

26320 - Sport as Recreation

Syllabus Information

Academic year: 2024/25

Subject: 26320 - Sport as Recreation

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: 3

Semester: Second semester

Subject type: Compulsory

Module:

1. General information

The goal of the subject is for students to acquire knowledge and reflect on sports leisure and the role of sports animation projects in the development of sports culture in society.

From the knowledge of concepts, principles and techniques related to sport recreation, an attitude of analysis and valuation of the functions of sport that are linked to the concept of leisure and free time will be favored.

These approaches and goals are aligned with the following Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda: ensure healthy lives and promote well-being for all at all ages, promote just, peaceful and inclusive societies, make cities more inclusive, safe, resilient and sustainable

2. Learning results

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

- Plans, organizes and implements a sports recreation activity taking into account the variables that affect the degree of recreation
- Knows and identifies the recreational dimension of leisure time physical and sports activities; assimilates the different techniques, formulas and existing recreational sports manifestations.
- Knows the keys and the meaning of sports animation/dynamization in our society and its role in the development of sports culture and integrates them in the planning process of a sports animation project.
- Understands and analyzes the role of sports advertising in the transmission of sports culture in society by identifying the functions of sport

3. Syllabus

Unit 1. The defining characteristics of leisure time recreation activities

Unit 2. Physical-sports recreation

Unit 3. Planning, organization and implementation of physical-recreational activities for large groups of participants

Unit 4 .The conceptualization of leisure

Unit 5. Leisure in contemporary society

Unit 6. The leisure market in today's society

Unit 7.- The leisure-sport binomial

Unit 8.- The education of sports leisure

Unit 9. Sports animation

4. Academic activities

This is a 6 ECTS course organized as follows:

Master classes (2,5 ECTS: 62.5 hours). Full group sessions of 50 minutes each. The teacher will explain theoretical contents, which are available in advance on the Classroom virtual platform

Practical sessions (2 ECTS: 50 hours). Sessions where students work with case studies and problem solving tasks.

Works (1 ECTS: 25 hours). In small groups, students will prepare a study (including bibliographic research , data collection and analysis, summary, scientific rigor, coherence of expression and citations). They will submit a written copy mid-course.

Autonomous work (0,5 ECTS: 12.5 hours). Time dedicated to study the course contents and prepare the sessions and papers

5. Assessment system

The evaluation system, both continuous and global, is based on different tests minimum score of 4 in each one of them to be able to make the average and pass the subject.

Continuous assessment system

- Advertising analysis work (20%)
- Planning, organization and implementation of a physical-recreational activity for large groups of participants (40%).
- Attendance and active participation in the internships: must be 100% to obtain a pass, if not obtained a pass must pass an exam on the contents of the internships to be held during the week of continuous evaluation.
- Exam (40%): open questions, a part of understanding and knowledge of the contents and another part of application of cases. Both parts must be passed in order to pass the exam. This exam will take place during the week of continuous evaluation marked in the official exam calendar.

Global assessment system:

The global evaluation tests will be carried out and delivered on the day marked by the official exams calendar

- Exam on theoretical and practical contents (40%): open questions, a part of understanding and knowledge of the contents and another part of application of cases. Both parts must be passed in order to pass the exam.
- Advertising analysis work (20%)
- Planning, organization and implementation of a physical-recreational activity for large groups of participants (40%).

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

6. Sustainable Development Goals

- 3 - Good Health & Well-Being
- 4 - Quality Education
- 11 - Sustainable Cities and Communities