



(*)Facultade de Ciencias da Educación e do Deporte

Grado en Ciencias de la Actividad Física y del Deporte

Subjects

Year 3rd

Code	Name	Quadmester	Total Cr.
P02G051V01-52893		1st	6
P02G051V01-52894		1st	6
P02G051V01-52895		1st	6
P02G051V01-52896		1st	6
P02G051V01-52897		1st	6
P02G051V01-52898		1st	6
P02G051V01-52899		1st	6
P02G051V01-52900		2nd	6
P02G051V01-52901		2nd	6
P02G051V01-52902		2nd	6
P02G051V01-52903		2nd	6
P02G051V01-52904		2nd	6
P02G051V01-52905		2nd	6

Year 1st

Code	Name	Quadmester	Total Cr.
P02G051V01101	Motor control and learning	1st	6
P02G051V01102	Exercise physiology 1	1st	6
P02G051V01103	Sociology and history of physical activity and sport	1st	6
P02G051V01104	Human anatomy for movement	1st	6
P02G051V01105	Physical education and sport pedagogy	1st	6
P02G051V01106		2nd	6
P02G051V01107		2nd	6
P02G051V01108	Basics of combat activities	2nd	6
P02G051V01109	Physical activity and sport psychology	2nd	6
P02G051V01110	Research methodology and statistics in physical activity and sport	2nd	6

Year 2nd

Code	Name	Quadmester	Total Cr.
P02G051V01201	Basics of individual sports	1st	9
P02G051V01202	Exercise physiology 2	1st	6
P02G051V01203	Basics of group sports 1	1st	9
P02G051V01204		1st	6
P02G051V01205	Basics of group sports 2	2nd	9
P02G051V01206		2nd	6
P02G051V01207	Basics of gymnastic sports	2nd	9
P02G051V01208	Free body expression and dance	2nd	6

IDENTIFYING DATA**(*)Didáctica de la educación física y las actividades físico-deportivas I**

Subject	(*)Didáctica de la educación física y las actividades físico-deportivas I			
Code	P02G051V01-52893			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	1st
Teaching language	Galician			
Department				
Coordinator	Rey Cao, Ana Isabel			
Lecturers	Rey Cao, Ana Isabel			
E-mail	anacao@uvigo.gal			
Web				
General description	The main objective of this subject is to provide students with the basic knowledge necessary to rigorously design a teaching-learning process through physical practices.			

Didactics is a cross-cutting and essential component for the professional practice of graduates in Physical Activity and Sports Sciences. It is present in every T-L process, regardless of the field in which it takes place: sports performance, leisure, education, or health.

In this initial approach (in the second semester, Didactics of Physical Education and Physical-Sports Activities II is taught), the main elements of the system that make up an educational program are addressed. The subject provides the basic tools that will later allow students to adapt to any teaching-learning process in both non-formal contexts (teaching in extracurricular activities, sports schools, associations, socio-cultural centers, academies, etc.) and formal ones (school physical education).

The subject focuses on the instructional dimension of T-L processes: on the design of T-L tasks to optimize content in coherence with competencies and objectives, and on the application of methods for managing discipline, space, and communication.

Reflective practice and collaborative work are the transversal pillars of the subject.

Training and Learning Results

Code	
B1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
B11	7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
B12	7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
B13	7.3 Comprender, saber explicar y difundir las funciones, responsabilidades e importancia de un buen profesional Graduado en Ciencias de la Actividad Física y del Deporte así como analizar, comprender, identificar y reflexionar de forma crítica y autónoma sobre su identidad, formación y desempeño profesional para conseguir los fines y beneficios propios de la actividad física y deporte de forma adecuada, segura, saludable y eficiente en todos los servicios físico-deportivos ofrecidos y prestados y en cualquier sector profesional de actividad física y deporte.
C1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
C2	1.2 To design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or diffusion in different contexts and in all sectors of professional intervention in physical activity and sport.
C3	1.3. Communicate and interact appropriately and efficiently in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.

- C23 6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
- C24 6.4 Articulate and deploy procedures, processes, protocols, own analysis, with rigor and scientific attitude on issues of social, legal, economic, scientific or ethical nature, when necessary and relevant in any professional sector of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; physical activity and sport management).
- C25 7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
- C26 7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
- D1 1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
- D2 1.2. To design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or diffusion in different contexts and in all sectors of professional intervention in physical activity and sport.
- D3 1.3 Communicate and interact appropriately and efficiently in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- D4 1.4. To adapt the educational intervention to the individual characteristics and needs of the entire population, with emphasis on special populations such as: schoolchildren, the elderly, people with reduced mobility and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- D26 6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
- D27 6.4 Articulate and deploy procedures, processes, protocols, own analysis, with rigor and scientific attitude on issues of social, legal, economic, scientific or ethical nature, when necessary and relevant in any professional sector of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; physical activity and sport management).
- D28 7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
- D29 7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.

Expected results from this subject

Expected results from this subject	Training and Learning Results			
Conceptualize a programming systemic, the fundamental didactic models and the elements that constitute the ecology of the processes of teaching-learning.	A2 A4 A5	B1 B1 B2 B3	C1 C15	D1 D5
Use the platform of teledocencia to supervise the teaching guide, the script of the work and realize the registration stop the work by projects/microteaching	A2 A3		C2 C8	D1 D2
Employ the web 2.0 to evaluate the processes of T-L developed in the classroom.	A5			D5
Assimilate that the realization of a good programation is a fundamental factor stop a good professional of the physical activity and the sport.	A1 A2 A3 A4 A5	B2 B3 B4 B5 B6 B7 B8 B9 B11 B11 B13	C4 C8 C11 C15 C16 C23	D26

Comprise that the reflection that accompanies to the programming answers it a basic aspect of the professional deontology.	B11 B13	C5	D1 D2 D4 D6 D7 D8 D9 D30 D31
Select, secuenciar and express objective stop a programming of form sistemic and articulated in level of concretion.	B1 B4	C1 C2 C3 C24	D1 D2 D4 D8 D9 D12 D26 D27
Select, secuenciar and explicitar contents stop a programming of sistemic form and articulated in levels of analysis epistemology and psicopedagogic.		C4 C23 C24	D26 D27
Select and apply the methods and didactic techniques more chords to the objective, contents, didactic model and strategy selected in the programming.	A2 A4	B1 B1 B2 B3 B4	C2 C3 C23 C24
Design sessions through the motricity realizing an election and ordinationof the didactic elements.	B1	C7 C9 C23 C24	D4 D26 D27
Design tasks chords to the objective and contents.	B1	C23 C24	D26 D27
Work as a team to create a complete didactic program for a specific intervention.	B1 B11	C2 C3	D1 D2
Carry out a didactic intervention in a facilitated context, paying special attention to communication skills.	B12	C23 C24	D3 D4
Accept external evaluations and use them as a basis for reflection on one's own didactic competence.		C25 C26	D26 D27
Be self-critical regarding one's didactic skills.			D28
Develop the ability to assess didactic effectiveness by observing the development of communicative elements in the practice of teaching-learning processes.			D29
Systematically analyze the developed program by evaluating its strategic coherence.			

Contents

Topic	
1. Planning and programming of the processes of teaching-learning through the physical activities-sportive. Models, characteristic and component.	1.1. The processes of teaching-learning through the physical activity and the sport. 1.2. The planning. 1.3. The programming.
2. Programming of Teaching-Learning Processes through Physical-Sports Activities in Informal Education and Physical Exercise for Health	2.1. Concept of programming. 2.2. Models of programming. 2.3. Characteristics of the programming. 2.4. Components of the programming. 2.5. Ecological conception of the processes of teaching-learning in the physical activity and the sport.
3. Strategies and methods stop the intervention in the processes of teaching-learning through the corporal practices.	3.1. The didactic strategy. 3.2. The objectives. Types of objectives. 3.3. The contents. Types of contents. 3.4. Methods in Teaching-Learning Processes in Physical Activity and Sport.

4. Activities and didactic tasks through the physical activity-sportive.

4.1. The didactic task.

4.2. Method of presentation of the task.

4.3. Formulation of tasks.

4.4. Didactic analysis of the driving tasks.

5. Teacher Skills in Teaching-Learning Processes through Physical Activity and Sport.

5.1. Reflective Practice.

5.2. Collaborative Learning.

5.3. Communication Skills.

5.4. Feedback.

6. Collaborative Learning and Reflective Practice.

6.1. Collaborative Learning.

7. Didactic Intervention in Cross-Curricular and Contemporary Socio-Educationally Relevant Elements I.

7.1. The Sustainable Development Goals.

7.2. Gender and Body Practices.

8. New Technologies in Teaching-Learning Processes through Physical-Sports Activity

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	10	20	30
Problem solving	10	10	20
Mentored work	1	12	13
Seminars	3	21	24
Case studies	12	0	12
Workshops	2	6	8
Laboratory practical	13	13	26
Collaborative Learning	2	11	13
Oral exam	1	3	4

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Lecturing	Master classes in which theoretical foundations are explained. Students ask questions and raise complementary issues.
Problem solving	Individual and group work on task resolution during type B and type C classes. The professor presents and exemplifies the task, and students solve it and ask questions. Students design, deliver, and analyze different didactic strategies, methods, and tasks.
Mentored work	Design and development of a didactic intervention through physical activity and sport, applying microteaching. Each group will develop a session based on the basic characteristics determined by the assigned option. This session must be delivered to their classmates in practical classrooms. Students are responsible for staying informed about possible changes in the practice schedule. Attending at least one tutorial (seminar) before delivering the session is mandatory.
Seminars	Students present the development of their supervised work to the professor in at least one group tutorial.
Case studies	Didactic analysis and discussion of the practical session carried out in the laboratory class during practice B. Students must participate actively and complete the assigned tasks.
Workshops	Teaching intervention. Students deliver a session that was planned during the supervised work and seminars. The session is evaluated by the students themselves, their peers, and the professor. Synchronous observation tools and audiovisual recordings are used.
Laboratory practical	Experimentation with different interventions through motor activity.
Collaborative Learning	Students will collaboratively design a program (supervised work). This collaborative process will be documented through records of the work meetings held.

Personalized assistance

Methodologies	Description
Mentored work	Supervision, discussion and correction of the tutored work
Workshops	Supervision and evaluation of the teaching intervention.
Collaborative Learning	To guide and support students both individually and in groups. It provides continuous feedback, addresses specific needs, fosters effective collaboration, and helps resolve conflicts or doubts, acting as a mentor and facilitator in the learning process.

Assessment			
	Description	Qualification	Training and Learning Results
Mentored work	Microteaching: Planning and development of a didactic intervention through physical activity and sport. Criteria: Submit the session draft and final report within the established deadline. Complete the work meeting the required formal and content standards. Implement the designed session. Attend tutorials for prior session review. Design and present the session according to the required criteria. Mandatory for all students.	10	B1 B11 B12 B13
Seminars	Group attendance at tutorials for supervision and discussion of the supervised work. Students must attend tutorials with the required control tasks completed, as outlined in the project guide. Only students who attend will be graded.	10	B11 B12
Case studies	Active participation in the evaluation and didactic analysis of the practical sessions. Completion and submission of the proposed tasks in class. Participation in evaluation tasks.	20	B12 B13
Workshops	Development of a group didactic intervention. Students will teach at least one teaching-learning activity. Criteria: Organize the pre-active phase. Properly manage material and spatial resources during the session. Implement discipline and passive participation strategies. Conduct the reflective phase with didactic criteria. Maintain a positive teaching attitude. Organize and carry out the post-active phase with students (reflection and session analysis).	5	B11
Collaborative Learning	Recording and submission of group work sessions.	15	B12 B13
Oral exam	Oral defense of the written work. Students will answer questions posed by the professor regarding the session planned in the supervised work. In specific cases, and upon prior agreement with the professor, this assessment may be replaced by a written essay exam.	40	B1 B11 B13

Other comments on the Evaluation

Continuous Assessment System (methodologies detailed in the teaching guide):

To access the continuous assessment modality, it is necessary to complete all the tests previously explained (supervised work, seminar, case study, workshops, collaborative learning, and oral exam). It is necessary to attend at least 80% of the B and C practical sessions, regardless of whether the absences are justified or not. In case of being unable to attend 80%, the global assessment modality will be chosen.

Students who do not complete these methods will not be able to access continuous assessment. In these cases, they can only opt for global assessment.

- The assignments must be submitted on the dates determined by the professor.
- If the course is not passed in the first examination session, the competencies not acquired will be assessed in the June/July session. The grades obtained in the passed assessment tools will be retained for the sessions corresponding to the same academic year. It will be necessary to retake the necessary tools to achieve a minimum of 5 points.
- It is not possible to retain passed parts of the course from previous years.
- Students who are in special and/or justified circumstances that prevent them from completing any of the assessment tools must communicate this at the beginning of the course to adapt the assessment to their case. If an exceptional circumstance occurs during the course, it must be communicated at least two months before the official exam date.
- The same criteria will be maintained in successive sessions.

Global Assessment:

- Students who have not opted for continuous assessment will take a global assessment on the official dates.
- The tests will consist of a written exam on the course content (50%) and the submission of a programming assignment (50%). The programming assignment will include the practical design and development of a minimum of three physical-sports activity practice sessions. The didactic interventions must be accompanied by an audiovisual recording of them.
- Students must inform the professor that they opt for the global assessment at least one month before the exam date.
- To complete the programming assignment, it is essential to have a minimum of one tutoring session prior to the practical intervention.
- The official exam dates can be consulted on the faculty website at the following link:
<http://fcced.uvigo.es/es/docencia/examenes/>

Sources of information

Basic Bibliography

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- Rey Cao, Ana, **Didáctica de los procesos de enseñanza-aprendizaje en la actividad física y el deporte I. Apuntes de la asignatura.**, Pontevedra, 2017
- Seners, P., **La lección de Educación Física. Inde.**, 1ª ed., Inde, 2001

Complementary Bibliography

- Aggerholm, K.; Standal, O.; Barker, D.M. & Larson, H., **On practising in physical education: outline for a pedagogical model. Physical Education and Sport Pedagogy**, 23, 2, 197-208, 2017
- Barker, D.M.; Aggerholm, K.; Standal, O. & Larsson, S., **Developing the practising model in physical education: an expository outline focusing on movement capability. Physical Education and Sport Pedagogy**, 23(2), 197-209, 2018
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- Devís Devís, J. & Peiró Velert, C., **Nuevas perspectivas curriculares en Educación Física: la salud y los juegos modificados.**, 1ª ed., Inde, 1992
- Fraile Aranda, A. (coord.), **Didáctica de la educación física: una perspectiva crítica y transversal.**, 1ª ed., Biblioteca Nueva, 2004
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- González Arévalo, C., **El proceso de programación en la enseñanza de la actividad física y el deporte. Apuntes**, 80, 20-28, 2005
- González Arévalo, C. & Lleixà Arribas, T. (coords.), **Didáctica de la Educación física. Ministerio de Educación, Instituto de Formación del Profesorado, Investigación e Innovación Educativa**, 1ª ed., Graó, 2010
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- Mosston, M., y Ashworth, S., **La enseñanza de la educación física. La reforma de los estilos de enseñanza.**, 1ª ed., Barcelona, 1993
- Pérez, A.I. & Gimeno, J., **Pensamiento y acción en el profesor: de los estudios sobre la planificación al pensamiento práctico. Infancia y aprendizaje**, 42, 37-63,
- Pérez-Pueyo, A.; Hortigüela-Alcalá, D.; Fernández-Río, J., **Los modelos pedagógicos en educación física: qué, cómo, por qué y para qué**, Universidad de León, 2021
- Sicilia Camacho, A., **La investigación de los estilos de enseñanza en la educación física. Un viejo tema para un nuevo siglo. Sevilla.**, 1ª ed., Wanceulen, 2001
- Sicilia, A.; Sáenz-López, P.; Manzano, J.I. y Delgado, M.A., **El desarrollo curricular de la Educación Física en Primaria y Secundaria: un análisis desde la perspectiva del profesorado. Apuntes: Educación física y deportes**, 98, 23-32, 2009

Recommendations

Subjects that continue the syllabus

Subjects that it is recommended to have taken before

Motor control and learning/P02G051V01101

(*)Fundamentos da competencia motriz/P02G051V01106

Physical education and sport pedagogy/P02G051V01105

Free body expression and dance/P02G051V01208

Other comments

Recommended:

Attending continuously the classes.

The completion of the ongoing evaluation activities .

Paying attention to the timing of the activities and course work .

IDENTIFYING DATA**(*)Metodología y planificación del entrenamiento y del rendimiento físico-deportivo I**

Subject	(*)Metodología y planificación del entrenamiento y del rendimiento físico-deportivo I			
Code	P02G051V01-52894			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	1st
Teaching language	Spanish Galician			
Department				
Coordinator	García García, Óscar			
Lecturers	Cuba Dorado, Alba García García, Óscar			
E-mail	oscargarcia@uvigo.es			
Web				
General description				

Training and Learning Results

Code	
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B3	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
B11	7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
C5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C7	2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
C8	2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
C9	2.5 Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.
C10	2.6 Develop an advanced level in the planning, implementation, control and evaluation of physical and sports training processes.
C24	6.4 Articulate and deploy procedures, processes, protocols, own analysis, with rigor and scientific attitude on issues of social, legal, economic, scientific or ethical nature, when necessary and relevant in any professional sector of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; physical activity and sport management).

D5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
D6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
D7	2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
D8	2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
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D10	2.6 Develop an advanced level in the planning, implementation, control and evaluation of physical and sports training processes.
D26	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
D28	7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.

Expected results from this subject

Expected results from this subject		Training and Learning Results	
The student will be able to propose the development of the different conditional and coordinative capacities in a physical preparation programme, based on the performance factors of the sport discipline and adapted to the needs of the athlete, in order to achieve a concrete effect that leads to an improvement in physical-sporting performance and fitness.	B2	C5	D5
	B11	C7	D7
		C8	D8
		C9	D10
		C10	
The student will be able to establish a rigorous system of load control, which the athlete receives, within the training and competition process, in order to achieve a concrete effect that leads to an increase in the physical-sporting performance and fitness of the athletes.	B2	C5	D5
		C8	D8
		C10	D10
The student will be able to apply physiological, kinesiological, biomechanical, behavioural and social criteria to rigorously justify the physical-sports preparation proposal and the expected effect of the training and competition load on the athlete.	B3	C6	D6
		C7	D7
		C24	D26
The student will be able to propose and execute exercises or tasks with their load control indicators within each conditional and coordinative capacity in order to guarantee a certain training effect on the athletes, adequate to the performance factors of the sport discipline and the characteristics of the athlete, selecting the appropriate material and equipment and using them correctly.	B2	C5	D5
	B3	C6	D6
		C7	D7
		C8	D8
		C9	D9
The student will be able to identify the risks for the health of sportsmen and women derived from the inadequate practice of exercises and physical-sports training methods that can lead to pathologies characteristic of each sports discipline.		C10	D10
	B3	C6	D6
	B11	C9	D9
		C24	D26
The student will be able to act within the ethical principles necessary for correct professional practice.		D28	
	B11	C24	D26
			D28

Contents

Topic

Methodological foundations of the development of physical fitness, and of coordinative capacities	Topic 1. Sport fitness Concept of fitness Factors determining sport performance Characteristics of sport fitness Types of sport fitness Phases of fitness Symptoms of fitness Assessment of sport fitness
	Topic 2. The process of sport adaptation: The effect of sport training Concept of sport training Concept of adaptation in sport General mechanism of adaptation General adaptation syndrome Dynamics of the sport training process: stimulus, fatigue, recovery, supercompensation, adaptation Sensitive phases in adaptation
	Topic 3. The control of training and competition load Concept of training load Typology of training loads Aspects that determine the training load: content, magnitude, organisation of the load Concurrent training and training interference
	Topic 4. The principles of Sports Training Concept and classification Biological principles pedagogical principles planning and organisation principles
Methods of physical fitness development	Topic 5. Fundamentals, Structure and Methods of Strength Training Concept factors that determine force production adaptation processes in strength training: structural, neuromuscular, mechanical, etc. Manifestations of strength: active and reactive. Training methods of the manifestations of strength Sensitive phases for the development of strength.
	Topic 6. Fundamentals, Structure and Methods of Speed Training Concepts factors on which speed depends manifestations of speed: reaction, acceleration and deceleration, speed of an isolated movement, speed of a continuous cyclic movement, speed of a continuous acyclic movement. Resistance to speed Resistance to maximum speed Training methods of the manifestations of speed Development of speed potential The speed barrier Agility: an integrating manifestation of speed.
	Topic 7. Fundamentals, Structure and Methods of Endurance Training Concept Factors that determine endurance Adaptation processes to aerobic endurance training Adaptation processes to anaerobic endurance training Manifestations of endurance Methods of endurance training
	Topic 8. Fundamentals, Structure and Methods of Flexibility Training Concept factors that determine joint mobility Types of joint mobility Benefits of flexibility training in relation to other conditional capacities Flexibility training methods

Methods for the development of coordination skills

Topic 9. Methods of development of coordinative abilities
 Methods of development of balance
 Methods of development of orientation
 Methods of development of motor reaction.
 Methods of developing motor anticipation.
 Methods of developing differentiation ability.
 methods of developing rhythm
 Methods of development of coupling ability.

Planning

	Class hours	Hours outside the classroom	Total hours
Case studies	3	7	10
Laboratory practical	22.5	45	67.5
Collaborative Learning	3	3	6
Flipped Learning	2	8	10
Lecturing	22	33	55
Objective questions exam	0.25	0	0.25
Essay questions exam	1	0	1
Laboratory practice	0.25	0	0.25

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Case studies	Analysis of cases related to training and sports performance in order to understand them, interpret them, reflect on them and propose alternative solutions.
Laboratory practical	Acquisition of basic skills and procedures related to training and sports performance. They take place in spaces with specialised equipment (athletics track, sports hall, speed line, fitness room).
Collaborative Learning	Specific problems or exercises related to the selection of conditional capacities, their methods of development and the expected effect in each case will be formulated. Students in small groups must develop the most appropriate solution and justify it.
Flipped Learning	The student will receive documentation through the MOOVI e-learning platform so that he/she can work on it and later be able to ask the teacher any questions or learning problems related to these contents.
Lecturing	Presentation by the teacher of the contents of the subject matter, theoretical bases and up-to-date scientific knowledge.

Personalized assistance

Methodologies	Description
Case studies	In group tutorials, the most appropriate solutions to the cases presented will be addressed so that students can contrast and discuss their solutions with those proposed by the lecturer. The tutorials may be resolved in person or virtually, either through the virtual offices of the lecturers (1006, Prof. Dr. Oscar García García), or by e-mail or through the forums of the MOOVI teledocency platform.
Laboratory practical	During the tutorials, specific doubts about the exercises, cases and explanations given during the practical classes will be resolved. The tutorials may be resolved in person or virtually, either through the virtual offices of the lecturers (1006, Prof. Dr. Oscar García García), or by e-mail or through the forums of the MOOVI teledocency platform.
Collaborative Learning	In group tutorials, the most appropriate solutions to the theoretical and practical problems posed will be addressed so that students can contrast and discuss their solutions with those proposed by the lecturer. The tutorials may be resolved in person or virtually, either through the virtual offices of the lecturers (1006, Prof. Dr. Oscar García García), or by e-mail or through the forums of the MOOVI teledocency platform.
Flipped Learning	In group tutorials, the most appropriate solutions to the problems posed will be addressed so that students can contrast and discuss their solutions with those proposed by the lecturer. The tutorials may be resolved in person or virtually, either through the virtual offices of the lecturers (1006, Prof. Dr. Oscar García García), or by e-mail or through the forums of the MOOVI teledocency platform.
Lecturing	During the tutorial timetable, specific doubts will be resolved on all those dealt with during the theoretical classes. The tutorials may be resolved in person or virtually, either through the virtual offices of the professors (1006, Prof. Dr. Oscar García García), or by e-mail or through the forums of the MOOVI teledocency platform.

Assessment

Description		Qualification	Training and Learning Results		
Objective questions exam	It will consist of a battery of 20 multiple-choice questions with a single answer out of a possible 5. It will be necessary to pass it in order to pass the course.	20	B2 B3	C9	D5 D6 D9
Essay questions exam	It will consist of the development of 3 questions related to the theoretical and practical contents developed in the course. It will be necessary to pass it in order to pass the course.	40	B2 B3 B11	C5 C6 C7 C8 C9 C10 C24	D5 D6 D7 D8 D9 D10 D26 D28
Laboratory practice	The test will consist of the resolution and practical execution of training exercises linked to the contents carried out in the practices of the course. It will be necessary to pass it in order to pass the course.	40	B2 B3 B11	C5 C6 C7 C8 C9 C10 C24	D5 D6 D7 D8 D9 D10 D26 D28

Other comments on the Evaluation

Failure to take the laboratory practice assessment, or the exams part, will result in a final grade of not presented (NP).

In case of passing the assessment of the laboratory practice, and not the other parts, this positive grade will be kept for the following exams until the next academic year (included). Therefore, in this specific case, the final grade (when the developmental exam and/or objective questions are not passed, but the laboratory practice is passed), falls 100% on these two tests proportionally (60% developmental exam and 40% objective questions).

