

## 26331 - Aerial Sports

### Syllabus Information

**Academic year:** 2024/25

**Subject:** 26331 - Aerial 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:**

**Semester:** First semester

**Subject type:** Optional

**Module:**

### 1. General information

The subject aims to introduce students to the main aerial physical-sports activities that have a special relevance in the field of physical activities and sports, their basic characteristics, the equipment necessary for their implementation and the different environments in which they can be developed. It also aims to provide a series of experiences related to these sports, which will provide practical knowledge of aerial sports, the spaces in which they are practiced and the constraints associated with them. The training, sports, tourism and economic potential associated with this type of practice is also valued.

The subject can be linked to the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 : Goal 3: Health and wellness; Goal 4: Quality education; Goal 5: Gender equality; Goal 7: Affordable and Clean Energy; Goal 8: Decent work and economic growth; Goal 12: Responsible production and consumption ; Goal 13: Climate action; Goal 15: Life of terrestrial ecosystems; Goal 16: Peace, justice and strong institutions and Goal 17: Alliances to Achieve Goals.

### 2. Learning results

1º.- Knows the main aerial sports (paragliding, gliding, hot air ballooning and ULA) and the materials, infrastructures and equipment necessary for its development.

2º.- Is able to check and prepare a flight equipment of each of the air sports modalities approached.

3º.- Has acquired experiences of each of the sports modalities that allow them to handle in flight the different machines accompanied/supervised by the teacher.

4º.- Assesses the risks associated with aerial sports practices; knows how to detect them and act appropriately when they occur, as well as the educational, sporting, touristic and economic potential associated with aerial sports in the Aragonese environment.

### 3. Syllabus

Topic I: Aerial activities: General concepts. The aerial environment. The sport of flying: general principles.

Topic II: Aerial physical-sports activities: Attempt to structure the different types of existing practices. Its contribution to the field of physical activities and sports.

Topic III: Paragliding / Hang gliding. Historical contextualization. Description of the devices. Flying equipment. The process of paragliding.

Topic IV: The paramotor. Historical contextualization. Description of the device. Flying equipment. The process of paramotor flight.

Topic V: Ultralight flight. Historical and thematic contextualization. Description of the device. Flying equipment. The ultralight flight process.

Topic VI: Gliding. Historical contextualization. Description of the devices. Flying equipment. The process of flying with a glider.

Topic VII: Skydiving. Historical contextualization. Modalities . Flying equipment. The free fall process with parachute.

Topic IX: Hot air balloon. Historical contextualization. Description of the device. Flying equipment. The process of balloon flight: possibilities and conditioning factors.

Topic IX: Meteorology: Basic concepts applied to physical activities and aerial sports.

Topic X: Aerial sports in Aragon. Current status of its development and future potential.

## 4. Academic activities

**Lectures:** 10 hours. The theoretical contents of the subject will be addressed

**Problems and cases related to flight practices:** 5 hours. Theoretical-practical sessions in which specific situations related to practices in the aerial environment will be presented.

**Special external flight practices in small groups:** 39 hours. In the different environments chosen, we will develop ballooning, paragliding and ULA flight practices in groups of 3, 4 and 8 students.

**Teaching work oriented to aerial physical-sports activities:** 30 hours. Concrete proposals to be developed in a fundamentally practical and participative way.

**Personal study.** 60 hours

**Assessment tests.** 6 hours

## 5. Assessment system

The subject will be evaluated only in the **global evaluation** modality by means of the following activities:

1.- Theoretical examination of the subject. The exam grade will account for 80% of the final evaluation of the subject.

It will be necessary to pass this exam in order to average with the other items listed below.

2.- OPTIONAL work: The value of the work is 20% of the final grade.

3.- EVALUATION OF the practices: The value of the internship will be PASS/FAIL. It will be necessary to pass to access the final grade.

The teacher reserves the right to validate the parts of the evaluation reflected above in those cases in which they considers that, with objective criteria of continuous evaluation, the objectives have been fulfilled.

The teacher will adapt, as far as possible, the practical evaluation to those students who suffer from any physical problem that prevents them from taking the practical tests as detailed in this document.

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.

## 6. Sustainable Development Goals

1 - End of Poverty

2 - Zero Hunger

10 - Reduction of Inequalities