory attendance in practical classes.

Two tests:

- Written exam based on short-answer, multiple-choice and motor task analysis questions. It will represent 100% of the final grade of the subject, and must be passed with a minimum grade of 5 points

Fraud or total or partial plagiarism in any of the evaluation tests will result in the failure of the subject with the minimum grade, in addition to the disciplinary sanctions that the guarantee committee adopts for these cases. For more detailed information on plagiarism and its consequences please consult: <https://biblioteca.unizar.es/propiedad-intelectual/propiedad-intelectual-plagio>