If the subject is not passed at the first sitting, the competences will be assessed again at the July sitting in the same way. The assessment in successive exams will be carried out in the same way as initially planned, with theoretical and practical tests, being necessary to pass all the parts. The official dates of the exams can be consulted on the website of the Faculty of Education and Sport Sciences <http://fcced.uvigo.es>

Sources of information

Basic Bibliography

Serrano-Gómez, Virginia; García-García, Oscar, **Entrenamiento personal: Guía para el desarrollo profesional**, 9788491100423, Medica Panamericana, 2017

Gonzalez Ravé, J.M., Pablos Abellá, C. y Navarro Valdivielso, F., **Entrenamiento Deportivo: Teoría y práctica**, 9788498357837, Medica Panamericana, 2014

Nacleiro, Fernando, **Entrenamiento deportivo. Fundamentos y aplicaciones**, 9788498353310, Medica Panamericana, 2011

Roozen, Mark y Dawes, Jay, **Desarrollo de la Agilidad y de la Velocidad**, 9788499105482, Paidotribo, 2017

Yuri Verkhoshansky, **Teoría y Metodología del Entrenamiento Deportivo**, 9788480196123, Paidotribo, 2016

Jürgen Weineck, **Entrenamiento Total**, 9788480198059, Paidotribo, 2016

Complementary Bibliography

Recommendations

Subjects that continue the syllabus

(*)Metodología y planificación del entrenamiento y del rendimiento físico-deportivo II/P02G051V01-52905

Subjects that it is recommended to have taken before

Exercise physiology 1/P02G051V01102

(*)Kinesiología do movimento humano/P02G051V01107

Exercise physiology 2/P02G051V01202

IDENTIFYING DATA**(*)Gerontología y actividad física**

Subject	(*)Gerontología y actividad física			
Code	P02G051V01-52895			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3rd	1st
Teaching language				
Department				
Coordinator	Vila Suarez, Maria Elena			
Lecturers	Maneiro Dios, Rubén Vila Suarez, Maria Elena			
E-mail	evila@uvigo.es			
Web				
General description				

Training and Learning Results

Code	
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B3	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
B4	3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).
B5	3.5 Organize the promotion of policies, strategies and educational programs on aspects of public health, in relation to physical activity and sport (for the prevention of risk factors and diseases); as well as cooperate with other agents involved in the same: in any sector of professional intervention of physical activity and sport.
B9	6.1 To know and understand the bases of the methodology of scientific work.
B12	7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
B13	7.3 Comprender, saber explicar y difundir las funciones, responsabilidades e importancia de un buen profesional Graduado en Ciencias de la Actividad Física y del Deporte así como analizar, comprender, identificar y reflexionar de forma crítica y autónoma sobre su identidad, formación y desempeño profesional para conseguir los fines y beneficios propios de la actividad física y deporte de forma adecuada, segura, saludable y eficiente en todos los servicios físico-deportivos ofrecidos y prestados y en cualquier sector profesional de actividad física y deporte.
C5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C7	2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
C9	2.5 Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.

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- C11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
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- C12 3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).
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- C13 3.3 Articulate and deploy programs of promotion, guidance, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on populations of special character, with the presence of a professional or carried out autonomously by the citizen, in different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; management of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and greater and adequate practice of physical activity and sport.
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- C15 3.5 Organize the promotion of policies, strategies and educational programs on aspects of public health, in relation to physical activity and sport (for the prevention of risk factors and diseases); as well as cooperate with other agents involved in the same: in any sector of professional intervention of physical activity and sport.
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- C16 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations
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- C26 7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
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- C27 7.3 Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduate in Physical Activity and Sport Sciences as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the purposes and benefits of physical activity and sport in an adequate, safe, healthy and efficient way in all physical-sport services offered and provided and in any professional sector of physical activity and sport.
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- D5 2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
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- D6 2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
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- D7 2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
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- D9 2.5 Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.
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- D11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
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- D12 3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).
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D13	3.3 Articulate and deploy programs of promotion, guidance, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on populations of special character, with the presence of a professional or carried out autonomously by the citizen, in different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; management of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and greater and adequate practice of physical activity and sport.
D15	3.5 Organize the promotion of policies, strategies and educational programs on aspects of public health, in relation to physical activity and sport (for the prevention of risk factors and diseases); as well as cooperate with other agents involved in the same: in any sector of professional intervention of physical activity and sport.
D17	4.2 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical fitness and physical exercise in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport.
D18	4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations.
D24	6.1 To know and understand the bases of the methodology of scientific work.
D29	7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
D30	7.3 Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduate in Physical Activity and Sport Sciences as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the purposes and benefits of physical activity and sport in an adequate, safe, healthy and efficient way in all physical-sport services offered and provided and in any professional sector of physical activity and sport.

Expected results from this subject

Expected results from this subject	Training and Learning Results		
2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.	B2	C5	D5
2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.	B3	C6	D6
2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.		C7	D7
2.5 Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.		C9	D9
3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.		C11	D11
3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).	B4	C12	D12

3.3 Articulate and deploy programs of promotion, guidance, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on populations of special character, with the presence of a professional or carried out autonomously by the citizen, in different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; management of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and greater and adequate practice of physical activity and sport.	C13	D13
3.5 Organize the promotion of policies, strategies and educational programs on aspects of public health, in relation to physical activity and sport (for the prevention of risk factors and diseases); as well as cooperate with other agents involved in the same: in any sector of professional intervention of physical activity and sport.	B5	C15 D15
4.2 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical fitness and physical exercise in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport.		D17
4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations	C16	D18
6.1 To know and understand the bases of the methodology of scientific work.	B9	D24
7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.	B12	C26 D29
7.3 Comprender, saber explicar y difundir las funciones, responsabilidades e importancia de un buen profesional Graduado en Ciencias de la Actividad Física y del Deporte así como analizar, comprender, identificar y reflexionar de forma crítica y autónoma sobre su identidad, formación y desempeño profesional para conseguir los fines y beneficios propios de la actividad física y deporte de forma adecuada, segura, saludable y eficiente en todos los servicios físico-deportivos ofrecidos y prestados y en cualquier sector profesional de actividad física y deporte.	B13	C27 D30

Contents

Topic

Thematic block 1. Epidemiology and demography of the aging.	Subject 1. Definitions and concepts. Subject 2. Epidemiology and demography of the aging. Subject 3. Theories of the aging in the human being.
Thematic block 2. Gerontology and physical activity: physical appearances, biological, social and psychic related with the physical activity and the corporeidad of the greater people.	Subject 4. Changes in the anatomy and physiology of the organs and systems during the aging. Subject 5. Psychological and social appearances of the aging.
Thematic Block 3. Characteristics of Human Motor Skills in Older Adults	Subject 6. Initial Assessment and Development of a PA Program to Improve Quality of Life Subject 7. Functional Autonomy and Its Assessment Subject 8. Basic Physical and Coordination Abilities
Thematic block 4. The active leisure in the greater people.	Subject 9. Active Leisure for Older Adults

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	22	22	44
Laboratory practical	28	28	56
Mentored work	0	20	20
Problem solving	0.5	10	10.5
Presentation	0	4	4
Objective questions exam	2	0	2
Self-assessment	0	2	2
Essay	0	11.5	11.5

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies	
	Description
Lecturing	Presentation by the teacher of the contents on the subject under study, theoretical and / or guidelines for a job, exercise or project to be developed by the student.
Laboratory practical	Activities application of knowledge to specific situations and basic skills acquisition and related procedural matter under study. They are developed in specific spaces with specialized equipment (Laboratories, computer rooms, etc ...)
Mentored work	The student, individually or in groups, prepares a paper on the subject of matter or prepare seminars, research, memoirs, essays, summaries of readings, lectures, etc.. Generally it is an autonomous activity of the student that includes finding and collecting information, reading and literature management, writing ...
Problem solving	Activity which formulated problem and / or exercises related to the course. The student should develop appropriate solutions or right through the exercise routines, application of formulas or algorithms, application processing procedures available information and interpretation of the results. It is often used to complement the lecture.
Presentation	Exhibition by the students to the teacher and / or a group of students of a subject matter or content of the results of a job, exercise, project ... It can be done individually or in groups.

Personalized assistance	
Methodologies	Description
Laboratory practical	
Mentored work	
Problem solving	
Tests	Description
Self-assessment	
Essay	

Assessment					
	Description	Qualification	Training and Learning Results		
Laboratory practical	(*)Realización de supostos prácticos	15	B2 B3 B9 B13	C12 C16	D5 D6 D7 D9 D13 D24 D29 D30
Objective questions exam	(*)Examen de preguntas cortas e suposto práctico	40	B2 B3 B4 B5 B9 B12 B13	C5 C6 C7 C9 C11	D5 D6 D7 D15 D17 D18 D24 D29 D30
Self-assessment	(*)Entrega dunha autoevaluación reflexiva e razonada	5			
Essay	(*)Evaluación da entrega e presentación dun un traballo relacionado cas capacidades físicas	40	B2 B3 B4 B5	C13 C16 C26	D13 D15 D24 D29 D30

Other comments on the Evaluation

In continuous assessment, a 5 is required on the exam and the thematic assignment to be able to access the grades for the other two sections and calculate the course average. Completion of the assignment is mandatory and a fundamental requirement for passing the course. Grades from the different sections will be retained for the second sitting for those taking the continuous approach. To be eligible for continuous assessment, students must attend at least 80% of the practical classes.

If the subject is not passed in the first sitting, the unacquired skills will be assessed in the July sitting.

The overall assessment consists of two tests: an exam and an assignment on the content covered in the subject. In both cases, a 5 out of 10 is required to pass the subject.

The official exam dates can be found on the faculty's website: <http://fcced.uvigo.es/es/docencia/examenes/>.

Sources of information

Basic Bibliography

Spirduso, W., Francis, K., & Macrae, P., **Physical dimensions of aging.**, Human Kinetics. Champaign, IL, EEUU., 2005

BERMEJO GARCÍA, L., **Envejecimiento activo y actividades socioeducativas con personas mayores: Guía de buenas prácticas**, Panamericana, 2010

JONES, C. & ROSE, D., **Physical Activity Instruction of Older Adults**, 2, Human Kinetics, 2019

Complementary Bibliography

Recommendations

Subjects that are recommended to be taken simultaneously

(*)Actividad física, ejercicio físico y salud/P02G051V01-52896

Subjects that it is recommended to have taken before

Human anatomy for movement/P02G051V01104

Exercise physiology 1/P02G051V01102

Exercise physiology 2/P02G051V01202

IDENTIFYING DATA**Actividad física, ejercicio físico y salud**

Subject	Actividad física, ejercicio físico y salud			
Code	P02G051V01-52896			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3	1c
Teaching language	Castelán			
Department	Didácticas especiais			
Coordinator	Varela Martínez, Silvia			
Lecturers	Varela Martínez, Silvia			
E-mail	silviavm@uvigo.es			
Web				
General description				

Resultados de Formación e Aprendizaxe

Code	
B2	2.1 Saber orientar, diseñar, aplicar e avaliar técnico-científicamente exercicio físico e condición física nun nivel avanzado, baseado na evidencia científica, en diferentes ámbitos, contextos e tipos de actividades para toda a poboación e con énfasis nas poboacións de carácter especial como son: persoas maiores (terceira idade), escolares, persoas con discapacidade e persoas con patologías, problemas de saúde ou asimilados (diagnosticadas e/ou prescritas por un médico), atendendo ao xénero e á diversidade.
B4	3.2 Saber promover, asesorar, deseñar, aplicar e avaliar técnico-científicamente programas de actividade física, exercicio físico e deportes axeitados e variados, adaptados ás necesidades, demandas e características individuais e grupais de toda a poboación, facendo fincapé nas persoas maiores. persoas maiores), o xénero feminino e diversidade, escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticadas e/ou prescritas por un médico).
B8	5.4 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar a avaliación técnico-científica dos recursos organizativos e materiais e das instalacións deportivas, incluíndo o seu deseño básico e funcional, así como a adecuada selección e utilización, para cada tipo de actividade, con a finalidade de conseguir actividades físicas e deportivas seguras, eficientes e saudables, adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e entidade en calquera tipo de organización, poboación, contexto e en calquera sector de intervención profesional de actividade física e deportiva e facendo fincapé nas poboacións de carácter especial e garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida no cumprimento da normativa vixente.
B9	6.1 Coñecer e comprender as bases da metodoloxía do traballo científico.
B11	7.1 Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.
C7	2.3 Diseñar e aplicar de forma fluída, natural, consciente e continuada, un exercicio físico e unha condición física adecuados, eficientes, sistemáticos, variados, baseados en evidencia científica, para o desenvolvemento de procesos de adaptación e mellora ou readaptación de determinadas capacidades de cada persoa en relación ao ser humano. o movemento e a súa optimización; co fin de poder resolver problemas desestruturados, de complexidade crecente e imprevisibles e con énfase en poboacións de carácter especial.
C8	2.4 Articular e amosar un nivel avanzado de destreza na análise, deseño e avaliación de probas de avaliación e control da condición física e do rendemento físico-deportivo.
C11	3.1 Analizar, identificar, diagnosticar, promover, orientar e avaliar estratexias, accións e actividades que favorezan a adhesión a un estilo de vida activo e a participación e a práctica regular e saudable da actividade física e do deporte e do exercicio físico de forma adecuada, eficiente e segura por parte dos cidadáns. co fin de mellorar a súa saúde global, benestar e calidade de vida, e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, de saúde ou asimiladas (diagnosticadas e/ou prescritas). por un médico) tendo en conta o xénero e a diversidade.
C12	3.2 Saber promover, asesorar, deseñar, aplicar e avaliar técnico-científicamente programas de actividade física, exercicio físico e deportes axeitados e variados, adaptados ás necesidades, demandas e características individuais e grupais de toda a poboación, facendo fincapé nas persoas maiores. persoas maiores), o xénero feminino e diversidade, escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticadas e/ou prescritas por un médico).

- C13 3.3 Articular e despregar programas de fomento, orientación, coordinación, supervisión e avaliación técnico-científica da actividade física, o exercicio físico e o deporte para toda a poboación, facendo fincapé nas poboacións de carácter especial, coa presenza dun profesional ou realizados de forma independente polo cidadán, nos distintos tipos de espazos e en calquera sector da actividade física e da intervención profesional do deporte (ensinanzas físico-deportivas formais e informais; adestramento físico e deportivo; exercicio físico para a saúde; xestión da actividade física e deportiva) segundo ás posibilidades e necesidades dos cidadáns, para acadar a súa autonomía, comprensión e a maior e adecuada práctica da actividade física e do deporte.
-
- C18 5.2 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar unha avaliación técnico-científica dos distintos tipos de actividades físicas e deportivas adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e actividade. entidade, en todo tipo de actividades físicas e servizos deportivos, incluídos os eventos deportivos, e en calquera tipo de organización, poboación, contexto, medio e poboación e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade. e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou prescritos por un médico) e en calquera sector da actividade física profesional e da intervención deportiva (educación físico-deportiva formal e informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección). da actividade física e do deporte) garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida cumprindo a normativa vixente.
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- C20 5.4 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar a avaliación técnico-científica dos recursos organizativos e materiais e das instalacións deportivas, incluíndo o seu deseño básico e funcional, así como a adecuada selección e utilización, para cada tipo de actividade, con a finalidade de conseguir actividades físicas e deportivas seguras, eficientes e saudables, adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e entidade en calquera tipo de organización, poboación, contexto e en calquera sector de intervención profesional de actividade física e deportiva e facendo fincapé nas poboacións de carácter especial e garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida no cumprimento da normativa vixente.
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- C23 6.3 Articular e despregar con rigor e actitude científica as xustificacións sobre as que elaborar, apoiar, xustificar e xustificar de forma constante e profesional todos os actos, decisións, procesos, procedementos, actuacións, actividades, tarefas, conclusións, informes e desempeño profesional.
-
- D7 2.3 Diseñar e aplicar de forma fluída, natural, consciente e continuada, un exercicio físico e unha condición física adecuados, eficientes, sistemáticos, variados, baseados en evidencia científica, para o desenvolvemento de procesos de adaptación e mellora ou readaptación de determinadas capacidades de cada persoa en relación ao ser humano. o movemento e a súa optimización; co fin de poder resolver problemas desestruturados, de complexidade crecente e imprevisibles e con énfase en poboacións de carácter especial.
-
- D8 2.4 Articular e amosar un nivel avanzado de destreza na análise, deseño e avaliación de probas de avaliación e control da condición física e do rendemento físico-deportivo.
-
- D11 3.1 Analizar, identificar, diagnosticar, promover, orientar e avaliar estratexias, accións e actividades que favorezan a adhesión a un estilo de vida activo e a participación e a práctica regular e saudable da actividade física e do deporte e do exercicio físico de forma adecuada, eficiente e segura por parte dos cidadáns. co fin de mellorar a súa saúde global, benestar e calidade de vida, e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, de saúde ou asimiladas (diagnosticadas e/ou prescritas). por un médico) tendo en conta o xénero e a diversidade.
-
- D12 3.2 Saber promover, asesorar, deseñar, aplicar e avaliar técnico-cientificamente programas de actividade física, exercicio físico e deportes axeitados e variados, adaptados ás necesidades, demandas e características individuais e grupais de toda a poboación, facendo fincapé nas persoas maiores. persoas maiores), o xénero feminino e diversidade, escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticadas e/ou prescritas por un médico).
-
- D13 3.3 Articular e despregar programas de fomento, orientación, coordinación, supervisión e avaliación técnico-científica da actividade física, o exercicio físico e o deporte para toda a poboación, facendo fincapé nas poboacións de carácter especial, coa presenza dun profesional ou realizados de forma independente polo cidadán, nos distintos tipos de espazos e en calquera sector da actividade física e da intervención profesional do deporte (ensinanzas físico-deportivas formais e informais; adestramento físico e deportivo; exercicio físico para a saúde; xestión da actividade física e deportiva) segundo ás posibilidades e necesidades dos cidadáns, para acadar a súa autonomía, comprensión e a maior e adecuada práctica da actividade física e do deporte.
-
- D17 4.2 Desenvolver con fluidez procedementos e protocolos para resolver problemas non estruturados, impredecibles e cada vez máis complexos, articulando e despregando un dominio dos elementos, métodos, procedementos, actividades, recursos, técnicas e procesos propios da condición física e do exercicio físico de forma adecuada, eficiente e sistemática. , variada e metodoloxicamente integrada para toda a poboación e con énfase en poboacións de carácter especial como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou prescritos por un médico).), tendo en conta o xénero e a diversidade e en calquera sector de intervención profesional da actividade física e do deporte.
-
- D20 5.2 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar unha avaliación técnico-científica dos distintos tipos de actividades físicas e deportivas adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e actividade. entidade, en todo tipo de actividades físicas e servizos deportivos, incluídos os eventos deportivos, e en calquera tipo de organización, poboación, contexto, medio e poboación e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade. e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou prescritos por un médico) e en calquera sector da actividade física profesional e da intervención deportiva (educación físico-deportiva formal e informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección). da actividade física e do deporte) garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida cumprindo a normativa vixente.
-

- D22 5.4 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar a avaliación técnico-científica dos recursos organizativos e materiais e das instalacións deportivas, incluíndo o seu deseño básico e funcional, así como a adecuada selección e utilización, para cada tipo de actividade, con a finalidade de conseguir actividades físicas e deportivas seguras, eficientes e saudables, adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e entidade en calquera tipo de organización, poboación, contexto e en calquera sector de intervención profesional de actividade física e deportiva e facendo fincapé nas poboacións de carácter especial e garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida no cumprimento da normativa vixente.
- D26 6.3 Articular e despregar con rigor e actitude científica as xustificacións sobre as que elaborar, apoiar, xustificar e xustificar de forma constante e profesional todos os actos, decisións, procesos, procedementos, actuacións, actividades, tarefas, conclusións, informes e desempeño profesional.

Resultados previstos na materia

Expected results from this subject	Training and Learning Results		
Saber buscar e interpretar a literatura científica do ámbito e a actividade física e do deporte	B2 B9	C23	
Coñecer e utilizar os principios éticos necesarios para o correcto exercicio profesional	B11		D26
Ser capaz de elaborar propostas para promover e avaliar a formación de hábitos duradeiros e autónomos de práctica de actividade física e do deporte	B4		
Ser capaz de avaliar a condición física e prescribir exercicio físico orientado á saúde en diferentes poboacións	B2	C8	D8
Coñecer e saber aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais ao campo da actividade física e a saúde.		C7 C11 C12 C13	D7 D11 D12 D13
Saber identificar os riscos que se derivan para a saúde do desenvolvemento de actividades físicas inadecuadas entre a poboación que realiza práctica física orientada á saúde.	B8	C20	D17
Ser capaz de seleccionar e saber utilizar o material e o equipamento deportivo adecuado para cada tipo de actividade que practique a poboación de adultos, maiores e/ou discapacitados.		C18 C20	D20 D22

Contidos

Topic	
BT1. Epidemioloxía da actividade física e a saúde.	Concepto de saúde, risco de mortalidade, sedentarismo e actividade física.
BT2. Avaliación da actividade física relacionada coa saúde.	Características das ferramentas de avaliación. Avaliación do nivel de actividade física. Avaliación da condición física.
BT3. Deseño de programas de exercicio físico e saúde.	Principios xerais da prescrición de exercicio, condición física, adherencia.
BT4. Exercicio físico en persoas sas con consideracións especiais.	Recomendacións de exercicio en nenos-adolescentes, persoas maiores e embarazadas.
BT5. Exercicio físico en persoas con patoloxías de alta prevalencia.	Diabetes, dislipemia, hipertensión, obesidade, síndrome metabólico, asma.

Planificación

	Class hours	Hours outside the classroom	Total hours
Presentación	1	0	1
Lección maxistral	21	6	27
Prácticas de laboratorio	27	15	42
Exame de preguntas obxectivas	2	27	29
Resolución de problemas e/ou exercicios	0	14	14
Presentación	1	6	7
Traballo	0	30	30

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodoloxía docente

	Description
Presentación	Explicación da materia, metodoloxía, e avaliación.
Lección maxistral	Aprendizaxe baseada en problemas, aprendizaxe colaboradora, metodoloxías baseadas na investigación.
Prácticas de laboratorio	Actividades de aplicación de coñecemento a situacións concretas e de adquisición de habilidades básicas e procedimentais coa materia obxecto de estudo. Desenvólvense en espazos específicos con equipamento especializado.

Atención personalizada	
Methodologies	Description
Lección maxistral	A pesar de que se tratan de sesións maxistrais, o alumno participará activamente nas clases, xa que se lle fará partícipe continuamente, ben mediante preguntas ou ben, mediante a resolución de problemas de forma persoal ou en pequenos grupos, o que permitirá unha atención máis persoal.
Prácticas de laboratorio	Atenderase ás particularidades do alumnado, adaptando a metodoloxía empregada en función das súas necesidades ou características.
Tests	Description
Resolución de problemas e/ou exercicios	A través de titorías e por medio de correo electrónico.
Traballo	A través de titorías e por medio de correo electrónico.

Avaliación					
	Description	Qualification	Training and Learning Results		
Exame de preguntas obxectivas	Realizarase unha proba de teórica dos contidos: test, resposta curta e/ou resolución de supostos.	40	B2 B4 B8 B9 B11	C7 C8 C11 C12 C13 C18 C20 C23	D7 D8 D11 D12 D13 D17 D20 D22 D26
Resolución de problemas e/ou exercicios	Traballo específico sobre os contidos da materia.	20	B2 B4 B8 B9 B11	C7 C8 C11 C12 C13 C18 C20 C23	D7 D8 D11 D12 D13 D17 D20 D22 D26
Presentación	Exposición dos contidos teórico-prácticos do traballo.	10	B2 B4 B8 B9 B11	C7 C8 C11 C12 C13 C18 C20 C23	D7 D8 D11 D12 D13 D17 D20 D22 D26
Traballo	Realizar un traballo teórico-práctico vinculado co desenvolvemento dos contidos da materia e aplicado a unha poboación específica.	30	B2 B4 B8 B9 B11	C7 C8 C11 C12 C13 C18 C20 C23	D7 D8 D11 D12 D13 D17 D20 D22 D26

Other comments on the Evaluation

Avaliación continua

Este método de avaliación implica a realización das seguintes probas:

- Realizar o traballo teórico-práctico exposto polo profesor/a vinculados co desenvolvemento dos contidos: 30%
- Realizar unha presentación oral do traballo teórico-práctico: 10%
- Realizar os traballos de resolución de problemas: 20%
- Realizar o exame de preguntas obxectivas: 40%.

Requisitos para superar a materia:

- É necesario sacar un 5 no exame para poder aprobar a materia. As notas das demais probas de avaliación unicamente sumaranse no caso de que o exame estea aprobado.
- É **obligatorio presentar todos os traballos**, en caso de non facelo, suspenderase a materia.
- É obrigatorio cumprir co 80% de asistencia ás clases prácticas. Aqueles/as alumnos/as que non alcancen o mínimo de asistencia indicado, deberán realizar un exame de contidos prácticos na 1ª convocatoria cuxa valoración será de "apto" ou "non apto". Si resulta non apto, suspenderase a materia.

