Universidad Zaragoza

Academic Year/course: 2024/25

26312 - Individual sports

Syllabus Information

Academic year: 2024/25
Subject: 26312 - Individual 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: 2
Semester: First semester
Subject type: Compulsory
Module:

1. General information

This subject aims to provide the student with a global vision of the history, technical and scientific foundations of some individual sports and their modalities. Knowledge of the rules, technique and fundamental errors will be contents of special importance. In addition, the practice of individual sports and their success depend on different factors biomechanical, physiological, bioenergetic, etc., whose bases will also be addressed during the term.

The approaches and objectives of the subject 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: Health and wellness, Quality education.

2. Learning results

The student, in order to pass this subject, must demonstrate the following results:

1. Describe the historical milestones, the evolution of the modalities, their biomechanics, physiology, training fundamentals and th individual sports: athletics, cycling, triathlon and skating.

   Know the basic terminology of the subject and the relevant bibliographic sources to document this subject.

2. Correctly identify the basic technical elements of the modalities performed, using the material in an adequate way and identifyi errors in each one of them.

3. Design, develop and evaluate teaching-learning programs specific to individual sports, as well as to design and carry out teach modalities carried out, following adequate methodological guidelines

3. Syllabus

Block I: Athletics

- Unit 1. History, rules and regulations and the athletics track.
- Unit 2. Running technique
- Unit 3. Outings and speed races
- Unit 4. Fences and obstacles
- Unit 5. Horizontal jumps
- Unit 6. Vertical jumps
- Unit 7. Weight and hammer

Unit 8. Discus and javelin

Unit 9. Relays and walking

Unit 10. Physiological and biomechanical bases of running.

Block II: Cycling, Triathlon and Skating

Cycling

Unit 12. History, cycling modalities and rules.

Unit 13. Clothing, parts of the bicycle and its mechanics.

Unit 14. Physiological and biomechanical bases of the cyclist.

Triathlon

Unit 15. History, modalities and regulations.

Unit 16. Physiological, technical and tactical bases of the triathlete.

Skating

Unit 17. History of skating.

Unit 18. Basic technique.

4. Academic activities

Lectures: 14 theoretical sessions taught by the teacher 1h.

Practical classes: 25 practical sessions of different sports disciplines. 1,5h

Laboratory practices: 5 laboratory practices. 1,5h.

The distribution of the different classes on the academic calendar will be specified and communicated to the students during the first day of class

5. Assessment system

Global Assessment

Pass a written test with short, essay and multiple-choice questions. In addition, the student will be asked to correctly identify the basic techniques of the individual sports covered, being able to recognize and correct technical errors on video analysis.

Continuous Assessment

Requirement to be eligible for Continuous Assessment: Attend 85% of the practices and complete the different assignments proposed during the term.

Theoretical test (50%). Completion of a written objective test (multiple-choice and short questions) on the theoretical and practical contents of athletics, cycling, triathlon and skating.

Practices and seminars (30%). Completion and delivery of the different practical sessions (face-to-face or delivered via Moodle) and seminars (laboratory, field or technique evaluation practices) addressed during the term. The students must perform/deliver all the practices and must be able to identify technical errors in different athletic tests and their proposals for improvement. Active participation in the sessions will be taken into account.

Research work (20%). A single original research paper written in pairs related to one of the four disciplines addressed, to be chosen by the student. The research work should be framed in one of the following topics (1) the teaching-learning process, (2) aspects related to sports performance , or (3) aspects related to health.

For averaging, each test must be passed with a 5.0 (out of 10).

Total or partial fraud or 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 a more detailed knowledge about plagiarism and its consequences please consult :https://biblioteca.unizar.es/propiedad- intellectual/intellectual-property-plagiarism#What

6. Sustainable Development Goals

3 - Good Health & Well-Being
4 - Quality Education
9 - Industry, Innovation and Infrastructure