

26323 - Outdoor Physical-Sports Activities

Teaching Plan Information

Academic year: 2025/26

Subject: 26323 - Outdoor Physical-Sports Activities

Faculty / School: 229 - Facultad de Ciencias de la Salud y del Deporte

Degree: 295 - Degree in Physical Activity and Sports Science

ECTS: 12.0

Year: 4

Semester: Annual

Subject type: Compulsory

Module:

1. General information

This subject aims to complete the training in physical-sports activities in natural environments of high uncertainty: the vertical and snowy.

The knowledge and mastery of these activities, the knowledge of the environment in which the practice can take place, the handling of the necessary equipment, the respect of safety rules, the planning and organization of the resources for the safe practice of these physical-sports activities in nature are considered fundamental.

These approaches and goals are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), in such a way that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to the achievement of the goals: 3, 4, 5, 8, 9, 12, 13, 15.

2. Learning results

1. To know the physical activities in nature as a type of motor behavior with its own identity, identifying the elements, mainly educational, socio-cultural and multidisciplinary, involved in these practices and establishing relationships between them.
2. Assimilate the basic techniques of the specific activities in nature to be treated, discovering the types of teaching-learning activities and the most appropriate curricular materials in each case.
3. To design, plan, promote and evaluate the regular practice of physical activity and sports in the natural environment as an educational way of using leisure time, becoming familiar with the specific materials and equipment for these activities.
4. To adequately use the teaching-learning activities to develop the processes of initiation and improvement of the different sports modalities to be practiced in nature.
5. Experience various practical situations related to different physical-sports activities in the natural environment that have a special relevance in Aragon, knowing a number of resources both theoretical and practical to facilitate access to these practices, as well as entities (companies, federations, clubs) dedicated to their organization and management.
6. Apply and justify the safety measures to be taken for the practice of activities in the natural environment.

3. Syllabus

1. Introduction to sport climbing.
2. Specific equipment for sport climbing.
3. Techniques and maneuvers specific to sport climbing.
4. Rope maneuvers.
5. Knots.
6. Via ferratas, Canyoning, Speleology.
7. Generalities of physical-sports activities in the snowy environment.
8. The teaching of snow activities: initiation and improvement.
9. Organization and safety in physical practices in the snowy environment.
10. Practice and experience of activities and resources in the snowy environment: Nordic skiing, alpine skiing, snowboarding.

4. Academic activities

It is a subject with a strong practical and experiential character.

Theory classes in which the existing information will be shown using the support of audiovisual media and computer resources and interaction with the students: 15 classroom hours (1.5 ECTS credits)

Seminars in which the existing information will be shown using the support of audiovisual media and computer resources and interaction with the students: 5 classroom hours (0.5 ECTS credits)

Practical sessions of problems and cases: 100 classroom hours (10 ECTS credits)

Total 120 classroom hours (12 ECTS credits)

All practical sessions for this course begin and end at the designated locations.

Some practical sessions require a monetary contribution to cover the costs.

5. Assessment system

OVERALL ASSESSMENT

Exam, objective test: snow 25%, climbing 25%

Work: 20%

Practical exam: snow 15%, climbing 15%

Criteria:

In order to pass the subject, a minimum of 50% of each test must be obtained. The final grade will be: weighted sum of the tests.

Partial grades are kept during the academic year. Grades are not saved for different courses, except practical exams.

The following will be assessed: in papers and exams: formal, grammatical, spelling, structural and content aspects; in practices: conduct and respect.

Students will be provided with the necessary materials and resources. In the case of students with disabilities, will make, as far as possible, the appropriate adaptations, as long as they are not significant.

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.

The practical examinations will be:

Snow: practice workbook and practical performance test presented on video.

Climbing: rope maneuvers and chaining a route.

6. Sustainable Development Goals

3 - Good Health and Well-being

13 - Climate Action

15 - Life on land