Recuperación:

- Se non se aproba o exame, se gardarán as notas do resto de probas realizadas só para a 2ª convocatoria (xuño/xullo).
- Se non se presenta algún dos traballos requiridos, **suspenderase a avaliación continua** e deberá presentarse o mesmo na 2ª convocatoria (xuño/xullo). Se conervarán as notas das partes presentadas/superadas só para a 2ª convocatoria (xuño/xullo).
- Se non se alcanza unha valoración de "apto" no exame práctico (persoas que non alcanzaron o mínimo de asistencia esixida) deberán presentarse ao exame práctico da 2ª convocatoria (xuño/xullo).

Avaliación global

Este método de avaliación implica a realización das seguintes probas:

- Realizar o traballo teórico-práctico exposto polo profesor/a vinculados co desenvolvemento dos contidos: 40%.
- Realizar o exame de preguntas obxectivas: 60%.

Requisitos para superar a materia:

- É necesario sacar un 5 no exame para superar a materia. A nota do traballo unicamente se sumará no caso de que o exame estea aprobado.
- Si só supérase unha das dúas probas, se gardará a nota da parte aprobada unicamente para a 2ª convocatoria (xuño/xullo).
- A **realización do traballo é obligatoria**. En caso de non presentalo, se suspenderá a materia.
- É obrigatorio cumprir co 80% de asistencia ás clases prácticas. Aqueles/as alumnos/as que non alcancen o mínimo de asistencia indicado, deberán realizar un exame de contidos prácticos na 1ª convocatoria cuxa valoración será de "apto" ou "non apto". Si resulta non apto, se suspenderá a materia.

Recuperación:

- Se non se aproba o exame, se gardará a nota do traballo (en caso de ser presentado) só para a 2ª convocatoria (xuño/xullo).
- Se non se presenta o traballo requirido, deberá realizarse o mesmo e entregalo na 2ª convocatoria (xuño/xullo).
- Se non se alcanza unha valoración de "apto" no exame práctico (persoas que non alcanzaron o mínimo de asistencia esixida) deberán presentarse ao exame práctico da 2ª convocatoria (xuño/xullo).

Convocatoria Extraordinaria

Para a convocatoria extraordinaria se realizará un exame cuxo valor será o 100% da nota.

Datos dos exames

As datas dos exames poderanse consultar na páxina web da Facultade de Ciencias da Educación e do Deporte na seguinte ligazón: http://fcced.uvigo.es/*gl/docencia/*exames

Bibliografía. Fontes de información

Basic Bibliography

ACSM, **ACSM's Guidelines for exercise testing and prescripción**, 11, Wolters Kluwer, 2021

Heyward, V. & Gibson A.L., **Advanced fitness Assessment and Exercise Prescription**, Huhman Kinetics, 2014

WHO, **Guidelines on Physical Activity and Sedentary Beahviour**, World Health Organization, 2020

Complementary Bibliography

Xiao, Junjue (Ed), **Physical Exercise for Human Health**, Springer, 2020

Kanaley et al., **Exercise/Physical Activity in Individuals with Type 2 diabetes: a consensus statement from American College of Sports Medicine**, 10.1249/MSS.0000000000002800, 2022

Cosgrove & Rasmussen, **Diseño de programas de entrenamiento: Guía práctica para profesionales del acondicionamiento físico y el deporte**, Tutor, 2021

Johnson et al., **Physical activity in the management of obesity in adults: A position statement from Exercise and Sport Science Australia**, El Sevier, 2021

Recomendaciones

Subjects that continue the syllabus

Ejercicio físico y práctica deportiva en personas con discapacidad, problemas de salud y asimilados/P02G051V01-52902

Metodología y planificación del entrenamiento y del rendimiento físico-deportivo I/P02G051V01-52894

Subjects that are recommended to be taken simultaneously

Nuevas tendencias en actividades de fitness/P02G051V01-52897

IDENTIFYING DATA				
(*)Nuevas tendencias en actividades de fitness				
Subject	(*)Nuevas tendencias en actividades de fitness			
Code	P02G051V01-52897			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3rd	1st
Teaching language	Spanish Galician			
Department				
Coordinator	Alonso Fernández, Diego			
Lecturers	Alonso Fernández, Diego			
E-mail	diego_alonso@uvigo.es			
Web				
General description	The course aims to provide students with an overview of one of the main professional options of the degree: fitness activities.			

Training and Learning Results

Code	
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B5	3.5 Organize the promotion of policies, strategies and educational programs on aspects of public health, in relation to physical activity and sport (for the prevention of risk factors and diseases); as well as cooperate with other agents involved in the same: in any sector of professional intervention of physical activity and sport.
B12	7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
B13	7.3 Comprender, saber explicar y difundir las funciones, responsabilidades e importancia de un buen profesional Graduado en Ciencias de la Actividad Física y del Deporte así como analizar, comprender, identificar y reflexionar de forma crítica y autónoma sobre su identidad, formación y desempeño profesional para conseguir los fines y beneficios propios de la actividad física y deporte de forma adecuada, segura, saludable y eficiente en todos los servicios físico-deportivos ofrecidos y prestados y en cualquier sector profesional de actividad física y deporte.
C9	2.5 Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.
C24	6.4 Articulate and deploy procedures, processes, protocols, own analysis, with rigor and scientific attitude on issues of social, legal, economic, scientific or ethical nature, when necessary and relevant in any professional sector of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; physical activity and sport management).
C26	7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.

Expected results from this subject

Expected results from this subject	Training and Learning Results	
The students will be able of *conocer *y comprise bases of the activities of *fitness.	B2 B5 B12 B13	
The students will be able to design, develop and evaluate the processes of And-To relative the activities of *fitness, with attention to the individual characteristics and *contextuales of the people.	B5	C9 C24 C26

The students will be able to comprise wool scientific literature of the field of the activities of *fitness.	B2 B5	
The students will be able to promote the training of frocks *perdurables and autonomous of practises of activity of *fitness.	B13	C9
The students will be *capacades to identify the risks that derive stop the health of the practice of the activities of *fitness.		C9 C26
The students will be able to select and know use the material and suitable sportive equipment stop the activities of *fitness.		C24 C26
The students will be able to apply the principles *fisiológicos, *biomecánicos, *comportamentales and social to the field of the activities of *fitness.	B5	

Contents

Topic

SUBJECT 1. Theory and practice of the physical exercise and welfare in collective classes	SUB-THEME I: Concept and evolution of the fitness Sub-theme I.1. Concept and evolution of the fitness Sub-theme I.2. The fitness in the actuality Sub-theme I.3. The sector of the services of fitness Sub-theme I.4. The users of the fitness SUB-THEME II: The polyvalent technician of fitness Sub-theme II.1. Characteristics and training Sub-theme II.2. Personal and social skills Sub-theme II.3. Guidelines for his professional development
SUBJECT 2. Tendencies of the fitness and physical analysis in collective classes	SUB-THEME III: Activities of fitness: the room □cardio-fitness□ Sub-theme III.1. Equipment and operation of a room □cardio-fitness□ current. Sub-theme III.2. Basic guidelines of training in room Sub-theme III.3. Security and prevention of injuries Sub-theme III.4. The functional training in the room cardio-fitness SUB-THEME IV: Activities of fitness: current tendencies Sub-theme IV.1. H.I.I.T. Sub-theme IV.2. Tono with musical support Sub-theme IV.3. Running Sub-theme IV.4. Cross fit Sub-theme IV.5. Eccentric training Sub-theme IV.6. Training in suspension: TRX Sub-theme IV.7. Core training Sub-theme IV.8. Training propioceptive Sub-theme IV.9. Stretching Global Active Sub-theme IV.10. F.N.P. Sub-theme IV.11. Method Pilates
SUBJECT 3. Didactic and methodological appearances of the physical exercise with musical support.	SUB-THEME IV: Activities of fitness: current tendencies Sub-theme IV.12. Tono with musical support

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	15	5	20
Mentored work	4	15	19
Laboratory practical	26	9	35
Presentation	4	15	19
Autonomous problem solving	5	10	15
Objective questions exam	2	4	6
Report of practices, practicum and external practices	2	8	10
Essay	6	20	26

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Lecturing	Expository activities of teacher and student. Exhibitions, seminars, presentation of exercises, works or projects to be developed.
Mentored work	Resolution of exercises in the classroom/laboratory under the teacher's guidance.
Laboratory practical	Practical implementation of different fitness trends and development of basic sessions.
Presentation	Practical activity where the student must be responsible for its design, planning and approach.

Autonomous problem solving Search for information based on a subsequent practical approach to the contents.

Personalized assistance	
Methodologies	Description
Lecturing	In the classroom or by telematic means on the remote campus, the MOOVI platform or e-mail by prior arrangement.
Mentored work	In the practical classroom or during tutoring hours or by telematic means through the remote campus, the MOOVI platform or e-mail by prior arrangement.
Presentation	In the theoretical classroom and practical sessions or by telematic means on the remote campus, the MOOVI platform or e-mail by prior arrangement.
Autonomous problem solving	In the theoretical and practical sessions and during tutoring hours or by telematic means through the remote campus, the MOOVI platform or e-mail by prior arrangement.
Laboratory practical	In the practical classroom or during tutoring hours or by telematic means through the remote campus, the MOOVI platform or e-mail by prior arrangement.

Assessment				
	Description	Qualification	Training and Learning Results	
Lecturing	During some theory sessions there will be interactive group exercises where points will be awarded in the final grade depending on the final position obtained.	5	B2 B5 B12 B13	C9 C24 C26
Presentation	The students will develop a session of fitness complete like responsible monitors.	25	B2 B5 B12 B13	C9 C24 C26
Objective questions exam	Overall evaluation of the learning process and acquisition of skills and knowledge: The theoretical exam may consist of short questions and/or multiple choice questions on the different contents of the course.	40	B2 B5 B12 B13	C9 C24 C26
Report of practices, practicum and external practices	The student must compile the sessions (contents, objectives and tasks) of the practical classes by critically analyzing each one of them. In order to do so, the student must attend at least 85% of the scheduled practical sessions.	15	B5 B13	C9 C26
Essay	The students will develop diverse tasks proposed through the platform of teledoc Moovi that will have a deadline of presentation to be able to be evaluated.	15	B2 B5 B12 B13	C9 C24 C26

Other comments on the Evaluation

All students, whether or not they attend classes, have the right to be evaluated (by means of an exam or in the manner established in the teaching guide).

Continuous evaluation:

a) Evaluation ATTENDING STUDENTS (attending at least 85% of the programmed practical sessions):

- It is essential to pass the theoretical exam with a minimum grade of 5 points to pass the course. If this is not the case, the rest of the grades will be kept for subsequent exams.
- If the subject is not passed in the first call, the competences not acquired will be evaluated in the July call.
- In the second call of the same academic year, the grades of the first call will be maintained.

Global evaluation:

b) Evaluation of NON-ATTENDING STUDENTS (attends less than 85% of practical sessions):

- In any case the evaluation criteria will be maintained and will be previously consulted with the teacher of the subject when students have not attended regularly during the course.
- The competencies of the subject will be evaluated in a single test of a theoretical (50%) and practical (50%) nature that must be passed with a minimum grade of 5.

c) The official dates of the exams can be consulted on the web page of the Faculty of Education and Sport Sciences:
<http://fcced.uvigo.es/gl/>

Sources of information

Basic Bibliography

Complementary Bibliography

- American College of Sports Medicine,, **ACSM's Guidelines for Exercise Testing and Prescription**, Lippincott, Williams & Wilkins., 2006
- Isidro, F., Heredia, J.R., Pinsach, P. y Costa, M.R.,, **Manual del entrenador personal. Del fitness al wellness.**, Paidotribo, 2007
- Lieberman et al., **Foot strike patterns and collision forces in habitually barefoot versus shod runners**, Nature, 2010
- Klika B. & Jordan C., **HIGH INTENSITY CIRCUIT TRAINING USING BODY WEIGHT: Maximum Results With Minimal Investment**, ACSM'S Health & Fitness Journal., 2013
- Alonso-Fernandez et al., **Effect of a HIIT Programme vs. Extensive Continuous Training on Inexperienced Individuals**, Apunts, 2017
- Alonso-Fernandez et al., **Changes in muscle architecture of biceps femoris induced by eccentric strength training with nordic hamstring exercise**, Scandinavian Journal of Medicine and Science in Sp, 2018
- Aguilera-Castells et al., **Muscle activation in suspension training: a systematic review**,, SportS Biomechanics, 2018
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- Espejo-Antúnez et al., **The impact of proprioceptive exercises on balance and physical function in institutionalized older adults: A randomized controlled trial**,, ARCHIVES OF PHYSICAL MEDICINE AND REHABILITATION, 2020
- Vera-Garcia et al., **Progressions of core stabilization exercises based on postural control challenge assessment**,, European Journal of Applied Physiology., 2020
- Xu et al., **Effects of Foot Strike Techniques on Running Biomechanics: A Systematic Review and Meta-analysis**,, SPORTS HEALTH, 2020
- Matos et al., **Analysis of the pain symptoms, flexibility, and hydroxyproline concentration in individuals with low back pain submitted to Global Postural Re-education and stretching**,, Pain Management, 2020
- Schmidt et al., **Influence of Pilates Method on Nonspecific Lumbar Pain**,, Arquivos Brasileiros de Neurocirurgia, 2020
- Rustaden et al., **Similar Energy Expenditure During BodyPump and Heavy Load Resistance Exercise in Overweight Women**, Frontiers in Physiology, 2020
- Alonso-Fernandez et al., **Impact of Asking L-PROTOCOL on muscle architecture, flexibility and sprint performance**, Int. Journal of Sports Medicine, 2021
- Alonso-Fernandez et al., **Acute impact of Nordic hamstring exercise on sprint performance after 24, 48 and 72 hours**, Sports Biomechanics, 2021
- Alonso-Fernandez et al., **Effects of Copenhagen Adduction Exercise on Muscle Architecture and Adductor Flexibility**, IJERPH, 2022
- Alonso-Fernandez et al., **Impact of High-Intensity Interval Training on Body Composition and Depressive Symptoms in Adults under Home Confinement**, IJERPH, 2022
- Cabanas, E., **CrossFit and Self-Optimization in CrossFit's Popular Literature**, HISTORICAL SOCIAL RESEARCH-HISTORISCHE, 2024
- Ulusoy, M and Iyigun, G., **Comparison of Proprioceptive Neuromuscular Facilitation and Pilates exercises in patients with chronic low back pain: A randomized study**, JOURNAL OF BODYWORK AND MOVEMENT THERAPIES, 2024
- Lee MC et al.,, **Effects of different HIIT protocols on exercise performance, metabolic adaptation, and fat loss in middle-aged and older adults with overweight**, INTERNATIONAL JOURNAL OF MEDICAL SCIENCES, 2024
- Nao, K and Ho, CS, **Refining Eccentric Exercise Protocols for Achilles Tendinopathy**, Research in Dance and Physical Activity, 2024
- Pacheco, MP et al.,, **Effectiveness of Global Postural Reeducation in Postural Changes and Postural Stability in Young Adults**,, IJERPH, 2025
- Balague, N; San Gabriel, C and Hristovski, R, **Redefining Health-Related Fitness: The Adaptive Ability to Foster Survival Possibilities**, SPORTS MEDICINE-OPEN, 2025

Recommendations

Subjects that continue the syllabus

Physical exercise and wellbeing programs/P02G050V01910

Subjects that it is recommended to have taken before

Biomechanics of sports techniques/P02G050V01903

Other comments

To face the subject is important to have a good theoretical base of:

- Anatomy and kinesiology human.
 - Physiology of the exercise.
-

IDENTIFYING DATA				
(*)Socorrismo y su didáctica				
Subject	(*)Socorrismo y su didáctica			
Code	P02G051V01-52898			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3rd	1st
Teaching language	#EnglishFriendly Spanish Galician			
Department				
Coordinator	Barcala Furelos, Roberto Jesús			
Lecturers	Barcala Furelos, Roberto Jesús Sanmartin Montes, Marcos			
E-mail	roberto.barcala@uvigo.es			
Web	http://http://remoss.webs.uvigo.es/			
General description	(*)Materia para a formación especializada en salvamento e socorrismo acuático e nos primeiros auxilios.			

Training and Learning Results

Code	
B1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
B3	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
B5	3.5 Organize the promotion of policies, strategies and educational programs on aspects of public health, in relation to physical activity and sport (for the prevention of risk factors and diseases); as well as cooperate with other agents involved in the same: in any sector of professional intervention of physical activity and sport.
B11	7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
C1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
C10	2.6 Develop an advanced level in the planning, implementation, control and evaluation of physical and sports training processes.
C15	3.5 Organize the promotion of policies, strategies and educational programs on aspects of public health, in relation to physical activity and sport (for the prevention of risk factors and diseases); as well as cooperate with other agents involved in the same: in any sector of professional intervention of physical activity and sport.
C17	5.1 Analyze, diagnose and evaluate the elements, structure, situation and characteristics of all types of physical activity and sport organizations as well as the legislative and legal elements related to physical activity and sport.
C23	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
C26	7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.

Expected results from this subject

Expected results from this subject	Training and Learning Results	
New	B1	C1
	B3	C10
	B5	C15
	B11	C17
		C23
		C26

Contents	
Topic	
1.- The prevention of accidents in the physical activity and the education. Installations and natural aquatic spaces.	1.1. Prevention of accidents in natural aquatic spaces. 1.2. Warn accidents or situations of emergency in aquatic installations, looking after the security of the users.
2.- Lifesaving and first aids in sports sciences	2.1. First responder in incidents in aquatic environments. Behaviours for prevention. 2.2. Drowning grades 2.2. ABCD approach 2.3. Cardiopulmonary resuscitation 2.4. Airway obstruction 2.5. Treatment of the traumatic patient 2.6. First aids for lifeguards and first responders. 2.7. First aids in Covid-19 Era
3.- Lifesaving - water rescue	3.1. Rescue of rugged in natural aquatic spaces. 3.2. Rescue of people in case of accident or situation of emergency in aquatic installations.
4.- Didactic of lifesaving	4.1. Process of education learning of the skills of swimming adapted to lifesaving. 4.2. Process of education learning of the mechanisms of prevention. 4.3. Process of education learning of the skills of a water rescue. 4.4. Process of education learning of the first aids.

Planning			
	Class hours	Hours outside the classroom	Total hours
Workshops	10	7.5	17.5
Simulation	11.5	20	31.5
Mentored work	1	40	41
Lecturing	10	0	10
Simulation or Role Playing	5	0	5
Simulation or Role Playing	5	0	5
Simulation or Role Playing	10	0	10
Project	1	29	30

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies	
	Description
Workshops	Workshops for the learning of skills and technical referred to the content of the subject (essentially practical. The workshops of aquatic rescue will make in natural aquatic scenarios-beach or river)
Simulation	Clinical simulation of cases of study (virtual or not) of the contents of the subject (so much in beach as in swimming pool).
Mentored work	Supervised work/paper referred to the last block of contents of the subject. The student will have to elaborate a paper to way of project for the training in some community of the education, sport or rescue of each one of the units of the formative modules of lifesaving law document.
Lecturing	Presentation of the contents of the subject (virtual or not)

Personalized assistance	
Methodologies	Description
Lecturing	The academic content will be available in Fatic, and will attend academic queries on the doubts of each content. This personalised attention will be through *tutorías virtual and/or face-to-face.
Mentored work	The supervise work will consist in the preparation of a dossier that will be presented in the shape of the project . The work will have a relation to the last subject of the contents. The students will receive support by part of the educational (telematic or face-to-face) for the correct follow-up of this work.

Assessment	
Description	Qualification Training and Learning Results

Simulation or Role Playing	Simulation 1. It will make a proof of aquatic rescue in which they will have to apply properly technical specific of rescue (will indicate before the examination and will attend the contents of the matter).	25	B1 B3 B5 B11	C1 C10 C15 C17 C23 C26
Simulation or Role Playing	Simulation 1. Continuation: After the rescue, would have to make a CPR of 20 minutes reaching a value of at least 70%. The notes measured in relation over time and the quality of the CPR.	25	B1 B3 B5 B11	C1 C10 C15 C17 C23 C26
Simulation or Role Playing	Simulation 2. It will present a clinical case tied to any one of the contents of the matter (prevention, surveillance, rescue or first helps or a combination of varied, #so many natural aquatic spaces how aquatic installations) to be resolved individually or in group. (40% of the note)	40	B1 B3 B5 B11	C1 C10 C15 C17 C23 C26
Project	Preparation and presentation of an audiovisual project for the teaching of any one of the modules of the certificates of professionalism related with the first helps and / or project for the teaching of some contents associated in a population linked to sports or education. (10% of the note)	10	B1 B3 B5 B11	C1 C10 C15 C17 C23 C26

Other comments on the Evaluation

GLOBAL EVALUATION

The evaluation will be predominantly practical. Theoretical content will be assessed and integrated into the practical simulation. If the simulation is conducted in groups, the evaluation will always be individual. This evaluation will consist of a set of tests related to first aid and another set of tests related to water rescue.

The project presentation can be individual with up to a maximum of 5 participants. In the case of a group, all participants will receive the same grade and, therefore, it will be weighted in the project. This project can also be integrated into the evaluative part of the simulation, provided that the students have attended regularly and previously with the subject's teacher.

It will be necessary to achieve at least 50% of the percentage in each of the two evaluation tests (passing both parts). If one part is failed, the GRADE FOR THE NEXT CALL FOR THE SIMULATION OR ROLE PLAYING TEST will not be maintained.

CONTINUOUS EVALUATION

The same as the global evaluation but spread throughout the academic year.

Sources of information

Basic Bibliography

Biernes, J., **Handbook on Drowning Prevention, Rescue, Treatment**, Springer, 2014

Fernández F., Palacios J., Barcala R, Oleagordia A., **Primeros auxilios y socorrismo acuático. Prevención e intervención**, Paraninfo, 2008

David Szpilman, M.D., Joost J.L.M. Bierens, M.D., Ph.D., Anthony J. Handley, M.D., and James P. Orlo, **Drowning**, N Engl J Med, 2012

Complementary Bibliography

PUBMED,

SCOPUS,

Recommendations

Subjects that continue the syllabus

Physiology: Exercise physiology 2/P02G050V01401

Specialisation in individual sports/P02G050V01907

Other comments

Students taking this course, for their own safety, must have the following personal equipment: a wetsuit no less than 3 mm

thick, a yellow swimming cap (silicone), and their own swim fins, as the practical sessions will be conducted in natural environments under adverse conditions (waves, cold, fog, and other aquatic hazards during rescues).

It is recommended that if there is any pre-existing health condition that may pose a risk for intense and extreme aquatic activities (such as heart conditions, epilepsy, vertigo, etc.), students should choose another course with less risk or evaluate their risk with medical advice.

If a student with a potentially dangerous condition for this course decides to take it, they should contact the occupational risk prevention service so that, together with the instructor, they can adopt specific preventive measures for their personal situation.

This course involves intense practical activity in unstable environments. When enrolling, students should assess their physical abilities and limitations, as well as their prior swimming level.

In this course, instructors use new technologies (video recording) to document practical activities for subsequent analysis in theoretical classes and for scientific communication on social networks, exclusively for educational and scientific purposes. If any student does not authorize this dissemination, they must inform the instructors at the time of joining the course.

The course will take place both at the Faculty of Education and Sports Sciences and at the river beach of the Lérez River, the Faculty's dock, Mogor Beach (Marín Municipality), and the Pontevedra estuary using inflatable boats and rescue jet skis, so enrolling in this course requires having autonomous mobility.

