

30145 - Teaching: Physical Activity and Sport

Syllabus Information

Academic year: 2024/25

Subject: 30145 - Teaching: Physical Activity and Sport

Faculty / School: 179 - Centro Universitario de la Defensa - Zaragoza

Degree: 563 - Bachelor's Degree in Industrial Organisational Engineering

ECTS: 6.0

Year: 4

Semester: First semester

Subject type: Optional

Module:

1. General information

The main objective of this course is to learn the basic fundamentals of sport training. In order to achieve this aim, students will study anatomy and exercise physiology concepts and they will analyze the training methodology for the development of physical fitness, with special attention in strength and aerobic capacity. Finally, they will study the planning process of sports training and physical fitness assessment.

2. Learning results

1. To describe the anatomical and physiological bases involved in physical activity and sports.
2. To define and analyze the different approaches from which the teaching of physical activity and sports is developed.
3. To identify, classify and develop appropriate tasks for the development of the different physical fitness-related variables.
4. To describe the methodological processes involved in the planning of sports training.
5. To describe and use the different training systems.
6. To explain the basic characteristics of the session and its parts.
7. To recognize the different teaching styles.
8. To learn the different basic concepts of sports training.
9. To describe the different ways of evaluating and planning in the teaching of physical activity and sports.

3. Syllabus

- 1- Muscular system
- 2- Energy sources for muscular contraction
- 3- Principles of sports training
- 4- Endurance
- 5- Strength
- 6- Flexibility
- 7- Planning of sports training
- 8- Sports nutrition

4. Academic activities

- Lectures.
- Theoretical-practical activities: gamification, problem solving, case studies, cooperative learning, etc.
- Development and delivery of simulation-based exercises.
- Exams.
- Individual or group tutoring sessions.
- Autonomous study.

5. Assessment system

FIRST CALL

Continuous assessment:

1. Exam 1 (30%).
2. Exam 2 (50%).
3. Simulation-based exercises (20%).

In the final mark of the continuous assessment (100%) all the assessment instruments carried out throughout the course and its weight will be taken into account.

Final Exam:

The students who do not pass the subject by continuous assessment or who would like to improve their grades, will have the right to take the Final Exam set in the academic calendar, prevailing, in any case, the best of both grades. This Final Exam will consist of a global exam and simulation-based exercises.

SECOND CALL

Final Exam:

The students who do not pass the subject in the first call may take the Final Exam set in the academic calendar for the second call. This Final Exam will consist of a global exam and simulation-based exercises.

EVALUATION CRITERIA

They are established based on the learning results of the subject.

Students will have a rubric for the evaluation of the simulation-based exercises.

In all cases, to pass the subject, a grade equal to or greater than 5 must be obtained both in the final grade as in each of the evaluation instruments.

INSTRUMENTS vs. LEARNING RESULTS (LR)

Assessment tool	Weighting	LR-1	LR-2	LR-3	LR-4	LR-5	LR-6	LR-7	LR-8	LR-9
Exam 1	30%	X	X		X			X	X	
Exam 2	50%		X	X	X	X	X	X	X	X
Simulation-based exercises	20%			X		X	X		X	X

6. Sustainable Development Goals

3 - Good Health & Well-Being