IDENTIFYING DATA**Estructura y organización de sistemas de actividad física y deporte**

Subject	Estructura y organización de sistemas de actividad física y deporte			
Code	P02G051V01-52899			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3	1c
Teaching language	Castelán			
Department	Didácticas especiais			
Coordinator	Martínez Lemos, Rodolfo Ivan			
Lecturers	Martínez Lemos, Rodolfo Ivan			
E-mail	ivanmartinez@uvigo.es			
Web				
General description				

Resultados de Formación e Aprendizaxe

Code	
B7	5.3 Identificar, organizar, dirixir, planificar, coordinar, implantar e avaliar o desempeño profesional dos recursos humanos, facendo fincapé na dirección, coordinación, planificación, supervisión e avaliación técnico-científica da actividade, do rendemento desenvolvido e da prestación de servizos por parte de Os profesionais da actividade física e do deporte, en todo tipo de servizos e en calquera tipo de organización, contexto, contorno e con énfase en poboacións de especial carácter e en calquera sector da actividade física e da intervención deportiva profesional, garantindo seguridade, eficacia e profesionalidade. na actividade desenvolvida en cumprimento da normativa vixente.
B11	7.1 Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.
B12	7.2 Coñecer, elaborar e saber aplicar as condicións ético-deontolóxicas, estrutural-organizativas, o desempeño profesional e a normativa do exercicio profesional dos Licenciados en Ciencias da Actividade Física e do Deporte, en calquera sector profesional da actividade física e do deporte (educación formal e físico-deportivo informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte); así como poder desenvolver un traballo multidisciplinar.
B13	7.3 Comprender, saber explicar e difundir as funcións, responsabilidades e importancia dun bo profesional Licenciado en Ciencias da Actividade Física e do Deporte, así como analizar, comprender, identificar e reflexionar de forma crítica e autónoma sobre a súa identidade, formación e rendemento profesional para acadar o fins e beneficios da actividade física e do deporte de forma adecuada, segura, saudable e eficiente en todos os servizos físico-deportivos ofrecidos e prestados e en calquera sector profesional da actividade física e do deporte.
C2	1.2 Diseñar e aplicar o proceso metodolóxico composto pola observación, reflexión, análise, diagnóstico, execución, avaliación técnico-científica e/ou divulgación en distintos contextos e en todos os sectores da intervención profesional na actividade física e o deporte.
C13	3.3 Articular e despregar programas de fomento, orientación, coordinación, supervisión e avaliación técnico-científica da actividade física, o exercicio físico e o deporte para toda a poboación, facendo fincapé nas poboacións de carácter especial, coa presenza dun profesional ou realizados de forma independente polo cidadán, nos distintos tipos de espazos e en calquera sector da actividade física e da intervención profesional do deporte (ensinanzas físico-deportivas formais e informais; adestramento físico e deportivo; exercicio físico para a saúde; xestión da actividade física e deportiva) segundo ás posibilidades e necesidades dos cidadáns, para acadar a súa autonomía, comprensión e a maior e adecuada práctica da actividade física e do deporte.
C17	5.1 Analizar, diagnosticar e avaliar os elementos, a estrutura, a situación e as características de todo tipo de organizacións de actividade física e deportiva, así como os elementos lexislativos e legais relacionados coa actividade física e o deporte.
C19	5.3 Identificar, organizar, dirixir, planificar, coordinar, implantar e avaliar o desempeño profesional dos recursos humanos, facendo fincapé na dirección, coordinación, planificación, supervisión e avaliación técnico-científica da actividade, do rendemento desenvolvido e da prestación de servizos por parte de Os profesionais da actividade física e do deporte, en todo tipo de servizos e en calquera tipo de organización, contexto, contorno e con énfase en poboacións de especial carácter e en calquera sector da actividade física e da intervención deportiva profesional, garantindo seguridade, eficacia e profesionalidade. na actividade desenvolvida en cumprimento da normativa vixente.
C24	6.4 Articular e despregar procedementos, procesos, protocolos, análises propios, con rigor e actitude científica en materias de carácter social, xurídico, económico, científico ou ético, cando sexa necesario e pertinente en calquera sector profesional da actividade física e do deporte (educación formal). e informal físico-deportivo; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte).

- C25 7.1 Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.
- D12 3.2 Saber promover, asesorar, deseñar, aplicar e avaliar técnico-científicamente programas de actividade física, exercicio físico e deportes axeitados e variados, adaptados ás necesidades, demandas e características individuais e grupais de toda a poboación, facendo fincapé nas persoas maiores. persoas maiores), o xénero feminino e diversidade, escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticadas e/ou prescritas por un médico).
- D15 3.5 Organizar a promoción de políticas, estratexias e programas educativos sobre aspectos da saúde pública, en relación coa actividade física e o deporte (para a prevención de factores de risco e enfermidades); así como cooperar con outros axentes implicados nel: en calquera sector de intervención profesional da actividade física e do deporte.
- D19 5.1 Analizar, diagnosticar e avaliar os elementos, a estrutura, a situación e as características de todo tipo de organizacións de actividade física e deportiva, así como os elementos legislativos e legais relacionados coa actividade física e o deporte.
- D21 5.3 Identificar, organizar, dirixir, planificar, coordinar, implantar e avaliar o desempeño profesional dos recursos humanos, facendo fincapé na dirección, coordinación, planificación, supervisión e avaliación técnico-científica da actividade, do rendemento desenvolvido e da prestación de servizos por parte de Os profesionais da actividade física e do deporte, en todo tipo de servizos e en calquera tipo de organización, contexto, contorno e con énfase en poboacións de especial carácter e en calquera sector da actividade física e da intervención deportiva profesional, garantindo seguridade, eficacia e profesionalidade. na actividade desenvolvida en cumprimento da normativa vixente.
- D22 5.4 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar a avaliación técnico-científica dos recursos organizativos e materiais e das instalacións deportivas, incluíndo o seu deseño básico e funcional, así como a adecuada selección e utilización, para cada tipo de actividade, con a finalidade de conseguir actividades físicas e deportivas seguras, eficientes e saudables, adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e entidade en calquera tipo de organización, poboación, contexto e en calquera sector de intervención profesional de actividade física e deportiva e facendo fincapé nas poboacións de carácter especial e garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida no cumprimento da normativa vixente.
- D28 7.1 Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.

Resultados previstos na materia

Expected results from this subject	Training and Learning Results		
Nova	B7	C2	D12
	B11	C13	D15
	B12	C17	D19
	B13	C19	D21
		C24	D22
		C25	D28

Contidos

Topic	
Tema-1: Organizacións de *AF e Deporte	Administración pública Estrutura asociativa privada (clubs, federacións e fundacións) Deporte profesional Empresas de servizos Deporte en idade escolar Deporte universitario Deporte *inclusivo Muller e deporte Tribunal administrativo do deporte
Tema-2: Marco xurídico da *AF e o Deporte	Lexislación nacional e autonómica Regulamentación deportiva Loita contra a dopaxe Loita contra a violencia, o racismo, a xenofobia e a intolerancia no deporte Actuación fronte á violencia sexual Loita contra a fraude no deporte Outra lexislación de interese deportivo
Tema-3: Servizos de *AF e Deporte	*Caracterización e tipoloxía Xestión de capacidade Análise de custos e *pricing estratéxico Captación e *fidelización de *clients Fontes de financiamento.

Planificación

	Class hours	Hours outside the classroom	Total hours
Lección maxistral	22.5	30.5	53
Prácticas de laboratorio	7.5	22.5	30
Resolución de problemas de forma autónoma	30	32.5	62.5
Exame de preguntas obxectivas	0.5	1	1.5
Resolución de problemas e/ou exercicios	0	1	1
Estudo de casos	1	1	2

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodoloxía docente

	Description
Lección maxistral	Exposición por parte do profesor dos contidos sobre a materia obxecto de estudo, bases teóricas e/ou directrices dun traballo, exercicio que o/a estudante ten que desenvolver
Prácticas de laboratorio	Actividades de aplicación dos coñecementos a situacións concretas e de adquisición de habilidades básicas e *procedimentales relacionadas coa materia obxecto de estudo. Desenvólvense en espazos especiais con equipamento especializado (laboratorios, aulas informáticas, *etc).
Resolución de problemas de forma autónoma	Actividade na que se formulan problemas e/ou exercicios relacionados coa materia. O alumno/a debe desenvolver a análise e resolución dos problemas e/ou exercicios de forma autónoma.

Atención personalizada**Avaliación**

	Description	Qualification	Training and Learning Results
Exame de preguntas obxectivas	Prueba objetiva (test) con 4 opciones de respuesta en la que cada respuesta incorrecta resta para anular el efecto del azar. (Grupo-A)	30	B7 C2 D12 C24 D22
Resolución de problemas e/ou exercicios	El alumnado resolverá problemas/ejercicios de forma individual y autónoma alternando sesiones presenciales y no presenciales siguiendo las indicaciones del profesor. Los ejercicios deberán estar cumplimentados y entregados a través de Moovi dentro del plazo establecido. No serán válidos a efectos de la evaluación los ejercicios entregados fuera de plazo o a través de correo electrónico. (Grupos-C)	30	B12 C17 D22
Estudo de casos	El alumnado trabajará en equipo durante todo el cuatrimestre en el análisis de un caso siguiendo las indicaciones del profesor que deberá entregar en Moovi en el plazo establecido. No serán válidos a efectos de la evaluación los casos entregados fuera de plazo o a través de correo electrónico (Grupos-B)	40	B12 C17 D28 B13 C25

Other comments on the Evaluation

PRIMEIRA CONVOCATORIA:

Modalidade de *EVALUACIÃO* N CONTINUA consta de 3 probas:

- Exame (Grupo-A)
- *Resolução* de problemas e/ou exercicios de forma individual (Grupo-*B)
- Estudo de caso individual (Grupo-*B)
- Para superar a materia nesta modalidade de *evaluación* *será* requisito imprescindible:
 - A asistencia presencial ao 80% das sesións *prácticas* (Grupos *C *yB)
 - Obter un *máximo* de 6 puntos sobre 10 en cada unha do tres probas.
- A *calificación* da materia *resultará* da suma e *ponderación* do resultado das 3 probas.

Modalidade de **EVALUACIÓN GLOBAL** consta de 1 proba global (exame) que constará de 3 partes:

- Preguntas obxectivas (test) cun peso do 30% sobre a calificación final (Grupo-A)
- Preguntas de resposta curta cun peso do 30% sobre a calificación final (Grupos-C)
- Preguntas de desenvolvemento cun peso do 40% sobre a calificación final (Grupos-B)
- Para superar a materia nesta modalidade de **evaluación** será requisito imprescindible:
 - Obter un mínimo de 6 puntos sobre 10 en cada unha das 3 partes.

SEGUNDA CONVOCATORIA E SEGUINTE:

- Modalidade de **EVALUACIÓN GLOBAL** (*idem primeira convocatoria)

A elección dá modalidade de **evaluación** global supón a renuncia ao dereito de seguir avaliándose das actividades da modalidade de **evaluación** continua que resten e a cualificación obtida ata ese momento en calquera das probas que xa tiveron lugar (*Art. 19, Regulamento sobre a **evaluación**, **calificación** e a **calidade** da docencia (aprobado non claustro do 18 de abril de 2023)).

Bibliografía. Fontes de información

Basic Bibliography

Instituto Nacional de Estadística, **DEPORTEDATA**, <https://www.educacionfpydeportes.gob.es/mc/deportedata/portada.html>,

Federación Española de Municipios y Provincias (FEMP), **MUNIDEPORTE**, <https://www.munideporte.com/>,

Portal de Derecho Deportivo, **IUSPORT**, <https://iusport.com/>,

Ministerio de Educación, Formación Profesional y Deportes, **CONSEJO SUPERIOR DE DEPORTES**,
<https://www.csd.gob.es/es>,

Murua Consultores, **DEPORTE, ECONOMÍA E INNOVACIÓN**, <https://economiaenchandal.com/>,

Colegio Profesional, **CONSEJO COLEF**, <https://www.consejo-colef.es/>,

Complementary Bibliography

Recomendacións

IDENTIFYING DATA			
Iniciación al remo y al piragüismo			
Subject	Iniciación al remo y al piragüismo		
Code	P02G051V01-52900		
Study programme	Grao en Ciencias da Actividade Física e do Deporte		
Descriptors	ECTS Credits	Choose	Year
	6	Optional	3
Teaching language	Quadmester		
	2c		
Department	Didácticas especiais		
Coordinator	Rial Fernández, Ramón Benigno		
Lecturers	Rial Fernández, Ramón Benigno Tenreiro Varela, Pablo		
E-mail	rrial@uvigo.es		
Web			
General description	A materia Iniciación ao Remo e ao Piragüismo impártese no segundo cuadrimestre do terceiro curso do Grao en Ciencias da Actividade Física e do Deporte. Nesta materia proporciónase unha visión xeral do Remo e do Piragüismo. Desde unha perspectiva teórica, abórdanse diferentes aspectos referentes a súa estrutura externa,o medio no que se desenvolven,os tipos de embarcacións e as suas modalidades, a técnica básica,maniobras,fundamentos do seu adestramento, tipos de competicións,didáctica, aspectos recreativos, etc. Desde unha perspectiva práctica, realízase un percorrido a través de distintos tipos de embarcacións cos que conta a Facultade. Debido ó medio no que se desenvolven as prácticas (río Lérez) é requisito imprescindible saber nadar.		

Resultados de Formación e Aprendizaxe

Code	
B1	1.1 Comprender, elaborar e saber aplicar os procedementos, estratexias, actividades, recursos, técnicas e métodos que interveñen no proceso de enseñanza-aprendizaxe con eficiencia, desenvolvendo todo o curso da acción en todos os sectores de intervención profesional de actividade física e deporte (enseñanza formal e informal físico-deportiva; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte).
B10	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
B12	7.2 Coñecer, elaborar e saber aplicar as condicións ético-deontolóxicas, estrutural-organizativas, o desempeño profesional e a normativa do exercicio profesional dos Licenciados en Ciencias da Actividade Física e do Deporte, en calquera sector profesional da actividade física e do deporte (educación formal e físico-deportivo informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte); así como poder desenvolver un traballo multidisciplinar.
B13	7.3 Comprender, saber explicar e difundir as funcións, responsabilidades e importancia dun bo profesional Licenciado en Ciencias da Actividade Física e do Deporte, así como analizar, comprender, identificar e reflexionar de forma crítica e autónoma sobre a súa identidade, formación e rendemento profesional para acadar o fins e beneficios da actividade física e do deporte de forma adecuada, segura, saudable e eficiente en todos os servizos físico-deportivos ofrecidos e prestados e en calquera sector profesional da actividade física e do deporte.
C1	1.1 Comprender, elaborar e saber aplicar os procedementos, estratexias, actividades, recursos, técnicas e métodos que interveñen no proceso de enseñanza-aprendizaxe con eficiencia, desenvolvendo todo o curso da acción en todos os sectores de intervención profesional de actividade física e deporte (enseñanza formal e informal físico-deportiva; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte).
C3	1.3 Comunicarse e interactuar de forma adecuada e eficiente, na actividade física e deportiva, en diversos contextos de intervención, demostrando habilidades docentes de forma consciente, natural e continua.
C4	1.4. Adaptar a intervención educativa ás características e necesidades individuais de toda a poboación e facendo fincapé en poboacións de carácter especial como: escolares, maiores (maiores), persoas con mobilidade reducida e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou similares). prescrito por un médico), tendo en conta o xénero e a diversidade.
C14	3.4 Promover a educación, a difusión, a información e a orientación constante ás persoas e líderes sobre os beneficios, a significación, as características e os efectos positivos da práctica regular da actividade física e deportiva e do exercicio físico, dos riscos e danos dunha práctica inadecuada e dos elementos e criterios que identifiquen a súa correcta execución, así como información, orientación e asesoramento sobre as posibilidades de actividade física e deportiva adecuadas no seu contorno en calquera sector de intervención profesional.

- C20 5.4 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar a avaliación técnico-científica dos recursos organizativos e materiais e das instalacións deportivas, incluíndo o seu deseño básico e funcional, así como a adecuada selección e utilización, para cada tipo de actividade, con a finalidade de conseguir actividades físicas e deportivas seguras, eficientes e saudables, adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e entidade en calquera tipo de organización, poboación, contexto e en calquera sector de intervención profesional de actividade física e deportiva e facendo fincapé nas poboacións de carácter especial e garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida no cumprimento da normativa vixente.
- D1 1.1. Comprender, elaborar y saber aplicar los procedimientos, estrategias, actividades, recursos, técnicas y métodos que intervienen en el proceso de enseñanza-aprendizaje con eficiencia, desarrollando todo el curso de la acción en todos los sectores de intervención profesional de actividad física y deporte (enseñanza formal e informal físico-deportiva; entrenamiento físico y deportivo; ejercicio físico para la salud; dirección de actividad física y deporte).
- D2 1.2. Diseñar y aplicar el proceso metodológico integrado por la observación, reflexión, análisis, diagnóstico, ejecución, evaluación técnico-científica y/o difusión en diferentes contextos y en todos los sectores de intervención profesional de la actividad física y del deporte.
- D3 1.3 Comunicar e interactuar de forma adecuada y eficiente, en actividad física y deportiva, en contextos de intervención diversos, demostrando habilidades docentes de forma consciente, natural y continuada.
- D22 5.4 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar a avaliación técnico-científica dos recursos organizativos e materiais e das instalacións deportivas, incluíndo o seu deseño básico e funcional, así como a adecuada selección e utilización, para cada tipo de actividade, con a finalidade de conseguir actividades físicas e deportivas seguras, eficientes e saudables, adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e entidade en calquera tipo de organización, poboación, contexto e en calquera sector de intervención profesional de actividade física e deportiva e facendo fincapé nas poboacións de carácter especial e garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida no cumprimento da normativa vixente.

Resultados previstos na materia

Expected results from this subject	Training and Learning Results		
Comprender, elaborar e saber aplicar os procedementos, estratexias, actividades, recursos, técnicas e métodos que interveñen no proceso de ensino-aprendizaxe do Remo e do Piragüismo con eficiencia.	B1		D1
	B1		D2
			D2
			D9
Coñecer e utilizar con precisión a terminoloxía específica propia do noso ámbito nos deportes de Remo e Piragüismo.	B4	C1	D2
	B5	C3	D9
	B6	C13	D10
	B9	C20	D17
	B10		
	B10		
	B11		
O alumnado será capaz de dominar a técnica básica de Remo e de Piragüismo para a súa correcta aplicación, así como os aspectos de seguridade no medio e na utilización das embarcacións e do material.	B1	C1	D2
	B3	C2	D5
	B5	C5	D6
	B6	C6	D7
	B8	C7	D8
	B9	C8	D9
		C13	D10
		C14	D12
		C16	D16
		C42	D22
		C57	
		C58	
		C59	
		C60	
		C61	
		C62	
		C63	
		C65	

O alumnado será capaz de identificar os elementos e parámetros que configuran a estrutura do Remo e do Piragüismo: aspectos regulamentarios, espazos de acción, habilidades técnicas, materiais, embarcacións, etc.

A1	B1	C1	D1
A2	B2	C2	D2
A3	B3	C3	D3
A4	B4	C3	D4
A5	B5	C5	D5
	B6	C6	D6
	B7	C7	D7
	B8	C8	D8
	B9	C11	D9
	B10	C12	D10
	B11	C13	D11
	B12	C14	D12
		C15	D13
		C16	D14
		C17	D15
		C19	D16
		C20	D17
		C22	D18
		C23	D19
		C34	D20
		C57	D21
		C58	D22
		C59	D23
		C60	
		C61	
		C62	
		C63	
		C65	
		C66	
		C67	
		C68	
		C69	

O alumnado será capaz de deseñar e aplicar instrumentos de observación sistemática para identificar ou corrixir modelos de execución propios destes deportes.	A4		C20	
	A5			
	A1	B2	C1	D1
	A2	B6	C2	D3
	A3	B8	C4	D3
Comunicar e interactuar de forma adecuada e eficiente, nas actividades de Remo e Piragüismo, demostrando habilidades docentes de forma consciente, natural e continuada.	A4	B12	C13	D5
	A5		C55	D7
			C56	D11
	A1	B4	C2	D1
	A2	B5	C4	D4
Localizar a información necesaria nas fontes bibliográficas xerais e específicas relacionadas co Remo e o Piragüismo.	A3	B6	C6	D14
	A4	B10	C15	D20
	A5		C17	
	A1	B4	C2	D1
	A2	B5	C3	D4
Analizar de forma crítica as exposicións de diversos autores ou teorías.	A3	B6	C6	D14
	A4	B13	C15	D20
	A5		C17	
	A1	B2	C2	D2
	A3	B4	C3	D3
O alumnado será capaz de actuar dentro dos principios éticos necesarios para o correcto exercicio profesional.	A4	B5	C7	D4
		B12	C8	D5
			C9	
			C12	

Contidos

Topic

TEMA 1: Fundamentación teórica do Remo e do Piragüismo	- Definición - Oríxenes e evolución histórica - Análise do remo e do piragüismo e os seus factores - As regrexas das embarcacións: . Regrexas en banco fixo . Regrexas en banco móbil . Regrexas en piragüismo
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TEMA 2: Fundamentos técnico-tácticos e didácticos do Remo e do Piragüismo

- Técnica básica do remo e do piragüismo
- Fases da palada no remo
- Técnica básica de banco fixo
- Técnica básica de banco móvil
- Defectos técnicos mais frecuentes no remo
- Técnica básica do piragüismo
- Maniobras no piragüismo. Transporte, vuelco e vaciado. De equilibrio e conducción. De propulsión e combinadas
- A palada en kayak. Fases da palada. Exercicios e corrección de erros.
- Fundamentos tácticos:
- .A regata. Tipos. Partes
- . A estratexia
- Postos específicos:
- . Postos específicos no remo de banco fixo
- . Postos específicos no remo de banco móvil
- . Postos específicos no piragüismo

TEMA 3: Estructura formal e funcional do Remo e do Piragüismo

- Modalidades e especialidades
- Categorías
- Distancias de competición
- Características das embarcacións
- Características do sistema de masas
- Distancias e tempos de competición
- Frecuencia de palada en competición
- Relación distancia/tempo de competición/tipo de esforzo
- Tipos de competicións no remo e no piragüismo:
- . En función do recorrido
- . En función do sistema de competición
- . Programa olímpico

TEMA 4: O proceso de iniciación deportiva no Remo e no Piragüismo

- Didáctica do remo e do piragüismo:
- . Enseñanza e aprendizaxe
- . Iniciación e metodoloxía
- . Etapas de formación
- O medio acuático:
- . Natural: ríos, lagos, mar
- . Artificiais: pantanos, pistas
- . Normas de seguridade
- . Variables medioambientais externas

TEMA 5: O Remo e o Piragüismo na súa vertiente recreativa e de rendemento

- Aspectos recreativos
- O club. Organización
- Aspectos de rendemento:
- . Tecnoloxía aplicada
- . Materiais
- Estructura biomecánica do remo e do piragüismo

Planificación

	Class hours	Hours outside the classroom	Total hours
Lección maxistral	22	3	25
Prácticas de laboratorio	26	20	46
Traballo tutelado	1	0	1
Seminario	0	12.5	12.5
Resolución de problemas de forma autónoma	0	26	26
Exame de preguntas obxectivas	1	14.5	15.5
Informe de prácticas, prácticum e prácticas externas	4	20	24

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodoloxía docente

	Description
Lección maxistral	Exposición por parte do profesor dos contidos teóricos sobre a materia obxecto de estudo.
Prácticas de laboratorio	Actividades de aplicación dos coñecementos a situacións concretas e de adquisición de habilidades básicas e procedimentais relacionadas coa materia. Desenvólvense no río Lérez.
Traballo tutelado	O estudante, de maneira individual elabora unha memoria de prácticas sobre a materia.
Seminario	Entrevistas que o alumnado mantén co profesorado da materia para asesoramento/desenvolvemento de actividades da mesma e do proceso de aprendizaxe.
Resolución de problemas de forma autónoma	Actividades de aplicación dos coñecementos relacionadas coa materia e de xeito autónomo.

Atención personalizada**Methodologies Description**

Seminario	Enténdese por atención personalizada o tempo que se reserva para atender e resolver as dúbidas do alumnado en relación a materia. As sesións de titorización poderanse realizar por medios presenciais (despacho 217) ou ben telemáticos: correo electrónico ou despachos virtuais dos profesores a través do Campus Remoto, baixo a modalidade de cita previa: Profesor Ramón Rial Fernández (Remo) Sala 2138. Profesor Pablo Tenreiro Varela (Piragüismo) Sala 2540.
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Avaliación

	Description	Qualification Training and Learning Results
Prácticas de laboratorio	METODOLOXIAS DE AVALIACIÓN CONTÍNUA: Polo carácter da materia, haberá que participar activamente como mínimo no 85% das sesións prácticas de remo e no 85% das sesións prácticas de piragüismo como requisito previo para ter dereito a avaliación contínua da parte práctica da materia (a participación debe ser activa, de forma que se o alumno/a asiste á sesión pero non interven nas actividades propostas, a asistencia non será contabilizada). Isto supón que o tope máximo de faltas (enfermidade, lesión, asuntos persoais, etc.) é de 2 entre remo e piragüismo (unha a remo e unha a piragüismo ou ao revés: unha a piragüismo e unha a remo), non podendo de ningunha maneira faltar a 2 prácticas de cada unha das dúas disciplinas (2 faltas a remo ou 2 faltas a piragüismo). As prácticas supoñen o 40% da cualificación final e realizaránse no río Lérez (tamén poderá facerse algunha práctica en terra nos ergómetros). A avaliación da docencia práctica realizarase de forma continua mediante o control de asistencia diaria do alumnado con participación activa e a observación sistemática por parte do profesor do seu rendemento e o nivel técnico acadado ao longo do cuatrimestre (avaliarase o transporte do material, o seu axuste, o manexo e maniobrabilidade técnica da embarcación, etc.). A cualificación será de 0 a 10 puntos e haberá que acadar como mínimo 5 puntos para superar este apartado. O profesor pasará un parte diario de firmas de asistencia ás prácticas de laboratorio e ademais o día de presentación da materia, proporcionará unha ficha ao alumnado para que a devolvan ó profesor coa súa fotografía e os datos pertinentes, dentro da primeira semana de comezo das prácticas.	40

Exame de preguntas obxectivas	Encamiñada a avaliar a integración dos contidos teóricos por parte do alumnado. Enténdese tamén por contido teórico calquera explicación ou concepto que se manexe nas sesións prácticas. Esta proba realizarase na data oficial e constará de 50 preguntas tipo test (25 de remo e 25 de piragüismo) con 4 opcións de resposta, sendo obrigatorio responder a todas as preguntas; por cada 3 respostas erróneas se descontará unha ben contestada. A cualificación será de 0 a 10 puntos e haberá que acadar como mínimo 5 puntos para superar este apartado.	25
Informe de prácticas, prácticum e prácticas externas	Ao rematar primeiro as prácticas de remo e logo as de piragüismo o alumnado, de xeito individual, deberá presentar unha memoria de todas as prácticas feitas. Para elaborar esta memoria o profesorado facilitará un modelo tipo de ficha o primeiro día das prácticas de laboratorio. Para completar este informe, o profesor, antes de començar cada sesión práctica, indicará brevemente no pantallán ao alumnado os obxetivos, características, contidos, etc. da mesma e os alumnos deberán tomar as notas oportunas; do mesmo xeito o alumnado ao rematar a sesión e traballando pola súa conta deberán completar a ficha. No caso de que os profesores detectasen que as memorias fosen copiadas entre dous ou mais alumnos ou alumnas, éstos deberán facer un traballo individual relacionado coa materia. Unha vez remate a parte práctica de remo habilitarase un espazo en Moovi cun tempo límite dunha semana para que o alumnado poida subir as memorias en formato PDF, e farase o propio cando rematen as prácticas de piragüismo (fora deste prazo non se admitirá ningunha memoria). A cualificación será de 0 a 10 puntos e haberá que acadar como mínimo 5 puntos para superar este apartado.	35

Other comments on the Evaluation

Observacións: Unha vez cumprido o requisito de asistencia a un mínimo do 85% con participación activa ás prácticas tanto de remo como de piragüismo, a cualificación final do alumno/a será a nota media ponderada de cada un dos tres apartados (40%-25%-35%) sempre coa premisa de haber alcanzado unha puntuación mínima de 5 en cada un dos tres apartados. Se o alumno non chega a 5 en calquera dos tres apartados a súa cualificación na nota final será de suspenso. A cualificación positiva de unha ou dúas partes conservarase únicamente ata a seguinte convocatoria de xuño/xullo. De non ter superada a materia na primeira convocatoria, as competencias non adquiridas serán avaliadas na convocatoria de xuño/xullo.

METODOLOXÍAS DE AVALIACIÓN GLOBAL: Aqueles alumnos/as que non cumpren co requisito previo de asistir a lo menos ao 85% das prácticas con participación activa tanto a remo como a piragüismo ou ben figuren como non presentados/as dentro do cuatrimestre, non poderán acollerse a modalidade de avaliación continua e terán que acollerse obrigatoriamente á modalidade de Avaliación Global. Nesta modalidade terán que facer un exámen práctico da materia na data oficial, polo que se lles recomenda que previamente fagan as pertinentes prácticas en algún club de remo e/ou piragüismo (esta proba ponderará un 50%); ademais deberán superar o exámen teórico da materia (que ponderará un 25%) e realizar un traballo individual consistente na elaboración dunha progresión didáctica para a aprendizaxe do remo e do piragüismo (que ponderará un 25%). As pautas de devandito traballo, serán facilitadas polos profesores. As datas oficiais dos exames pódense consultar na web da facultade na ligazón <http://fcced.uvigo.es/gl/docencia/exames>.

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Recomendacións

IDENTIFYING DATA				
(*)Didáctica de la educación física y las actividades físico-deportivas II				
Subject	(*)Didáctica de la educación física y las actividades físico-deportivas II			
Code	P02G051V01-52901			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Carballo Afonso, María Rocío			
Lecturers	Carballo Afonso, María Rocío Novo Carballal, Antonio Vicente Vila, Pedro			
E-mail	rociocarballo@uvigo.es			
Web	http://www.portaleducacionfisica.es			
General description	(*)Materia que aborda a planificación, programación ejecución, posta en práctica e avaliación de procesos de ensino - aprendizaxe no eido das actividades físicas e deportivas			

Training and Learning Results	
Code	
B1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B11	7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
B12	7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
B13	7.3 Comprender, saber explicar y difundir las funciones, responsabilidades e importancia de un buen profesional Graduado en Ciencias de la Actividad Física y del Deporte así como analizar, comprender, identificar y reflexionar de forma crítica y autónoma sobre su identidad, formación y desempeño profesional para conseguir los fines y beneficios propios de la actividad física y deporte de forma adecuada, segura, saludable y eficiente en todos los servicios físico-deportivos ofrecidos y prestados y en cualquier sector profesional de actividad física y deporte.
C4	1.4. To adapt the educational intervention to the individual characteristics and needs of the entire population, with emphasis on special populations such as: schoolchildren, the elderly, people with reduced mobility and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.

Expected results from this subject	
Expected results from this subject	Training and Learning Results
*Conceptualización And identification of the object of study of the Didactic of the processes of education learning in the Physical Activity and of the Sport.	B1 B2
Knowledge and understanding of the scientific literature of the field of the Didactic of the processes of education learning in the Physical Activity and of the Sport.	B2 B13
Knowledge and understanding of the necessary ethical principles for the correct professional exercise.	B11 B13

Application of the technologies of the information and communication (TIC) to the field of the Sciences of the Physical Activity and the Sport.	B12	
Habits of excellence and quality in the professional exercise.	B13	
Capacity to design, develop and evaluate the processes of education-relative learning to the physical activity and of the sport, with attention to the individual and contextual characteristics of the people.	B11	
Capacity to promote and evaluate the training of habits *perdurables and autonomous of practice of the physical activity and sport between the school population.	B13	
Capacity to apply the physiological principles, *biomecánicos, *comportamentales and social, to the different fields of the physical activity and the sport.		C4
Capacity to identify the risks that derive for the health of the pupils because of the practice of unsuitable physical activities.	B13	
Capacity to schedule, develop and evaluate the realisation of programs of sport and school physical activity.	B1	C4
Capacity to select and know use the material and sportive equipment adapted for each type of activity in the processes of education-learning through the physical activity and of the sport.		C6
Skill of leadership, capacity of interpersonal relation and work in team.	B13	
Adaptation to new situations, the resolution of problems and the autonomous learning.	B2	
	B11	

Contents

Topic	
Block 1. Planning of the processes of education-learning through the physical activity and the sport.	□ Evolution and concepts of planning and programming. Phases of the process programmer: previous analysis, preparation, execution and evaluation □ The process of education-learning in the frame of a planning. □ The didactic processes in the planning of the sportive education in the formative frame of the school sport or of the club of base.
Block 2. Levels of concretion and units of programming in the planning to half and long term.	□ Educational legislation in the physical education. Analysis and application. □ The levels of concretion *curricular and his elements constituents. □ The programming. Purposes, types and design.
Block 3. Evaluation and control in the processes of education-learning through the physical activity and of the sport.	□ The evaluation: concepts and definitions. □ Classes of evaluation. □ Instruments of evaluation. □ Legislative referents for the evaluation *curricular in physical education.
Block 4. The dimension researcher of the professor. The reflexive inquiry, base of the training of the *profesorado.	□ The professor of physical education like researcher. □ The investigation-action. □ Tools for the educational investigation.
Block 5. Resources and didactic materials in the physical activity and the sport. Analysis and *rentabilización educational.	□ Didactic resources for the education of the physical education and the sport. □ Didactic materials for the education of the physical education and the sport. □ Educational surroundings and organisation of the educational sportive space. □ Educational surroundings and adaptation to the diversity.
Block 6. Education in values and his didactic in the processes of teaching-learning through the physical activity and the sport.	□ The values and ethical principles in the physical education and the sport. □ Education stop the consumption. □ Sustainable physical education. □ Physical education from the intercultural perspective □ Physical education and health. □ Creativity. □ The perspective of gender through the physical activity and when depositing you

Planning

	Class hours	Hours outside the classroom	Total hours
Laboratory practical	0	20	20
Presentation	3	7	10
Seminars	0	5	5
Studies excursion	6	0	6
Problem solving	11	10	21
Lecturing	22	21	43
Objective questions exam	1	0	1
Laboratory practice	3	20	23

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies	
	Description
Laboratory practical	They will realise diverse practices linked to the contents and competitions of the process of didactic planning of the education of the physical education and of the sport.
Presentation	The students will witness and will realise of an active form presentations and/or exhibitions related with the contents of the matter and defence of the same in small and big group.
Seminars	The meeting in group will be a fundamental condition for the understanding and correct orientation of the presentations and exhibitions, as well as for to explain diverse appearances of the education/learning of the processes of didactic planning.
Studies excursion	It will establish an exit of field to realise an educational activity of first aids and lifesaving, linked to the block of contents of health of the official curriculum of physical education in secondary education.
Problem solving	Design, programming and of tasks about thema VI
Lecturing	The lesson intends to provide to the student of the conceptual tools of the contained of the subject.

Personalized assistance

Methodologies	Description
Presentation	Presentation/individual exhibition or grupal of the didactic units the educational projects designed and developed pole students in the process of didactic intervention.
Seminars	Tutelage and advice on the design and elaboration of didactic units, educational projects or didactic programming to be delivered. In these tutorials, students are encouraged to prepare the aforementioned documents. In no case these tutorials are part of the process of evaluation of these documents.
Studies excursion	The possibility of observation, or design and direction of teaching intervention processes is established in other spaces different from the own Faculty of Educational Sciences and Sports

Assessment

	Description	Qualification	Training and Learning Results
Presentation	Exhibition of a practical session of a random didactic unit following the principles of the didactic.	20	B1 B2 B11 B12 B13
Objective questions exam	It tests type test referred to the content of the matter.	40	B1 B2 B11 B12 B13
Laboratory practice	Follow-up of the development of the practical sessions and the implication of the student in the practice, the participation in the discussion of the tasks and the commonplaces proposed in class.	10	B2
Essay	Presentation written of an annual programming of physical education or of a didactic planning	30	B1 B2 B11 B12 B13

Other comments on the Evaluation

It will be necessary to approve all the evaluation tools to pass the subject. The same criteria are maintained to pass in the successive convocatorias. Cualquier enrolled in the subject has the duty of compliance you have requirements to obtain a positive qualification me a misma. No There is no possibility to keep parts of the subject approved from previous academic courses. The students who do not attend the class have the right to be evaluated by means of identical assessment tools that the students with assistance.

The exam dates can be consulted on the faculty website www.fcced.uvigo.es

Sources of information

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Recommendations

Subjects that it is recommended to have taken before

Education: Epistemology of physical activity, sport and physical education science/P02G050V01301

Teaching of the teaching-learning processes in physical activity and sport 1/P02G050V01501

IDENTIFYING DATA**(*)Ejercicio físico y práctica deportiva en personas con discapacidad, problemas de salud y asimilados**

Subject	(*)Ejercicio físico y práctica deportiva en personas con discapacidad, problemas de salud y asimilados			
Code	P02G051V01-52902			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	2nd
Teaching language				
Department				
Coordinator	Reguera López de la Osa, Xoana			
Lecturers	Reguera López de la Osa, Xoana			
E-mail	xreguera@uvigo.es			
Web	http://https://fcced.uvigo.es/es/			
General description	This subject is included in the Module 7: specific compulsory Training: physical activity and physical exercise for the health and with special populations. In said module, find the matters that have some intimate links between yes, as it is the case of "physical Activity, physical exercise and health" and "physical Exercise and sportive practice in people with disability, problems of health and assimilated". This subject identifies with the following *descriptores: 1) physical Activity and sport for populations with special needs: knowledge, indicators and contraindications; 2) Knowledge and preparation of programs of intervention in physical education in front of needs of anatomical type-physiological, psychic and/or social maladjustment; and 3) deontological Attitude inside the compulsory school context in physical activity and sport adapted.			

Training and Learning Results

Code				
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.			
B4	3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).			
B6	5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.			
B9	6.1 To know and understand the bases of the methodology of scientific work.			
C5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.			
C11	3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.			
C12	3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).			

- C13 3.3 Articulate and deploy programs of promotion, guidance, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on populations of special character, with the presence of a professional or carried out autonomously by the citizen, in different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; management of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and greater and adequate practice of physical activity and sport.
- C18 5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- D12 3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).
- D13 3.3 Articulate and deploy programs of promotion, guidance, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on populations of special character, with the presence of a professional or carried out autonomously by the citizen, in different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; management of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and greater and adequate practice of physical activity and sport.
- D16 4.1 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, processes, activities, resources and techniques that make up the basic motor skills, physical activities, sports skills, play, expressive body and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
- D17 4.2 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical fitness and physical exercise in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport.
- D18 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations.
- D20 5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.

Expected results from this subject

Expected results from this subject	Training and Learning Results	
Knowledge and understanding of scientific literature in the field of physical exercise and sports practice in people with disabilities, health problems and similar conditions.	B2	C12
	B6	C13
	B9	
Knowledge and understanding of the behavioural and social factors that influence physical exercise and sports participation in people with disabilities, health problems and similar conditions.	B2	
	B6	
	B9	

Handling basic scientific information applied to physical exercise and sports practice with people with disabilities, health problems and similar conditions.		C5 C12	D18 D20
Knowledge and compression of the physiological factors and biomecánicos that condition the practice of the physical activity and the sport adapted on the structure and function of the human body	B4 B6	C11	D16
Ability to promote and evaluate the formation of lasting and autonomous habits of physical exercise and adapted sports in people with functional diversity.	B6	C13	D17 D20
Ability to apply physiological, biomechanical, behavioural and social principles to the practice of physical exercise and sport in people with disabilities, health problems and similar conditions.	B6	C18	D20
Ability to select and know how to use the appropriate sports equipment and materials for each type of physical activity and adapted sport.	B4	C12	D12
Knowledge and understanding of the effects of physical exercise and sports on people with disabilities, health problems and similar conditions.	B2 B4	C11 C13	D13
Knowledge and understanding of the effects of physical activity and adapted sports on the psychological and social aspects of human beings.	B6	C12	D13 D18
Knowledge and understanding of the foundations of the sportive practice in people with disability, problems of health and assimilated.	B6	C18	D20
Adapting to new situations, problem solving, and independent learning.		C13	D13 D20
Ability to design, develop, and evaluate teaching-learning processes related to physical exercise and sports practice for people with disabilities, health problems, and similar conditions, paying attention to the individual and contextual characteristics of each person.	B2 B6	C5 C18	D20

Contents

Topic	
Block 1. Disability	1.1. Disability, types and classifications 1.2. Physical activity in intellectual and sensory disabilities
Block 2. Therapeutic exercise	2.1. Physical exercise as rehabilitation therapy: origins, evolution and current situation 2.2. Prescribing physical exercise as therapy for disability: context and legal framework
Block 3. Prescribing physical exercise as therapy for people with physical disabilities	3.1. Prescribing physical exercise for people with heart disease 3.2. Prescribing physical exercise before, during and after cancer treatment 3.3. Prescribing physical exercise for people with neurodegenerative diseases 3.4. Prescribing physical exercise for people with autoimmune diseases 3.5. Prescribing physical exercise for spinal cord injury 3.6. Prescribing physical exercise for people with amputations 3.7. Prescribing physical exercise for people with low-prevalence diseases
Block 4. Adapted sports	4.1. Origin, evolution and current situation of adapted sports 4.2. Main types of adapted sports: classification, regulations and practice

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	12.5	0	12.5
Problem solving	3	0	3
Case studies	5	0	5
Laboratory practical	29	0	29
Objective questions exam	1	40	41
Essay	1	35	36
Presentation	1	22.5	23.5

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Lecturing	Presentation by teaching staff of the subject content, theoretical foundations and/or guidelines for the assignments, exercises or projects to be carried out by students.
Problem solving	Short assignments to be completed in the classroom. Group dynamics, debates, etc.
Case studies	Resolution of different practical cases related to the content and work of the subject, which will be worked on and guided during the theoretical sessions and tutorials.
Laboratory practical	Attendance and participation in each of the practical sessions.

Personalized assistance

Methodologies	Description
Lecturing	During the theory classes, students will be encouraged to participate so that they feel like an active part of the sessions. The teacher will be on hand to answer any questions that may arise and to ensure that the content is being understood. The teacher will be on hand to answer any questions that may arise and to ensure that the content is being understood.
Problem solving	The proposal to carry out different classroom activities aims to monitor the students' progress and provide positive feedback. This will promote and improve the teaching-learning process, making it a continuous and formative process.
Case studies	The case study analysis aims to support and guide students during the preparation of their work, answer their questions, and follow the tutoring principles inherent to formative and shared assessment processes.
Laboratory practical	Students will be monitored and supported throughout the practical classes. Feedback will be positive, which will help students to understand, acquire and retain the content covered.
Tests	Description
Objective questions exam	Students will be supported and guided throughout the exam preparation process. They can do so via email or by requesting a tutorial.
Essay	There will be ongoing monitoring and formative assessment throughout the project. Students may request tutoring at any time to address any questions they may have. They may submit their questions online and will be offered the opportunity to track their progress.
Presentation	The process of preparing the project will be monitored. Students may request a tutorial to address their questions or to receive assistance during the preparation of their project presentation. This monitoring can also be done via email.

Assessment					
	Description	Qualification	Training and Learning Results		
Problem solving	Resolution of different classroom activities.	10	B2 B6	C13 C18	D20
Laboratory practical	Attendance and participation in practical classes.	10	B4	C12 C18	D13 D20
Objective questions exam	Multiple-choice exam with a single answer.	40	B2 B4 B6 B9	C5 C11 C12 C13 C18	D12 D13 D16 D17 D18 D20
Essay	Analysis of a case study for the development of an intervention with its corresponding rationale and specifics.	20	B6 B9	C13 C18	D18
Presentation	Presentation of an intervention to your colleagues.	20	B6	C12 C13	D12 D20

Other comments on the Evaluation

All students, whether or not they attend classes, have the right to be assessed according to the criteria established in the teaching guide.

There are two assessment systems:

CONTINUOUS ASSESSMENT

Practical classes (10%)

- In order to be assessed according to the continuous assessment system, it is necessary to attend **80%** of the practical sessions.
- Participation in the practical classes will be worth **10%** of the final grade. The practical classes carried out will have a value in the final grade.
- Those students who attend the practical class, but do not do it, will not be counted as a lack of attendance, but will not receive a mark.
- Absences will not be excused. The regulations on evaluation, grading and quality of teaching and the student learning process will be taken into account in exceptional cases.

Problem solving/classroom activities (10%)

- Attendance to theory classes is not compulsory, so this aspect is not excluded from the continuous assessment system.
- During the classes, different learning situations will be proposed, the value of which will be **10%**. They will be individual or group classroom activities.

Work (20% design + 20% presentation)

- A case study will be presented to be solved as a group. For its elaboration there will be a work script in which each section of the written work will be specified in detail. An assessment scale will be attached, so that students are aware of the evaluation and grading criteria before writing the work. This part will be worth **20%** of the final grade. Failure to pass this part will mean losing the **CONTINUOUS assessment**.
- The work will be presented during one hour of practical class. A scale of evaluation of the presentation will be included in the script of the work, so that the students know the evaluation and grading criteria before the elaboration and presentation of the work. The value of this aspect will be **20%** of the final mark. Failure to pass this aspect will mean losing the **CONTINUOUS assessment**.

Questionnaires (40%)

- A total of 10 questionnaires will be given throughout the course during the theoretical classes. These will deal with the theoretical and practical contents dealt with throughout the course.
- The material for their preparation will be available in MOOVI. It will be uploaded as they are being worked on.
- The grade for this section will be the average of all the questionnaires completed. This must be equal to or higher than 5. If this grade is not passed, **the CONTINUOUS evaluation will be lost**.

GLOBAL ASSESSMENT

Este sistema de evaluación incluye a todos los estudiantes que no han realizado la evaluación continua. Es decir, aquellos que no asisten al 80% de las clases prácticas, no completan o aprueban el trabajo y su presentación, o no alcanzan la puntuación mínima de 5 puntos en los cuestionarios.

Examen teórico (40%)

- Se realizará una única prueba objetiva de tipo test y/o verdadero-falso sobre los conceptos teóricos trabajados a lo largo del curso.
- Para que la calificación obtenida en el examen práctico se promedie con la calificación obtenida en el examen práctico, se deberá alcanzar una puntuación mínima de 5 puntos.
- El material para su elaboración estará disponible en MOOVI, en el apartado correspondiente a los conceptos teóricos.

Examen práctico (60%)

- Esta prueba constará de dos partes: una prueba objetiva tipo test y/o verdadero-falso sobre los conceptos trabajados durante las clases prácticas (**30%**) y una prueba de desarrollo sobre la aplicación práctica de los contenidos trabajados durante la asignatura (**30%**).
- El material para su elaboración estará disponible en MOOVI, en los apartados correspondientes a los conceptos prácticos.

Aspectos generales de la evaluación de la asignatura

Si el examen teórico se realiza telemáticamente, si hay algún problema informático, se realizará oralmente una vez finalizado. El examen será grabado.

Si no se aprueba la asignatura en la primera convocatoria, las competencias no adquiridas se evaluarán en la convocatoria de junio-julio. Las condiciones de evaluación serán las mismas que en la primera convocatoria.

En caso de tener la asignatura pendiente de años anteriores, se conservarán las calificaciones obtenidas durante un año académico. Transcurrido este tiempo, el estudiante deberá volver a cursar la asignatura.

- Los alumnos que se presenten al examen **FIN DE CARRERA** optarán por el **sistema de evaluación GLOBAL**.
- **Para que la nota sea tomada en cuenta para el promedio aritmético, la calificación de cada una de las partes deberá alcanzar el 50%.**

Aspectos sobre la evaluación de los trabajos

- Cualquier trabajo que sea total o parcialmente plagado será cancelado.
- La no aprobación de una tarea supondrá la pérdida del proceso de evaluación continua y el alumno será evaluado según los criterios de evaluación global.

Fechas oficiales de exámenes

- Sólo habrá un día de revisión de exámenes, fuera del cual no se revisará ni modificará ninguna nota.

Se respetarán estrictamente las fechas oficiales establecidas por la Universidad para los exámenes (<https://fced.uvigo.es/es/docencia/examenes/>), y no será posible realizar exámenes en ningún otro día. En caso de enfermedad o cirugía, víctimas de violencia de género o deportistas de alto rendimiento, se deberá solicitar un cambio por escrito en secretaría.

En caso de cambio de fecha del examen, la prueba podrá realizarse oralmente. En este caso, se grabará.

Sources of information

Basic Bibliography

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Complementary Bibliography

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 Gutiérrez, A., **La Iniciación Deportiva para Personas con Ceguera y Deficiencia Visual**, 978-84-9700-656-9, Primera, Aljibe, 2011
 Stensel, D., Hardman, A., y Gill, J., **Physical Activity and Health**, 978-04-1563-295-9, Tercera, Routledge, 2021
 Ríos, M., Blanco, A., Bonany, T., y Carol, N., **El Juego y los Alumnos con Discapacidad**, 84-8019-366-2, Quinta, Paidotribo, 2004
 Sanz, D., **El Tenis en Silla de Ruedas**, 978-84-8019-674-1, Primera, Paidotribo, 2003
 Torralba, M., **Atletismo Adaptado: para personas ciegas y deficientes visuales**, 978-84-8019-775-5, Primera, Paidotribo, 2003

Recommendations

Subjects that continue the syllabus

(*)Nuevas tendencias en actividades de fitness/P02G051V01-52897

Subjects that are recommended to be taken simultaneously

(*)Actividad física, ejercicio físico y salud/P02G051V01-52896

(*)Gerontología y actividad física/P02G051V01-52895

Subjects that it is recommended to have taken before

Human anatomy for movement/P02G051V01104

Motor control and learning/P02G051V01101

(*)Didáctica de la educación física y las actividades físico-deportivas I/P02G051V01-52893

(*)Biomecánica del ejercicio físico y de la técnica deportiva/P02G051V01-52903

Other comments

It is not recommended to enrol in this subject without having passed the first two years of the degree programme. It is recommended to take the Master's Degree in Specific Educational Support Needs once you have completed your Bachelor's

IDENTIFYING DATA				
Biomecánica del ejercicio físico y de la técnica deportiva				
Subject	Biomecánica del ejercicio físico y de la técnica deportiva			
Code	P02G051V01-52903			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3	2c
Teaching language	Castelán Galego			
Department	Didácticas especiais Física aplicada			
Coordinator	Mato Corzón, Marta María Maneiro Dios, Rubén			
Lecturers	Maneiro Dios, Rubén Mato Corzón, Marta María			
E-mail	fammmc@uvigo.es rubenmaneirodios@gmail.com			
Web				
General description	Coñecemento e aplicación das leis da mecánica para a análise do exercicio físico e a técnica deportiva coa intención de mellorar o rendemento e reducir a incidencia de lesións.			

Resultados de Formación e Aprendizaxe

Code	
B2	2.1 Saber orientar, diseñar, aplicar e avaliar técnico-científicamente exercicio físico e condición física nun nivel avanzado, baseado na evidencia científica, en diferentes ámbitos, contextos e tipos de actividades para toda a poboación e con énfasis nas poboacións de carácter especial como son: persoas maiores (terceira idade), escolares, persoas con discapacidade e persoas con patologías, problemas de saúde ou asimilados (diagnosticadas e/ou prescritas por un médico), atendendo ao xénero e á diversidade.
B3	2.2 Identificar, comunicar e aplicar criterios científicos anatómico-fisiolóxicos e biomecánicos a un nivel avanzado de competencias no deseño, desenvolvemento e avaliación técnico-científica de procedementos, estratexias, accións, actividades e orientacións adecuadas; previr, minimizar e/ou evitar un risco para a saúde na práctica de actividade física e deportiva en todo tipo de poboación.
B10	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
B13	7.3 Comprender, saber explicar e difundir as funcións, responsabilidades e importancia dun bo profesional Licenciado en Ciencias da Actividade Física e do Deporte, así como analizar, comprender, identificar e reflexionar de forma crítica e autónoma sobre a súa identidade, formación e rendemento profesional para acadar o fins e beneficios da actividade física e do deporte de forma adecuada, segura, saudable e eficiente en todos os servizos físico-deportivos ofrecidos e prestados e en calquera sector profesional da actividade física e do deporte.
C5	2.1 Saber orientar, diseñar, aplicar e avaliar técnico-científicamente exercicio físico e condición física nun nivel avanzado, baseado na evidencia científica, en diferentes ámbitos, contextos e tipos de actividades para toda a poboación e con énfasis nas poboacións de carácter especial como son: persoas maiores (terceira idade), escolares, persoas con discapacidade e persoas con patologías, problemas de saúde ou asimilados (diagnosticadas e/ou prescritas por un médico), atendendo ao xénero e á diversidade.
C6	2.2. Identificar, comunicar e aplicar criterios científicos anatómico-fisiolóxicos e biomecánicos a un nivel avanzado de competencias no deseño, desenvolvemento e avaliación técnico-científica de procedementos, estratexias, accións, actividades e orientacións adecuadas; previr, minimizar e/ou evitar un risco para a saúde na práctica de actividade física e deportiva en todo tipo de poboación.
C8	2.4 Articular e amosar un nivel avanzado de destreza na análise, deseño e avaliación de probas de avaliación e control da condición física e do rendemento físico-deportivo.
C16	4.3 Desenvolver e poñer en práctica a avaliación técnico-científica dos elementos, métodos, procedementos, actividades, recursos e técnicas que conforman as manifestacións do movemento e dos procesos de condición física e exercicio físico; tendo en conta o desenvolvemento, as características, as necesidades e o contexto dos individuos, os distintos tipos de poboación e os espazos onde se realiza a actividade física e o deporte; nos distintos sectores da intervención profesional e con énfase en poboacións de carácter especial.
C22	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.

C27	7.3 Comprender, saber explicar e difundir as funcións, responsabilidades e importancia dun bo profesional Licenciado en Ciencias da Actividade Física e do Deporte, así como analizar, comprender, identificar e reflexionar de forma crítica e autónoma sobre a súa identidade, formación e rendemento profesional para acadar o fins e beneficios da actividade física e do deporte de forma adecuada, segura, saudable e eficiente en todos os servizos físico-deportivos ofrecidos e prestados e en calquera sector profesional da actividade física e do deporte.
D5	2.1 Saber orientar, diseñar, aplicar e avaliar técnico-científicamente exercicio físico e condición física nun nivel avanzado, baseado na evidencia científica, en diferentes ámbitos, contextos e tipos de actividades para toda a poboación e con énfasis nas poboacións de carácter especial como son: persoas maiores (terceira idade), escolares, persoas con discapacidade e persoas con patologías, problemas de saúde ou asimilados (diagnosticadas e/ou prescritas por un médico), atendendo ao xénero e á diversidade.
D6	2.2 Identificar, comunicar e aplicar criterios científicos anatómico-fisiolóxicos e biomecánicos a un nivel avanzado de competencias no deseño, desenvolvemento e avaliación técnico-científica de procedementos, estratexias, accións, actividades e orientacións adecuadas; previr, minimizar e/ou evitar un risco para a saúde na práctica de actividade física e deportiva en todo tipo de poboación.
D8	2.4 Articular e amosar un nivel avanzado de destreza na análise, deseño e avaliación de probas de avaliación e control da condición física e do rendemento físico-deportivo.
D18	4.3 Desenvolver e poñer en práctica a avaliación técnico-científica dos elementos, métodos, procedementos, actividades, recursos e técnicas que conforman as manifestacións do movemento e dos procesos de condición física e exercicio físico; tendo en conta o desenvolvemento, as características, as necesidades e o contexto dos individuos, os distintos tipos de poboación e os espazos onde se realiza a actividade física e o deporte; nos distintos sectores da intervención profesional e con énfase en poboacións de carácter especial.
D25	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
D26	6.3 Articular e desprezar con rigor e actitude científica as xustificacións sobre as que elaborar, apoiar, xustificar e xustificar de forma constante e profesional todos os actos, decisións, procesos, procedementos, actuacións, actividades, tarefas, conclusións, informes e desempeño profesional.
D30	7.3 Comprender, saber explicar e difundir as funcións, responsabilidades e importancia dun bo profesional Licenciado en Ciencias da Actividade Física e do Deporte, así como analizar, comprender, identificar e reflexionar de forma crítica e autónoma sobre a súa identidade, formación e rendemento profesional para acadar o fins e beneficios da actividade física e do deporte de forma adecuada, segura, saudable e eficiente en todos os servizos físico-deportivos ofrecidos e prestados e en calquera sector profesional da actividade física e do deporte.

Resultados previstos na materia

Expected results from this subject	Training and Learning Results		
O alumno será capaz de comprender a cinemática, a dinámica e a mecánica de fluídos son o fundamento da biomecánica	B2 B3 B10 B13	C5 C6 C8 C16 C22	D5 D6 D8 D18 D25 D26
O alumno será capaz de coñecer os principios e aplicacións da biomecánica á práctica deportiva e do exercicio físico	B2 B3 B10 B13	C5 C6 C8 C16 C22	D5 D6 D8 D18 D25 D26
O alumno será capaz de coñecer e utilizar distintos tipos de análises biomecánicos aplicados ao exercicio físico e á técnica deportiva	B2 B3 B10 B13	C5 C6 C8 C16 C22 C27	D5 D6 D8 D18 D25 D26 D30
O alumno será capaz de coñecer e utilizar ferramentas de análises biomecánica de simulación e predición	B2 B3 B10 B13	C5 C6 C8 C16 C22 C27	D5 D6 D8 D18 D25 D26 D30

Contidos

Topic

1_Fundamentos biomecánicos do exercicio físico e da técnica deportiva.	1.1_A medida 1.2_Cinemática 1.3_Dinámica 1.4_Fluídos
2_Estrutura biomecánica do corpo humano.	2.1_Fundamentos 2.2_Aplicacións
3_Técnicas instrumentais e aplicacións tecnolóxicas para a análise biomecánica do exercicio físico e da técnica deportiva	3.1_Obxectivos 3.2_Características e Aplicacións 3.3_Análise cualitativa e cuantitativa
4_Análise biomecánica do exercicio físico e da técnica deportiva.	4.1_Obxectivos 4.2_Características e Aplicacións 4.3_Análise cualitativa e cuantitativa 4.4_Ferramentas de simulación e predición
5_Biomecánica do equipamento e materiais deportivos	5.1_Fundamentos 5.2_Aplicacións

Planificación

	Class hours	Hours outside the classroom	Total hours
Seminario	30	30	60
Lección maxistral	22.5	22.5	45
Cartafol/dossier	0	44	44
Resolución de problemas de forma autónoma	1	0	1

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodoloxía docente

	Description
Seminario	-Aplicación dos principios biomecánicos na resolución de problemas e casos prácticos. -Determinación de obxectivos, obtención, tratamento, presentación e análise de datos en situación experimentais e reais.
Lección maxistral	Exposición por parte do profesor/a de contidos teóricos fundamentais da materia
Cartafol/dossier	Realización dun portafolio en grupos de dúas persoas baseado en contidos da materia.
Resolución de problemas de forma autónoma	Resolución de diversos exercicios e problemas relacionados coa materia.

Atención personalizada

Methodologies	Description
Seminario	O alumno disporá dun horario de tutorías para poder solucionar dúbidas concretas sobre os problemas, e casos prácticos expostos nos seminarios. O alumno disporá dun horario de tutorías para poder solucionar dúbidas concretas sobre os contidos teóricos expostos en clase. As sesións de tutorías poderán realizarse no despacho físico ou por medios telemáticos (correo electrónico institucional do profesorado implicado na materia e dispoñible na web da Facultade, videoconferencia mediante o uso das aplicacións telemáticas integradas no Campus Remoto da Universidade de Vigo, foros en Moovi,...), baixo a modalidade de concertación de cita previa.
Lección maxistral	O alumno disporá dun horario de tutorías para poder solucionar dúbidas concretas sobre os contidos teóricos expostos en clase. As sesións de tutorías poderán realizarse no despacho físico ou por medios telemáticos (correo electrónico institucional do profesorado implicado na materia e dispoñible na web da Facultade, videoconferencia mediante o uso das aplicacións telemáticas integradas no Campus Remoto da Universidade de Vigo, foros en Moovi,...), baixo a modalidade de concertación de cita previa.
Cartafol/dossier	O alumno disporá dun horario de tutorías para poder solucionar dúbidas relacionadas coa realización e presentación dos informes e traballos requiridos. O alumno disporá dun horario de tutorías para poder solucionar dúbidas concretas sobre os contidos teóricos expostos en clase. As sesións de tutorías poderán realizarse no despacho físico ou por medios telemáticos (correo electrónico institucional do profesorado implicado na materia e dispoñible na web da Facultade, videoconferencia mediante o uso das aplicacións telemáticas integradas no Campus Remoto da Universidade de Vigo, foros en Moovi,...), baixo a modalidade de concertación de cita previa.

Avaliación

Description	Qualification Training and Learning Results
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Seminario	Avaliación continua, entrega en tempo e forma dos problemas propostas e informes relativos ás análises realizadas.	35	B2 B3 B10 B13	C5 C6 C8 C16 C22 C27	D5 D6 D8 D18 D25 D26 D30
Cartafol/dossier	Avaliación continua, entrega en tempo e forma dos informes e traballos requiridos.	30	B2 B3 B10 B13	C5 C6 C8 C16 C22 C27	D5 D6 D8 D18 D25 D26 D30
Resolución de problemas de forma autónoma	Probas de resposta curta ou tipo test dos contidos da materia	35	B2 B3 B10 B13	C5 C6 C8 C16 C22 C27	D5 D6 D8 D18 D25 D26 D30

Other comments on the Evaluation

A materia ten carácter presencial e por tanto todos aqueles estudantes que non asistan regularmente ás clases deberán optar pola avaliación global.

No caso de avaliación continua negativa, avaliación global e segunda convocatoria, o alumno realizará unha proba final sobre os contidos da materia consistente na resposta curta e resolución de problemas que contará o 70% da nota final. Para avaliación positiva da materia, ademais dunha avaliación positiva na proba final, será requisito indispensable presentar en papel ou formato dixital os informes e traballos propostos polos docentes ao longo do curso e que contarán até un máximo do 30% da nota final (a data límite das actividades sería tres días antes do exame oficial da convocatoria correspondente). As datas oficiais dos exames pódense consultar na web da facultade.

Bibliografía. Fontes de información

Basic Bibliography

Izquierdo, Mikel, **Biomecánica y bases neuromusculares de la actividad física y el deporte**,

Aguado, Xabier, **Eficacia y Técnica Deportiva**,

Pérez Soriano, Pedro, **Biomecánica básica: Aplicada a la actividad física y el deporte**,

Complementary Bibliography

Hay and Prentice-Hall, **The biomechanics of sport and exercise**,

Bartlett, **Sport Biomechanics**,

Recomendacións

IDENTIFYING DATA				
Juego y sus aplicaciones didácticas				
Subject	Juego y sus aplicaciones didácticas			
Code	P02G051V01-52904			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3	2c
Teaching language	Galego			
Department	Didácticas especiais			
Coordinator	Pazos Couto, Jose Maria			
Lecturers	Barcala Furelos, Roberto Jesús Pazos Couto, Jose Maria Romo Pérez, Vicente			
E-mail	chema3@uvigo.gal			
Web				
General description				

Resultados de Formación e Aprendizaxe	
Code	
B1	1.1 Comprender, elaborar e saber aplicar os procedementos, estratexias, actividades, recursos, técnicas e métodos que interveñen no proceso de enseñanza-aprendizaxe con eficiencia, desenvolvendo todo o curso da acción en todos os sectores de intervención profesional de actividade física e deporte (enseñanza formal e informal físico-deportiva; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte).
B6	5.2 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar unha avaliación técnico-científica dos distintos tipos de actividades físicas e deportivas adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e actividade. entidade, en todo tipo de actividades físicas e servizos deportivos, incluídos os eventos deportivos, e en calquera tipo de organización, poboación, contexto, medio e poboación e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade. e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou prescritos por un médico) e en calquera sector da actividade física profesional e da intervención deportiva (educación físico-deportiva formal e informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección). da actividade física e do deporte) garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida cumprindo a normativa vixente.
B8	5.4 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar a avaliación técnico-científica dos recursos organizativos e materiais e das instalacións deportivas, incluíndo o seu deseño básico e funcional, así como a adecuada selección e utilización, para cada tipo de actividade, con a finalidade de conseguir actividades físicas e deportivas seguras, eficientes e saudables, adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e entidade en calquera tipo de organización, poboación, contexto e en calquera sector de intervención profesional de actividade física e deportiva e facendo fincapé nas poboacións de carácter especial e garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida no cumprimento da normativa vixente.
B9	6.1 Coñecer e comprender as bases da metodoloxía do traballo científico.
B10	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
B11	7.1 Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.
B12	7.2 Coñecer, elaborar e saber aplicar as condicións ético-deontolóxicas, estrutural-organizativas, o desempeño profesional e a normativa do exercicio profesional dos Licenciados en Ciencias da Actividade Física e do Deporte, en calquera sector profesional da actividade física e do deporte (educación formal e físico-deportivo informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte); así como poder desenvolver un traballo multidisciplinar.
B13	7.3 Comprender, saber explicar e difundir as funcións, responsabilidades e importancia dun bo profesional Licenciado en Ciencias da Actividade Física e do Deporte, así como analizar, comprender, identificar e reflexionar de forma crítica e autónoma sobre a súa identidade, formación e rendemento profesional para acadar o fins e beneficios da actividade física e do deporte de forma adecuada, segura, saudable e eficiente en todos os servizos físico-deportivos ofrecidos e prestados e en calquera sector profesional da actividade física e do deporte.
C1	1.1 Comprender, elaborar e saber aplicar os procedementos, estratexias, actividades, recursos, técnicas e métodos que interveñen no proceso de enseñanza-aprendizaxe con eficiencia, desenvolvendo todo o curso da acción en todos os sectores de intervención profesional de actividade física e deporte (enseñanza formal e informal físico-deportiva; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte).

- C3 1.3 Comunicarse e interactuar de forma adecuada e eficiente, na actividade física e deportiva, en diversos contextos de intervención, demostrando habilidades docentes de forma consciente, natural e continua.
- C4 1.4. Adaptar a intervención educativa ás características e necesidades individuais de toda a poboación e facendo fincapé en poboacións de carácter especial como: escolares, maiores (maiores), persoas con mobilidade reducida e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou similares). prescrito por un médico), tendo en conta o xénero e a diversidade.
- C11 3.1 Analizar, identificar, diagnosticar, promover, orientar e avaliar estratexias, accións e actividades que favorezan a adhesión a un estilo de vida activo e a participación e a práctica regular e saudable da actividade física e do deporte e do exercicio físico de forma adecuada, eficiente e segura por parte dos cidadáns. co fin de mellorar a súa saúde global, benestar e calidade de vida, e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, de saúde ou asimiladas (diagnosticadas e/ou prescritas). por un médico) tendo en conta o xénero e a diversidade.
- C14 3.4 Promover a educación, a difusión, a información e a orientación constante ás persoas e líderes sobre os beneficios, a significación, as características e os efectos positivos da práctica regular da actividade física e deportiva e do exercicio físico, dos riscos e danos dunha práctica inadecuada e dos elementos e criterios que identifiquen a súa correcta execución, así como información, orientación e asesoramento sobre as posibilidades de actividade física e deportiva adecuadas no seu contorno en calquera sector de intervención profesional.
- C16 4.3 Desenvolver e poñer en práctica a avaliación técnico-científica dos elementos, métodos, procedementos, actividades, recursos e técnicas que conforman as manifestacións do movemento e dos procesos de condición física e exercicio físico; tendo en conta o desenvolvemento, as características, as necesidades e o contexto dos individuos, os distintos tipos de poboación e os espazos onde se realiza a actividade física e o deporte; nos distintos sectores da intervención profesional e con énfase en poboacións de carácter especial.
- C22 6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
- C25 7.1 Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.
- C26 7.2 Coñecer, elaborar e saber aplicar as condicións ético-deontolóxicas, estrutural-organizativas, o desempeño profesional e a normativa do exercicio profesional dos Licenciados en Ciencias da Actividade Física e do Deporte, en calquera sector profesional da actividade física e do deporte (educación formal e físico-deportivo informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte); así como poder desenvolver un traballo multidisciplinar.
- C27 7.3 Comprender, saber explicar e difundir as funcións, responsabilidades e importancia dun bo profesional Licenciado en Ciencias da Actividade Física e do Deporte, así como analizar, comprender, identificar e reflexionar de forma crítica e autónoma sobre a súa identidade, formación e rendemento profesional para acadar o fins e beneficios da actividade física e do deporte de forma adecuada, segura, saudable e eficiente en todos os servizos físico-deportivos ofrecidos e prestados e en calquera sector profesional da actividade física e do deporte.
- D1 1.1. Comprender, elaborar y saber aplicar los procedimientos, estrategias, actividades, recursos, técnicas y métodos que intervienen en el proceso de enseñanza-aprendizaje con eficiencia, desarrollando todo el curso de la acción en todos los sectores de intervención profesional de actividad física y deporte (enseñanza formal e informal físico-deportiva; entrenamiento físico y deportivo; ejercicio físico para la salud; dirección de actividad física y deporte).
- D2 1.2. Diseñar y aplicar el proceso metodológico integrado por la observación, reflexión, análisis, diagnóstico, ejecución, evaluación técnico-científica y/o difusión en diferentes contextos y en todos los sectores de intervención profesional de la actividad física y del deporte.
- D11 3.1 Analizar, identificar, diagnosticar, promover, orientar e avaliar estratexias, accións e actividades que favorezan a adhesión a un estilo de vida activo e a participación e a práctica regular e saudable da actividade física e do deporte e do exercicio físico de forma adecuada, eficiente e segura por parte dos cidadáns. co fin de mellorar a súa saúde global, benestar e calidade de vida, e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, de saúde ou asimiladas (diagnosticadas e/ou prescritas). por un médico) tendo en conta o xénero e a diversidade.
- D29 7.2 Coñecer, elaborar e saber aplicar as condicións ético-deontolóxicas, estrutural-organizativas, o desempeño profesional e a normativa do exercicio profesional dos Licenciados en Ciencias da Actividade Física e do Deporte, en calquera sector profesional da actividade física e do deporte (educación formal e físico-deportivo informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte); así como poder desenvolver un traballo multidisciplinar.
- D30 7.3 Comprender, saber explicar e difundir as funcións, responsabilidades e importancia dun bo profesional Licenciado en Ciencias da Actividade Física e do Deporte, así como analizar, comprender, identificar e reflexionar de forma crítica e autónoma sobre a súa identidade, formación e rendemento profesional para acadar o fins e beneficios da actividade física e do deporte de forma adecuada, segura, saudable e eficiente en todos os servizos físico-deportivos ofrecidos e prestados e en calquera sector profesional da actividade física e do deporte.

Resultados previstos na materia

Expected results from this subject

Training and Learning
Results

Saber aplicar os coñecementos teórico-prácticos do xogo a diferentes situacións.	B1 B8 B9		
Saber identificar e seleccionar xogos en función dos obxectivos didácticos de diferentes tipos de sesións.	B6 B10 B11	C4 C11	
Desenvolver propostas prácticas de ensinanza-aprendizaxe propias da materia, adaptando o proceso a diferentes colectivos.	B11 B12	C14 C25 C26 C27	D29 D30
Ser capaz de reflexionar e desenvolver unha actitude crítica e autónoma na aprendizaxe dos contidos da materia.	B9 B10 B13	C16 C26	D1 D2
Adquirir destrezas específicas do docente (animador, adestrador, profesor de E.F, etc.) na presentación de xogos motores e no liderado dun grupo de persoas.	B9 B11	C22 C25	D2 D11
Adquirir actitudes de preparación, anticipación, observación, análise e toma de decisións para mellorar o proceso de ensinanza-aprendizaxe en sesións de xogos motores.	B6 B12	C1 C3 C11	D2 D11 D29
Manexar adecuadamente as técnicas de traballo e as fontes documentais propias da materia.	B9 B10	C4 C11 C14	D11
Ser capaz de traballar en equipo e desenvolver habilidades de liderado.	B9 B11	C4 C14 C27	D2 D11 D29 D30
Contribuír ao fomento da educación non sexista e para a paz.	B12 B13	C26 C27	D29 D30

Contidos

Topic	
Tema 1. Fundamentos do Xogo	Fundamentos do Xogo
Tema 2. O xogo ao longo do ciclo vital	O xogo ao longo do ciclo vital
Tema 3. O xogo na actividade física	O xogo na actividade física
Tema 4. O xogo nas diferentes programacións	O xogo nas diferentes programacións
Tema 5. Xogo e Cultura	Xogo e Cultura

Planificación

	Class hours	Hours outside the classroom	Total hours
Flipped Learning	15	45	60
Metodoloxías baseadas en investigación	15	15	30
Prácticas de campo	2	6	8
Aprendizaxe colaborativa	13	35	48
Exame de preguntas obxectivas	1	1	2
Exame de preguntas de desenvolvemento	1	1	2

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodoloxía docente

	Description
Flipped Learning	O alumnado recibirá materiais didácticos para traballar fóra da clase e, durante o tempo de clase, traballarase e reforzase o contido proporcionado.
Metodoloxías baseadas en investigación	Farase fincapé na participación activa do alumnado nos procesos de investigación, fomentando o desenvolvemento do pensamento crítico, a resolución de problemas e as habilidades de construción de coñecemento a través da indagación e a exploración.
Prácticas de campo	Realizarase polo menos unha excursión para achegarnos á realidade e á evolución cultural do xogo.
Aprendizaxe colaborativa	Promoverase o traballo en grupo mediante a realización de diferentes tarefas e traballos asignados ao alumnado.

Atención personalizada

Methodologies	Description
Metodoloxías baseadas en investigación	Farase un seguimento individual do traballo e a súa comprensión para garantir o obxectivo da tarefa
Tests	Description
Exame de preguntas obxectivas	Proba individual que sera comentada co alumnado

Avaliación					
	Description	Qualification	Training and Learning Results		
Flipped Learning	Co traballo diario irse construíndo un cartafol que será entregado ao final do semestre	30	B12 B13	C26 C27	D1 D2 D11 D29 D30
Metodoloxías baseadas en investigación	O estudantado deberá elaborar un traballo innovador a partir da búsqueda e creación de novos contidos.	30	B1 B6 B9	C11 C14 C16 C22	
Exame de preguntas obxectivas	Realizarase un examen de preguntas obxectivas.	20	B10 B11	C1 C3 C4	D11
Exame de preguntas de desenvolvemento	Realizarase un examen de preguntas de desenvolvemento	20	B8 B9 B12 B13	C3 C11 C22	D29

Other comments on the Evaluation

Na modalidade de avaliación continua o profesor irá avaliando de forma cotiá a participación do alumnado na aula, así como o traballo diario.

Tamén haberá a modalidade de avaliación global, coa realización de exames, tipo test e/ou respostas abertas.

Na Convocatoria de xullo gardaranse as cualificacións obtidas que tiveran polo menos unha nota de cinco (5). O alumnado deberá superar cada parte da materia da seguinte maneira:- Parte teórica: Exame tipo test- Parte práctica:

- a) se seguiu avaliación continua durante curso deberá presentar un traballo asignado polo profesor. b) se non seguiu avaliación continua deberá facer unha exame de preguntas abertas.

As datas oficiais dos exames pódense consultar na web da facultade no enderezo: <http://fcced.uvigo.es/gl/docencia/exames>

Bibliografía. Fontes de información

Basic Bibliography

Huizinga, J, **HOMO LUDENS**, 9781621389996, Beacon Press, 1955

Sanchez Montero, M, **En clase si se juega: Una guía práctica para utilizar y crear juegos en el aula.**, 978-84-493-3847-2, Paidós, 2021

Ruiz, JC y Giraldo, P, **EL JUEGO COMO HERRAMIENTA DE APRENDIZAJE**, 978-8409576333, Atomo games, 2024

Paredes Ortiz, J, **Juego, luego soy : teoría de la actividad lúdica**, 84-95883-93-7, Wanceulen, 2003

Complementary Bibliography

Murillo Garcia, JL, **Metodologías activas. Recursos para el aula: Qué podemos hacer en el cole sin libros de texto, asignaturas, deberes, exámenes ni notas**, 979-8628345702, 2020

Recomendacións

IDENTIFYING DATA**Metodología y planificación del entrenamiento y del rendimiento físico-deportivo II**

Subject	Metodología y planificación del entrenamiento y del rendimiento físico-deportivo II			
Code	P02G051V01-52905			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3	2c
Teaching language				
Department	Didácticas especiales			
Coordinator	Maneiro Dios, Rubén			
Lecturers	Cuba Dorado, Alba Maneiro Dios, Rubén			
E-mail	rubenmaneirodios@gmail.com			
Web				
General description				

Resultados de Formación y Aprendizaje

Code	
B2	2.1 Saber orientar, diseñar, aplicar y evaluar técnico-científicamente ejercicio físico y condición física en un nivel avanzado, basado en la evidencia científica, en diferentes ámbitos, contextos y tipos de actividades para toda la población y con énfasis en las poblaciones de carácter especial como son: personas mayores (tercera edad), escolares, personas con discapacidad y personas con patologías, problemas de salud o asimilados (diagnosticadas y/o prescritas por un médico), atendiendo al género y a la diversidad.
B3	2.2 Identificar, comunicar y aplicar criterios científicos anatómico-fisiológicos y biomecánicos a un nivel avanzado de destrezas en el diseño, desarrollo y evaluación técnico-científica de procedimientos, estrategias, acciones, actividades y orientaciones adecuadas; para prevenir, minimizar y/o evitar un riesgo para la salud en la práctica de actividad física y deporte en todo tipo de población.
C5	2.1 Saber orientar, diseñar, aplicar y evaluar técnico-científicamente ejercicio físico y condición física en un nivel avanzado, basado en la evidencia científica, en diferentes ámbitos, contextos y tipos de actividades para toda la población y con énfasis en las poblaciones de carácter especial como son: personas mayores (tercera edad), escolares, personas con discapacidad y personas con patologías, problemas de salud o asimilados (diagnosticadas y/o prescritas por un médico), atendiendo al género y a la diversidad.
C6	2.2 Identificar, comunicar y aplicar criterios científicos anatómico-fisiológicos y biomecánicos a un nivel avanzado de destrezas en el diseño, desarrollo y evaluación técnico-científica de procedimientos, estrategias, acciones, actividades y orientaciones adecuadas; para prevenir, minimizar y/o evitar un riesgo para la salud en la práctica de actividad física y deporte en todo tipo de población.
C7	2.3 Diseñar y aplicar con fluidez, naturalidad, de forma consciente y continuada ejercicio físico y condición física adecuada, eficiente, sistemática, variada, basada en evidencias científicas, para el desarrollo de los procesos de adaptación y mejora o readaptación de determinadas capacidades de cada persona en relación con el movimiento humano y su optimización; con el fin de poder resolver problemas poco estructurados, de creciente complejidad e imprevisibles y con énfasis en las poblaciones de carácter especial.
C8	2.4 Articular y desplegar un nivel avanzado de destreza en el análisis, diseño y evaluación de las pruebas de valoración y control de la condición física y del rendimiento físico-deportivo.
C9	2.5 Saber readaptar, reentrenar y/o reeducar a personas, grupos o equipos con lesiones y patologías (diagnosticadas y/o prescritas por un médico), compitan o no, mediante actividades físico-deportivas y ejercicios físicos adecuados a sus características y necesidades.
C10	2.6 Desplegar un nivel avanzado en la planificación, aplicación, control y evaluación de los procesos de entrenamiento físico y deportivo.
D26	6.3 Articular y desplegar con rigor y actitud científica las justificaciones sobre las que elaborar, sustentar, fundamentar y justificar de forma constante y profesional todos los actos, decisiones, procesos, procedimientos, actuaciones, actividades, tareas, conclusiones, informes y desempeño profesional.
D28	7.1 Conocer y saber aplicar los principios éticos y deontológicos y de justicia social en el desempeño e implicación profesional así como tener hábitos de rigor científico y profesional y una actitud constante de servicio a los ciudadanos en el ejercicio de su práctica profesional con el que se pretenda la mejora, excelencia, calidad y eficiencia.

Resultados previstos en la materia

Expected results from this subject	Training and Learning Results
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Nueva	B2 B3	C5 C6 C7 C8 C9 C10	D26 D28
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Contenidos

Topic	
1- Fundamentos metodológicos del desarrollo de la técnica y de la táctica deportiva.	1.1 Conceptos clave 1.2 Metodología de enseñanza de la técnica 1.3 Metodología de enseñanza de la táctica 1.4 Integración técnica-táctica 1.5 Evaluación del desarrollo técnico-táctico 1.6 Tendencias actuales y perspectivas de investigación
2- Identificación de los factores que determinan el rendimiento de las diferentes modalidades deportivas y análisis de sus sistemas de competición.	2.1 Conceptos clave 2.2 Estrategias de planificación según la competición 2.3 Factores técnicos y tácticos 2.4 Análisis de los sistemas de competición
3- La planificación y organización del entrenamiento físico-deportivo	3.1 Fundamentos de la planificación del entrenamiento 3.2 Estructura de la planificación 3.3 Organización de las sesiones de entrenamiento 3.4 Planificación específica según la modalidad deportiva
4- Valoración y evaluación del rendimiento físico-deportivo	4.1 Fundamentos de la valoración y evaluación 4.2 Evaluación de las capacidades físicas básicas 4.3 Evaluación de la condición física específica 4.4 Evaluación de factores técnicos y tácticos 4.5 Planificación de la evaluación en el entrenamiento

Planificación

	Class hours	Hours outside the classroom	Total hours
Lección magistral	22	22	44
Trabajo	10	15	25
Resolución de problemas y/o ejercicios	10	10	20
Práctica de laboratorio	28	28	56
Presentación	0	5	5

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodologías

	Description
Lección magistral	(*)Exposición por parte do profesor/a dos contidos sobre a materia obxecto de estudo, bases teóricas e/ou directrices dun traballo, exercicio que o/a estudante ten que desenvolver.

Atención personalizada

Methodologies	Description
Lección magistral	
Tests	Description
Trabajo	

Evaluación

	Description	Qualification	Training and Learning Results
Lección magistral	(*)Preguntas obxetivas	40	B2 C5 D26
Trabajo	texto elaborado sobre un tema y debe redactarse siguiendo unas normas establecidas.	40	C7 C8 C9 C10
Resolución de problemas y/o ejercicios	(*)texto elaborado sobre un tema e debe redactarse seguindo unhas normas establecidas	20	C6 D28 C7 C8 C9 C10

Other comments on the Evaluation

En la evaluación continua, es necesario obtener un 5 en todas las pruebas, así como cumplir con la asistencia a clase.

La realización del trabajo es obligatoria y requisito fundamental para aprobar la asignatura. Las calificaciones de las diferentes secciones se conservarán para la segunda convocatoria de quienes se presenten en la modalidad continua. Para optar a la evaluación continua, es necesario asistir a un mínimo del 80% de las clases prácticas.

Si la asignatura no se aprueba en la primera convocatoria, las competencias no adquiridas se evaluarán en la convocatoria de julio.

La evaluación global consta de dos pruebas: un examen y la entrega de un trabajo sobre el contenido desarrollado en la asignatura. En ambos casos, se debe obtener un 5 sobre 10 para aprobar la asignatura.

Fuentes de información

Basic Bibliography

Complementary Bibliography

Bompa, T. O., & Haff, G. G., **Periodización. Teoría y metodología del entrenamiento.**, 6, Editorial Paidotribo., 2019
FRANCISCO SEIRUL-LO VARGAS, **EL ENTRENAMIENTO EN LOS DEPORTES DE EQUIPO**, 978-84-697-7009-2, 1, AUTOR EDITOR, 2017

Vladimir B Issurin, **Block Periodization 2: Fundamental Concepts and Training Design**, 978-0981718040, Ultimate Athlete Concepts,

John Kiely, **New horizons for the methodology and physiology of training periodization: block periodization: new horizon or a false dawn?**, DOI: 10.2165/11535130-000000000-00000, Sports Medicine, 2010

Recomendaciones

Subjects that continue the syllabus

Metodología y planificación del entrenamiento y del rendimiento físico-deportivo I/P02G051V01-52894

Subjects that are recommended to be taken simultaneously

Biomecánica del ejercicio físico y de la técnica deportiva/P02G051V01-52903

Subjects that it is recommended to have taken before

Fundamentos de los deportes colectivos II/P02G051V01205

IDENTIFYING DATA				
Motor control and learning				
Subject	Motor control and learning			
Code	P02G051V01101			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	1st
Teaching language	#EnglishFriendly Spanish Galician			
Department				
Coordinator	Padrón Cabo, Alexis			
Lecturers	Padrón Cabo, Alexis			
E-mail	alexiscabo03@gmail.com			
Web				
General description	The subject of Motor Learning and Control in Physical Education and Sport analyzes the aspects related to the bases and principles of motor learning and control, the impact of behavioral aspects on movement production, the types and mechanisms of feedback, and the variables related to motor practice. English Friendly subject: International students may request from the teachers: a) resources and bibliographic references in English, b) tutoring sessions in English, c) exams and assessments in English.			

Training and Learning Results

Code	
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B3	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
B6	5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
B9	6.1 To know and understand the bases of the methodology of scientific work.
B10	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
C5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C7	2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
C8	2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.

C9	2.5 Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.
C18	5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
C22	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
C23	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
D5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
D6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
D7	2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
D8	2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
D9	2.5 Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.
D20	5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
D24	6.1 To know and understand the bases of the methodology of scientific work.
D25	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
D26	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.

Expected results from this subject

Expected results from this subject	Training and Learning Results		
To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.	B2	C5	D5
Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.	B3	C6	D6

Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.	C7	D7
Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.	C8	D8
Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.	C9	D9
Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.	B6	C18 D20
To know and understand the bases of the methodology of scientific work.	B9	D24
Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.	B10	C22 D25
Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.	C23	D26

Contents

Topic

1. Motor behavior: motor skill and ability.
2. Attention and memory.
3. Concepts, bases, and theories of motor control.
4. Concepts and fundamentals of motor learning.
5. Types and mechanisms of feedback.
6. Motor practice: concept and characteristics.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	30	42	72
Laboratory practical	15	23.5	38.5
Problem solving	7.5	11	18.5
Mentored work	0	20	20
Objective questions exam	0	1	1

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Lecturing	Presentation of the content related to the thematic blocks of the subject by the lecturer.
Laboratory practical	Practical sessions linked to the thematic blocks of the subject will be conducted, allowing students the opportunity to apply the concepts learned in a practical and experimental environment. The practical sessions will consist of group tasks associated with the content covered in each session. Attendance at individual and group tutorials will be encouraged to support, analyze, and evaluate the process of developing the tasks proposed during the practical sessions.
Problem solving	Activity in which problems and/or exercises related to the course content are formulated. They will be used as a complement to lectures and laboratory practices. Attendance at individual and group tutorials will be encouraged to support, analyze, and evaluate the process of developing the tasks proposed during the practical sessions.
Mentored work	The student, either individually or in a group, will prepare a project related to the course content.

Personalized assistance

Methodologies	Description
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Lecturing	Personalized attention will focus on resolving any doubts students may have regarding the content of the subject through in-person tutorials during the established official hours, email, and/or remote campus.
Laboratory practical	Doubts related to tasks and content covered during practical sessions of the subject will be addressed. Personal attention will be provided through in-person tutorials during the established official hours, email, and/or remote campus.
Problem solving	Doubts related to tasks and/or activities covered during the problem-solving methodology will be addressed. Personal attention will be provided through in-person tutorials during the established official hours, email, and/or remote campus.
Mentored work	Doubts related to the subject's mentored work will be addressed. Personal attention will be provided through in-person tutorials during the established official hours, email, and/or remote campus.

Assessment					
	Description	Qualification	Training and Learning Results		
Laboratory practical	The active participation of students in practical sessions will be evaluated, as well as the quality of the tasks developed. Regarding the quality of tasks, the following will be assessed: compliance with formal requirements, quality of writing, and quality of interpretation. It is mandatory to meet the pre-established deadlines for submission. Only submissions from students who have attended the corresponding laboratory practice will be accepted.	25	B9 B10	C5 C6 C7 C8 C9 C18 C23	D5 D6 D7 D8 D9
Problem solving	In the assigned activities and/or exercises, the following will be evaluated: degree of compliance with formal requirements, quality of writing, and quality of interpretation.	15	B3 B9 B10	C22 C23	D24 D25
Mentored work	Document prepared on a topic related to the course content. Evaluation criteria: degree of compliance with formal requirements, quality of writing, and quality of interpretation.	20	B9 B10	C6 C23	D5 D8 D9 D24 D25 D26
Objective questions exam	The contents covered in the lectures, laboratory practices, and seminars of the subject will be evaluated.	40	B2 B3 B6 B9 B10	C6	D5 D6 D7 D8 D9 D20 D24 D25

Other comments on the Evaluation

Continuous Evaluation:

To maintain the right to continuous evaluation, students must meet attendance requirements for laboratory practices (>80% of sessions). To pass the subject, it will be necessary to achieve a score of 50% in each of the components in which the assessment is structured (i.e., laboratory practical, problem solving, mentored work, and objective questions exam).

When students attend the second opportunity (i.e., June-July) within the same academic year, previously passed assessments will be retained, and they will only need to retake the assessments they did not pass previously.

Global Evaluation:

Students who opt for global evaluation or do not meet the requirements of continuous evaluation (i.e., attendance at laboratory practices) will undergo a global evaluation consisting of:

A) Exam on theoretical contents of the subject: 5 points (i.e., 50% of final grade).

B) Exam on practical part of the subject: 5 points (i.e., 50% of final grade).

It will be essential for students opting for global evaluation to pass both the theoretical content exam and the practical part exam to pass the subject.

Regardless of the assessment system chosen by students (continuous or global evaluation), approved assessment items

(i.e., laboratory practical, problem solving, mentored work, and objective questions exam) will not be carried over to another academic year.

In any of the assessment sessions and modes (i.e., continuous or global), if a student obtains a numerical grade above 5 but does not meet the requirements to pass the subject, they will receive a grade of 4.9 (fail). If lower grades are obtained, the grade obtained will be recorded.

Exam dates can be consulted on the Faculty of Education and Sport Sciences website at the following link: <http://fcced.uvigo.es/en/teaching/exams/>

Sources of information

Basic Bibliography

Schmidt, R. A., Lee, T. D., Winstein, C., Wulf, G., & Zelaznik, H. N., **Motor control and learning: A behavioral emphasis**, 6ª Edición, Human Kinetics, 2019

Magill, R. A. & Anderson, D., **Motor Learning and Control. Concepts and Applications**, 13ª Edición, McGraw-Hill Education, 2024

Schmidt R. A. & Lee, T. D., **Motor Learning and Performance: From Principles to Application**, 5ª Edición, Human Kinetics, 2014

Latash, M. L., **Fundamentals of motor control**, Elsevier Inc., 2012

García-Ramos, A., **Control y Aprendizaje Motor: Bases Conceptuales y Aplicaciones al Movimiento Humano y el Deporte**, 2025

Complementary Bibliography

Spittle, M., **Motor learning and skill acquisition: Applications for physical education and sport**, Bloomsbury Publishing., 2021

Coker, C., **Motor learning and control for practitioners**, 5ª Edición, Routledge., 2022

Haibach-Beach, P. S., Perreault, M. E., Brian, A., & Collier, D. H., **Motor learning and development**, Human Kinetics, 2023

Shumway-Cook, A., & Woollacott, M. H., **Motor control: translating research into clinical practice**, Lippincott Williams & Wilkins, 2007

Medina, S. S., Baba, J. A., & Thomas, S., **Assessment of Random and Blocked Practice Schedules on Motor Skills Acquisition, Retention and Transfer Among Selected Senior High School Students**, American Journal of Sports Science, 2019

Scheuer, C., Herrmann, C., & Bund, A., **Motor tests for primary school aged children: A systematic review**, Journal of Sports Sciences, 2019

Sherwood, D. E. & Lee, T. D., **Schema theory: Critical review and implications for the role of cognition in a new theory of motor learning**, Research Quarterly for Exercise and Sport, 2003

Lai, Q., Shea, C. H., Wulf, G. & Wright, D. L., **Optimizing generalized motor program and parameter learning**, Research Quarterly for Exercise and Sport, 2000

Wenderoth, N., Bock, O., & Krohn, R., **Learning a new bimanual coordination pattern is influenced by existing attractors.**, Motor Control, 2002

Chua, L. K., Dimapilis, M. K., Iwatsuki, T., Abdollahipour, R., Lewthwaite, R., & Wulf, G., **Practice variability promotes an external focus of attention and enhances motor skill learning**, Journal of Motor Learning and Development, 2016

Dhawale, A. K., Smith, M. A., & Őlveczky, B. P., **The role of variability in motor learning**, Annual Review of Neuroscience, Puttemans, V., Vangheluwe, S., Wenderoth, N., & Swinnen, S. P., **Bimanual directional interference: the effect of normal versus augmented visual information feedback on learning and transfer**, Motor Control, 2004

Collins, D.J., & Taylor, J., **Sport Skill Acquisition Integrating Theory and Practice**, Human Kinetics, 2025

Recommendations

Subjects that continue the syllabus

(*)Fundamentos da competencia motriz/P02G051V01106

(*)Kinesiología do movemento humano/P02G051V01107

Subjects that are recommended to be taken simultaneously

Human anatomy for movement/P02G051V01104

Exercise physiology 1/P02G051V01102

IDENTIFYING DATA				
Exercise physiology 1				
Subject	Exercise physiology 1			
Code	P02G051V01102			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	1st
Teaching language	Spanish			
Department				
Coordinator	González Matías, Lucas Carmelo Taboada Iglesias, Yaiza			
Lecturers	Covelo Fernández, Ana González Matías, Lucas Carmelo Mallo Ferrer, Federico Taboada Iglesias, Yaiza			
E-mail	yaitaboada@uvigo.es lucascgm@uvigo.es			
Web				
General description				

Training and Learning Results

Code	
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B3	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C8	2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
C11	3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
C14	3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
C15	3.5 Organize the promotion of policies, strategies and educational programs on aspects of public health, in relation to physical activity and sport (for the prevention of risk factors and diseases); as well as cooperate with other agents involved in the same: in any sector of professional intervention of physical activity and sport.
C22	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
C23	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.

- D5 2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
- D6 2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
- D8 2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
- D11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
- D14 3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
- D15 3.5 Organize the promotion of policies, strategies and educational programs on aspects of public health, in relation to physical activity and sport (for the prevention of risk factors and diseases); as well as cooperate with other agents involved in the same: in any sector of professional intervention of physical activity and sport.
- D24 6.1 To know and understand the bases of the methodology of scientific work.
- D25 6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
- D26 6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.

Expected results from this subject

Expected results from this subject		Training and Learning Results	
Identify the object of study of the Sciences of the Physical Activity and of the Sport.		C22 C23	D24 D25 D26
Know and comprise the scientific literature of the field of the Physical Activity and the Sport.	B2 B3	C5 C6 C22	D5 D6 D24
Know and comprise the physiological factors and biomechanical that condition the practice of the Physical Activity and the Sport.	B3	C6 C11	D6 D11 D25 D26
Know and comprise the effects of the practice of the physical exercise on the structure and function of the human body.		C11 C14 C22	D11 D14 D25
Know and comprise the foundations of the sport.	B3	C6 C14 C15	D6 D14 D15
Promote and evaluate the training of habits enduring and autonomous of practice of the Physical Activity and the Sport.	B2	C5 C8 C11 C14	D5 D8 D11 D14
Apply physiological principles, biomechanical, behavioral and social, to the different fields of the Physical Activity and the Sport.	B2 B3	C5 C6 C8 C15	D5 D6 D8 D15
Evaluate the physical condition and prescribe physical exercise oriented to the health.	B2 B3	C5 C6 C8 C11 C14 C15	D5 D6 D8 D11 D14 D15

Identify the risks that derive from the health of the practice of unsuitable physical activities	B2	C5	D5
	B3	C6	D6
		C8	D8
		C11	D11
		C14	D14
		C15	D15

Contents

Topic	
1. Cellular and nervous system physiology.	1) Introduction, history and general aspects. Meaning of Physiology. 2) Plasma membrane. Functional characteristics and transport. Electrical membrane phenomena. 3) Neuron physiology. Functional organization of the nervous system. Neuronal communication: the synapse. Neurotransmitters and neurotransmission 4) Motor control. Autonomic or vegetative nervous system
2. Skeletal muscle physiology.	5) Structure and function of striated muscle. 6) Mechanics of muscle contraction
3. Endocrine system physiology and metabolism.	7) Endocrine system. Neuroendocrinology. 8) Endocrine control of metabolism
4. Energy systems and physiological assessment of exercise.	9) Energy metabolism 10) Physiological assessment of exercise

Planning

	Class hours	Hours outside the classroom	Total hours
Laboratory practical	30	30	60
Autonomous problem solving	0	14.5	14.5
Lecturing	22.5	48	70.5
Objective questions exam	1.5	0	1.5
Report of practices, practicum and external practices	0	1	1
Objective questions exam	1.5	0	1.5
Report of practices, practicum and external practices	0	1	1

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Laboratory practical	Practical application of the subjects studied to theoretical level. They will make diverse practices in group, for a greater fixation of the concepts related with the nervous system, the muscular contraction, the metabolic roads and the hormonal control of the exercise, as well as distinct proofs of assessment of the exercise. The practices of simulation of physiological processes will make in the classroom of computing. The practices and Physiological assessment of the exercise make in in the laboratory of physiology of the exercise, in the tracks of athletics or in other dependencies or outsides of the Faculty.
Autonomous problem solving	Formulation, analysis, resolution and debate of a problem or exercise related with the theoretical subjects seen in the classroom. And his follow-up will be able to make through the plataforma of teledocencia of the University. MOOVI: https://moovi.uvigo.gal/login/index.php/
Lecturing	Exhibition by part of the professor of the contents on the matter object of study, theoretical bases and/or guidelines of a work, exercise or project to develop by the student

Personalized assistance

Methodologies	Description
Laboratory practical	It will attend to the student to the questions and doubts posed during the development of the practices of the matter preferably by telematic means through the platform of teleteaching MOOVI: https://moovi.uvigo.gal/login/index.php/ Or under the modality of previous appointment by email: Yaiza Taboada Iglesias: yaitaboada@uvigo.gal , Marta Conde Sieira: mconde@uvigo.es ; Lucas C. González Matías: lucascgm@uvigo.es . By videoconference in the virtual office: Room 2524 -Prof. Yaiza Taboada Iglesias; Room 528- Prof. Marta Conde Sieira; Room 1183 -Prof. Lucas Carmelo González Matías

Lecturing	It will attend to the student to the questions and doubts posed during the development of the matter preferably by telematic means, under the modality of previous appointment, by email: Yaiza Taboada Iglesias: yaitaboada@uvigo.gal; Federico Mallo Ferrer: fmallo@uvigo.es; Lucas C. González Matías: lucascgm@uvigo.es, by videoconference in the virtual office: Room 2524 -Prof. Yaiza Taboada Iglesias; Room 1494 Prof. Federico Mallo Ferrer, Room 1183 - Prof. Lucas Carmelo González Matías. Or through the platform of teleteaching MOOVI: https://moovi.uvigo.gal/login/index.php/
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Assessment					
	Description	Qualification	Training and Learning Results		
Objective questions exam	Partial A. Proofs for the evaluation of the competitions purchased, that include enclosed questions with different alternative of answer (true/false, multiple election, pairing of elements, etc.). The students select an answer between a number limited of possibilities	40	B2 B3	C5 C6 C8 C11 C14 C15 C22 C23	D5 D6 D8 D11 D14 D15 D24 D25 D26
Report of practices, practicum and external practices	Practical simulator of physiological processes. The student presents the result obtained in the preparation of a document on the thematic of the matter. Preparation of a document by part of the student in which they reflect the characteristics of the work carried out. The students have to describe the tasks and procedures developed, show the results obtained or observations made, as well as the analysis and treatment of data observations made, as well as the analysis and treatment of data. Will be able to value the work during the practices by means of questionnaires in the virtual platform.	10	B3	C6 C8 C22 C23	D6 D8 D25 D26
Objective questions exam	Partial B. Proofs for the evaluation of the competitions purchased, that include enclosed questions with different alternative of answer (true/false, multiple election, pairing of elements, etc.). The students select an answer between a number limited of possibilities	40	B2 B3	C5 C6 C8 C11 C14 C15 C22 C23	D5 D6 D8 D11 D14 D15 D24 D25 D26
Report of practices, practicum and external practices	Practices of physiological evaluation. The student presents the result obtained in the preparation of a document on the thematic of the matter. Preparation of a document by part of the student in which they reflect the characteristics of the work carried out. The students have to describe the tasks and procedures developed, show the results obtained or observations made, as well as the analysis and treatment of data, observations made, as well as the analysis and treatment of data. Will be able to value the work during the practices by means of questionnaires in the virtual platform.	10	B3	C6 C8 C22 C23	D6 D8 D25 D26

Other comments on the Evaluation

Carrying out the practices is mandatory and passing them is a requirement to pass the subject. (Minimum attendance of 80%).

The evaluation of the theory will be through two written exams, consisting mainly of multiple-choice questions, although they may also contain short answer questions or questions developing a topic. The matter divided into these to pass the partial exams, it will be necessary to obtain a score of 5 or more points out of 10, in each of the two theoretical exams or tests, in order to pass the subject.

In the second and subsequent calls, the grade of the practices will be saved in the event that they were approved and, in the theoretical part, the criteria for passing the subject of the 1st call will be maintained.

All students, whether they attend the classrooms or not, may be evaluated through a theoretical-practical exam in the official exam dates (<http://fcced.uvigo.es/gl/docencia/exames>) where the grade will be 100%

Sources of information

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Schwartz, James H., Eric R. Kandel, and Thomas M. Jessell, **Principios de neurociencia**, 4ª, McGraw-Hill - Interamericana, 2001

Recommendations

Subjects that are recommended to be taken simultaneously

Human anatomy for movement/P02G051V01104

(*)Kinesiología do movimento humano/P02G051V01107

Other comments

The following matter to study is Physiology of the exercise II

IDENTIFYING DATA**Sociology and history of physical activity and sport**

Subject	Sociology and history of physical activity and sport			
Code	P02G051V01103			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	1st
Teaching language	Spanish Galician			
Department				
Coordinator	Lage Picos, Jesús Adolfo Velasco Martínez, Luis			
Lecturers	Lage Picos, Jesús Adolfo Velasco Martínez, Luis			
E-mail	luis.velasco.martinez@uvigo.es xalp@uvigo.es			
Web				

General

description From a historical perspective, the general objectives of this subject are to introduce students to the foundations, concepts, methods, work techniques, and tools used by historical science as applied to the specific objects that represent physical activity and sport. This will enable students to understand that both constitute a specific form of practice that evolves over time and in relation to the specific society in which it develops.

Physical activity and sport are different but connected concepts. Currently, sport constitutes a "total social fact," characterized by a complex network of relationships with other subsystems (cultural, economic, political, etc.). Therefore, sport is not only a physical activity but is also determined by the social meanings that society attributes to these practices. Sociology, as the science of the social, offers a series of theories and methodologies useful for explaining the relationships between physical practices, sport, and the sociocultural environment.

Training and Learning Results**Code**

- B6 5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- B7 5.3 Identify, organize, direct, plan, plan, coordinate, implement and evaluate the professional performance of human resources, with emphasis on the direction, coordination, planning, supervision and technical-scientific evaluation of the activity, performance and provision of services by physical activity and sport professionals, in all types of services and in any type of organization, context, environment and with emphasis on special populations and in any sector of professional intervention of physical activity and sport, ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- B8 5.4 Identify, organize, direct, plan, coordinate, implement and perform technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, in order to achieve safe, efficient and healthy physical and sports activities, adapted to development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis for populations of special character and ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- B9 6.1 To know and understand the bases of the methodology of scientific work.
- B10 6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
- B11 7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.

- B12 7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
- B13 7.3 Comprender, saber explicar y difundir las funciones, responsabilidades e importancia de un buen profesional Graduado en Ciencias de la Actividad Física y del Deporte así como analizar, comprender, identificar y reflexionar de forma crítica y autónoma sobre su identidad, formación y desempeño profesional para conseguir los fines y beneficios propios de la actividad física y deporte de forma adecuada, segura, saludable y eficiente en todos los servicios físico-deportivos ofrecidos y prestados y en cualquier sector profesional de actividad física y deporte.
- C17 5.1 Analyze, diagnose and evaluate the elements, structure, situation and characteristics of all types of physical activity and sport organizations as well as the legislative and legal elements related to physical activity and sport.
- C18 5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- C19 5.3 Identify, organize, direct, plan, plan, coordinate, implement and evaluate the professional performance of human resources, with emphasis on the direction, coordination, planning, supervision and technical-scientific evaluation of the activity, performance and provision of services by physical activity and sport professionals, in all types of services and in any type of organization, context, environment and with emphasis on special populations and in any sector of professional intervention of physical activity and sport, ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- C20 5.4 Identify, organize, direct, plan, coordinate, implement and perform technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, in order to achieve safe, efficient and healthy physical and sports activities, adapted to development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis for populations of special character and ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- C21 5.5 Articulate and deploy technical-scientific advice, certification, and evaluation of physical activity and sport activities and resources in all physical activity and sport services, contexts, environments and sectors of professional intervention in physical activity and sport as well as in the design and elaboration of technical reports in all physical activity and sport services.
- C22 6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
- C23 6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
- C24 6.4 Articulate and deploy procedures, processes, protocols, own analysis, with rigor and scientific attitude on issues of social, legal, economic, scientific or ethical nature, when necessary and relevant in any professional sector of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; physical activity and sport management).
- C25 7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
- C26 7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
- C27 7.3 Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduate in Physical Activity and Sport Sciences as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the purposes and benefits of physical activity and sport in an adequate, safe, healthy and efficient way in all physical-sport services offered and provided and in any professional sector of physical activity and sport.
- D19 5.1 Analyze, diagnose and evaluate the elements, structure, situation and characteristics of all types of physical activity and sport organizations as well as the legislative and legal elements related to physical activity and sport.

- D20 5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- D21 5.3 Identify, organize, direct, plan, plan, coordinate, implement and evaluate the professional performance of human resources, with emphasis on the direction, coordination, planning, supervision and technical-scientific evaluation of the activity, performance and provision of services by physical activity and sport professionals, in all types of services and in any type of organization, context, environment and with emphasis on special populations and in any sector of professional intervention of physical activity and sport, ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- D22 5.4 Identify, organize, direct, plan, coordinate, implement and perform technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, in order to achieve safe, efficient and healthy physical and sports activities, adapted to development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis for populations of special character and ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- D23 5.5 Articulate and deploy technical-scientific advice, certification, and evaluation of physical activity and sport activities and resources in all physical activity and sport services, contexts, environments and sectors of professional intervention in physical activity and sport as well as in the design and elaboration of technical reports in all physical activity and sport services.
- D24 6.1 To know and understand the bases of the methodology of scientific work.
- D25 6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
- D26 6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
- D27 6.4 Articulate and deploy procedures, processes, protocols, own analysis, with rigor and scientific attitude on issues of social, legal, economic, scientific or ethical nature, when necessary and relevant in any professional sector of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; physical activity and sport management).
- D28 7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
- D29 7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
- D30 7.3 Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduate in Physical Activity and Sport Sciences as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the purposes and benefits of physical activity and sport in an adequate, safe, healthy and efficient way in all physical-sport services offered and provided and in any professional sector of physical activity and sport.

Expected results from this subject

Expected results from this subject		Training and Learning Results	
New	B11	C17	D19
	B13	C21	D23
		C23	D26
		C24	D27
		C25	D28
		C27	D30
New	B6	C18	D20
	B7	C19	D21
	B8	C20	D22
	B10	C22	D25
	B11	C23	D26
	B12	C24	D27
		C25	D28
		C26	D29

New	B6	C17	D19
	B7	C18	D20
	B8	C19	D21
	B11	C20	D22
	B12	C25	D28
	B13	C26	D29
		C27	D30
New	B9	C17	D19
	B10	C22	D24
	B11	C23	D25
	B13	C24	D26
		C25	D27
		C27	D28
			D30
New	B6	C17	D19
	B7	C18	D20
	B8	C19	D21
	B10	C20	D22
	B11	C21	D23
	B12	C22	D25
	B13	C23	D26
		C24	D27
		C25	D28
		C26	D29
		C27	D30

Contents

Topic	
Theoretical and methodological introduction	The physical activity and the sport like objects of study of the History and of the Sociology. Time and historical time. Perspective and sociological methodology.
The physical activity through the time	Physical Activity and culture. Physical activity in the Classical Antiquity. From the pre-sport practices to the sport.
Génesis and development of the sport	industrial Society and sport. The sportive model English. International diffusion of the sport.
The Olympic Movement.	The period of the positivism. The phenomenon of themundialisation and the international associations. The work of the Baron of Coubertain. The configuration of the Olympic Movement. Ideology of the olympic movement.
Society, culture, political and communication	Society, cultural and normative socialisation. Phenomena sociocultural. Politics and ideology. Media.
Institutions, structure, processes and deviation.	Power, control and deviation. Gender, masculinity and femininity. Meanings of the body. Structure of the physical practice-sportive. Groups, networks and organisations.
social change and new values in postmodern society	Social change. Modernity and postmodernity. Globalization. New values and new physical and sports practices. Social opening of physical and sports activities.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	30	15	45
Problem solving	7	14	21
Seminars	15	22.5	37.5
Essay questions exam	1	18	19
Report of practices, practicum and external practices	0	8.5	8.5
Objective questions exam	1	18	19

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies	
	Description
Lecturing	Exhibition by part of the professor of the contents on the matter object of study, theoretical bases and/or guidelines of a work, exercise or project that will have to develop the student.
Problem solving	Activity in which they formulate problems and/or exercises related with the matter. The student has to develop the suitable or correct solutions by means of the exercise of routines, to application of formulas or algorithms, the application of procedures of transformation of the available information and the interpretation of the results. It is used to use as I complement of the master sessions.
Seminars	Activities focused to the work on a specific subject, that allow to deepen or complement the contents of the matter. Can employ as I complement of the theoretical classes.

Personalized assistance

Methodologies	Description
Seminars	Resolution of doubts on the subject explained in master classes, on recommended for the preparation of practical classes and seminars texts. Resolution of doubts and problems that may arise as the development work evolves. Any other questions or problems that may make the students.

Assessment			
	Description	Qualification	Training and Learning Results
Essay questions exam	Examination in essay form on the contents of the subject.	30	B12
Report of practices, practicum and external practices	Reports, memories or exercises realised in the practical classes and seminars that will have to be delivered in the following days to his realisation.	40	B6 B11 B12 B13
Objective questions exam	Examination test on the contents of the subject.	30	B12

Other comments on the Evaluation

Continuous evaluation through the follow-up of the students and the exhibition of works. Global evaluation of the learning process and acquisition of competence and knowledge.

The quality of the activities performed and the degree of participation and involvement will be assessed. Specifically, conceptual precision, level of elaboration of ideas, grounded criticism, personal organization of ideas and contents, coherence in discourse, expository clarity, care in formal academic and presentation aspects and the use of Meteorological resources and materials.

In the case of students not attending, they must adequately justify the cause at the beginning of the semester. They must carry out the same tests, but individually, and their presence and participation will not be taken into account for their qualification.

If the subject does not pass in the first call, the skills not acquired will be evaluated in the July call. To pass the subject must obtain at least a 5 (approved) in the two parts of which it consists (History and Sociology). In the case of suspending a part in the July summons, in the following course the whole subject must be re-studied.

The official dates of the examinations can be consulted in the page of the faculty, in the section "Organización Académica".

Sources of information

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- García Ferrando, M.; Puig Barata, N.; Lagardera Otero, F. et al, **Sociología del deporte**, 4ª, Alianza, 2017
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- Moscato, D.J.; Sánchez, R. (dirs.), **Sociología del deporte**, 1ª, Editorial Dykinson, 2023
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- Brailsford, D., **British sport: a social history**, 1ª, The Lutterworth Press, 1997
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- Clapson, M., **An education in sport : competition, communities and identities at the University of Westminster since 1864**, 1ª, Granta Editions, 2012

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- Mason, T., **El deporte en Gran Bretaña**, 1ª, Aranzadi, 1994
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- Munkwitz, E., **Women, horse sports and liberation : equestrianism and Britain from the 18th to the 20th centuries**, 1ª, Routledge, 2021
- Pena Taboada, H.P., **Historia do fútbol feminino en Galicia : de Irene González a Vero Boquete**, 1ª, Galaxia, 2023
- Pujadas, X., **Atletas y ciudadanos : historia social del deporte en España, (1870-2010)**, 1ª, Alianza Editorial, 2011
- Riveras Tobia, E., **La historia oculta de los Juegos Olímpicos**, 1ª, Almuzara, 2025
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- Vonnard, P.; Sbeti, N.; Quin, G., **Beyond boycotts : sport during the Cold War in Europe**, 1ª, De Gruyter, 2018
- Watson, P. J., **Football and Nation Building in Colombia (2010-2018) : The Only Thing That Unites Us**, 1ª, Liverpool University Press, 2022

Recommendations

Subjects that continue the syllabus

Basics of combat activities/P02G051V01108

(*)Kinesiología do movemento humano/P02G051V01107

Research methodology and statistics in physical activity and sport/P02G051V01110

Physical education and sport pedagogy/P02G051V01105

Basics of group sports 1/P02G051V01203

Basics of gymnastic sports/P02G051V01207

Basics of individual sports/P02G051V01201

Subjects that are recommended to be taken simultaneously

Physical activity and sport psychology/P02G051V01109

IDENTIFYING DATA				
Human anatomy for movement				
Subject	Human anatomy for movement			
Code	P02G051V01104			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	1st
Teaching language	#EnglishFriendly Spanish			
Department				
Coordinator	Diz Gómez, José Carlos			
Lecturers	Diz Gómez, José Carlos Padín Iruegas, María Elena			
E-mail	jcdiz@uvigo.es			
Web				
General description	(*)Materia do programa English Friendly. Os/ as estudantes internacionais poderán solicitar ao profesorado: a) materiais e referencias bibliográficas para o seguimento da materia en inglés, b) atender as titorías en inglés, c) probas e avaliacións en inglés			

Training and Learning Results	
Code	
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B3	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
B4	3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).
B9	6.1 To know and understand the bases of the methodology of scientific work.
B10	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
B11	7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
B12	7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
C5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C7	2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
C9	2.5 Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.

- C11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
- C12 3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).
- C13 3.3 Articulate and deploy programs of promotion, guidance, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on populations of special character, with the presence of a professional or carried out autonomously by the citizen, in different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; management of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and greater and adequate practice of physical activity and sport.
- C14 3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
- C22 6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
- C23 6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
- C24 6.4 Articulate and deploy procedures, processes, protocols, own analysis, with rigor and scientific attitude on issues of social, legal, economic, scientific or ethical nature, when necessary and relevant in any professional sector of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; physical activity and sport management).
- C25 7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
- C26 7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
- D5 2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
- D6 2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
- D7 2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
- D8 2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
- D11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
- D12 3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).

- D13 3.3 Articulate and deploy programs of promotion, guidance, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on populations of special character, with the presence of a professional or carried out autonomously by the citizen, in different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; management of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and greater and adequate practice of physical activity and sport.
- D14 3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
- D24 6.1 To know and understand the bases of the methodology of scientific work.
- D25 6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
- D26 6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
- D27 6.4 Articulate and deploy procedures, processes, protocols, own analysis, with rigor and scientific attitude on issues of social, legal, economic, scientific or ethical nature, when necessary and relevant in any professional sector of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; physical activity and sport management).
- D28 7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
- D29 7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.

Expected results from this subject

Expected results from this subject	Training and Learning Results			
Performance inside the necessary ethical principles for the correct professional exercise.		B2 B11 B12	C25 C26	D28 D29
Adaptation to new situations, resolution of problems and autonomous learning.	A2	B3 B7 B9	C6 C14	D24 D25 D26
Knowledge and understanding of the scientific literature of the field of the anatomy.		B3 B4 B4 B9	C6 C8 C14 C22 C23	D5 D5 D6 D6 D7
Knowledge and compression of the physiological and biomechanical factors that condition the practice of the physical activity and the sport.		B2 B3 B9 B10	C5 C7 C9 C11 C12 C13 C22 C24	D5 D6 D7 D8 D11 D12 D13 D14 D24 D25 D27
Knowledge and understanding of the necessary ethical principles for the correct professional exercise.	A1	B11 B12	C25 C26	D28 D29
Habits of excellence and quality in the professional exercise.	A1	B2 B4 B9 B10 B11 B12	C11 C12 C14 C22 C25 C26	D12 D13 D14 D24 D25 D26
Management of the basic scientific information applied to the physical activity and to the sport in his different demonstrations.	A1	B9	C5 C22 C23	D24 D25 D26

Knowledge and understanding of the foundations, structures and functions of the skills and patterns of movement human.

B2 C5 D5
B3 C6 D6
C31 D11
C32

Contents

Topic	
1. Anatomical terminology	Generalities: cytology, histology and human embryology. Locomotor
2. General structure of the human body	System: head, neck, trunk and extremities. Heart and great vessels.
3. Anatomy of the locomotor system.	Digestive. Respiratory. Genito-urinary. Cranial Peripheral nervous system.
4. Neuroanatomy and splanchnology.	Nervous system of the autonomous life. Central nervous system.
Practice.	Practices of cytology and histology. Practices of dissection and study of the distinct fabrics. Identification of structures in anatomical models.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	22.5	38	60.5
Laboratory practical	30	30	60
Objective questions exam	1	14	15
Objective questions exam	1	13.5	14.5

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Lecturing	Exhibition of the contents of the program. The students will have available in FAITIC the slides of the presentations used in clases and complementary material in digital version or paper.
Laboratory practical	Application to practical level of the theory of a field of knowledge in a determinate context. Practical exercises in the Laboratory of Morphological Sciences

Personalized assistance

Methodologies	Description
Laboratory practical	Doubt solving and explanations to reduced groups of specific subjects. Tutorized management of sources of information.

Assessment

	Description	Qualification	Training and Learning Results
Laboratory practical	Practices: Assistance and quality of the activities made in the practices will be evaluated. We will evaluate the tasks performed, individually or in group. The final marks (NF) will be calculated through the marks of practices and continuous evaluation (NEC) and the marks of the examinations of objective questions (NEF), by means of the following formula (taken from Bardina and Liz): $NF = NEC \times 0.3 + (10 - NEC \times 0.3) \times (NEF / 10)$	30	B11 C5 D28 B12 C6 D29 C7 C9 C11 C12 C13 C14 C22 C23 C24 C25 C26
Objective questions exam	Theoretical examination: Questions with five options, only one correct answer, without penalization for wrong answers. To pass it will be necessary to answer correctly 70% of the questions.	35	B2 C25 D5 B3 C26 D6 B4 D7 B9 D8 B10 D11 B11 D12 B12 D13 D14 D24 D25 D26 D27

Objective questions exam	Theoretical examination: Questions with five options, only one correct answer, without penalization for wrong answers. To pass it will be necessary to answer correctly 70% of the questions.	35	B2 B3 B4 B10 B11 B12	C25 C26	D5 D6 D7 D8 D11 D12 D13 D14 D24 D25 D26 D27
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Other comments on the Evaluation

The **continuous evaluation** will include the laboratory practices and the objective questions exams. The final marks (NF) will be calculated through the marks of practices and continuous evaluation (NEC) and the marks of the examinations of objective questions (NEF), by means of the following formula (taken from Bardina and Liz): $NF = NEC \times 0.3 + (10 - NEC \times 0.3) \times (NEF / 10)$

The **global evaluation** will include only the objective questions exam. It uses the same formula of the previous paragraph, and if the alumn had not realized any practices, continuous evaluation mark (NEC) will be 0, hence $NF = NEF$.

If the student failed to pass the subject on first attempt, non-acquired competences will be evaluated in the July convocatory.

We will keep the same criteria in successive convocatories.

The official dates of examinations can be consulted in the web page of the School: <http://fcced.uvigo.es/>

Sources of information

Basic Bibliography

DRAKE RL, VOGL A., **Gray: Anatomía para estudiantes**, 3ª ed, Elsevier, 2015
 GILROY AM., **Prometheus. Atlas de Anatomía**, 2ª ed, Panamericana, 2013
 LIPPERT H, **Anatomía. Texto y atlas**, 4ª ed, Marban SL, 1999
 MOORE KL, **Anatomía con orientación Clínica.**, 7ª ed, Lippincott Williams and Wilkins., 2013
 NETTER FH, **Atlas de Anatomía Humana**, 6ª ed., Masson S.A, 2015
 OLSON TR, **A.D.A.M. Atlas de Anatomía Humana**, Masson-Williams & Wilkins, 1997
 PAULSEN F. WASCHKE J., **Sobotta atlas de Anatomía Humana**, 23ª ed, Elsevier, 2012
 WILLIAMS PL, **Gray Anatomía**, Elsevier, 1998
 SCHÜNKE M, **Texto y Atlas de Anatomía**, 3ªed, Panamericana, 2015

Complementary Bibliography

FAWCETT DW, **Tratado de Histología**, 11ª ed, Interamericana McGraw Hill, 1989
 WELSCH U, **Sobotta. Histología**, Panamericana, 2014

Recommendations

IDENTIFYING DATA**Pedagogía da educación física e o deporte**

Subject	Pedagogía da educación física e o deporte			
Code	P02G051V01105			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1	1c
Teaching language	Castelán Galego			
Department	Análise e intervención psicosocioeducativa			
Coordinator	Ferreiro González, María Isabel			
Lecturers	Ferreiro González, María Isabel			
E-mail	maferreiro@uvigo.es			
Web	http://http://https://campusremotouvigo.gal/access/public/meeting/708976005 (Sala 901)			
General description	A finalidade principal desta materia consiste en adquirir unha visión de conxunto sobre os principais fenómenos e problemas físico/educativos referidos ao que facer profesional, para que o alumnado poida chegar a contemplar os procesos pedagóxicos como accións e feitos humanos que actúan coherentemente nun sistema social: analizar, relacionar e sintetizar os distintos elementos que constitúen estes procesos. Así mesmo preténdese que os alumnos e alumnas saiban interpretar, ao final de curso, a realidade da educación física e deportiva nas súas dimensións fundamentais: o desenvolvemento da razón e o sentido crítico ó estudar a actividade dos citados procesos e o saber intervir a nivel educativo sobre esa realidade, tendo claro o seu papel como profesionais.			

Resultados de Formación e Aprendizaxe

Code	
B4	3.2 Saber promover, asesorar, deseñar, aplicar e avaliar técnico-científicamente programas de actividade física, exercicio físico e deportes axeitados e variados, adaptados ás necesidades, demandas e características individuais e grupais de toda a poboación, facendo fincapé nas persoas maiores. persoas maiores), o xénero feminino e diversidade, escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticadas e/ou prescritas por un médico).
B6	5.2 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar unha avaliación técnico-científica dos distintos tipos de actividades físicas e deportivas adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e actividade. entidade, en todo tipo de actividades físicas e servizos deportivos, incluídos os eventos deportivos, e en calquera tipo de organización, poboación, contexto, medio e poboación e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade. e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou prescritos por un médico) e en calquera sector da actividade física profesional e da intervención deportiva (educación físico-deportiva formal e informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección). da actividade física e do deporte) garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida cumprindo a normativa vixente.
B9	6.1 Coñecer e comprender as bases da metodoloxía do traballo científico.
B10	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
B11	7.1 Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.
B12	7.2 Coñecer, elaborar e saber aplicar as condicións ético-deontolóxicas, estrutural-organizativas, o desempeño profesional e a normativa do exercicio profesional dos Licenciados en Ciencias da Actividade Física e do Deporte, en calquera sector profesional da actividade física e do deporte (educación formal e físico-deportivo informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte); así como poder desenvolver un traballo multidisciplinar.
C2	1.2 Deseñar e aplicar o proceso metodolóxico composto pola observación, reflexión, análise, diagnóstico, execución, avaliación técnico-científica e/ou divulgación en distintos contextos e en todos os sectores da intervención profesional na actividade física e o deporte.
C3	1.3 Comunicarse e interactuar de forma adecuada e eficiente, na actividade física e deportiva, en diversos contextos de intervención, demostrando habilidades docentes de forma consciente, natural e continua.
C4	1.4. Adaptar a intervención educativa ás características e necesidades individuais de toda a poboación e facendo fincapé en poboacións de carácter especial como: escolares, maiores (maiores), persoas con mobilidade reducida e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou similares). prescrito por un médico), tendo en conta o xénero e a diversidade.

- C11 3.1 Analizar, identificar, diagnosticar, promover, orientar e avaliar estratexias, accións e actividades que favorezan a adhesión a un estilo de vida activo e a participación e a práctica regular e saudable da actividade física e do deporte e do exercicio físico de forma adecuada, eficiente e segura por parte dos cidadáns. co fin de mellorar a súa saúde global, benestar e calidade de vida, e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, de saúde ou asimiladas (diagnosticadas e/ou prescritas). por un médico) tendo en conta o xénero e a diversidade.
- C12 3.2 Saber promover, asesorar, deseñar, aplicar e avaliar técnico-científicamente programas de actividade física, exercicio físico e deportes axeitados e variados, adaptados ás necesidades, demandas e características individuais e grupais de toda a poboación, facendo fincapé nas persoas maiores. persoas maiores), o xénero feminino e diversidade, escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticadas e/ou prescritas por un médico).
- C13 3.3 Articular e despreparar programas de fomento, orientación, coordinación, supervisión e avaliación técnico-científica da actividade física, o exercicio físico e o deporte para toda a poboación, facendo fincapé nas poboacións de carácter especial, coa presenza dun profesional ou realizados de forma independente polo cidadán, nos distintos tipos de espazos e en calquera sector da actividade física e da intervención profesional do deporte (ensinanzas físico-deportivas formais e informais; adestramento físico e deportivo; exercicio físico para a saúde; xestión da actividade física e deportiva) segundo ás posibilidades e necesidades dos cidadáns, para acadar a súa autonomía, comprensión e a maior e adecuada práctica da actividade física e do deporte.
- C18 5.2 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar unha avaliación técnico-científica dos distintos tipos de actividades físicas e deportivas adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e actividade. entidade, en todo tipo de actividades físicas e servizos deportivos, incluídos os eventos deportivos, e en calquera tipo de organización, poboación, contexto, medio e poboación e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade. e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou prescritos por un médico) e en calquera sector da actividade física profesional e da intervención deportiva (educación físico-deportiva formal e informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección). da actividade física e do deporte) garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida cumprindo a normativa vixente.
- C22 6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
- C25 7.1 Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.
- C26 7.2 Coñecer, elaborar e saber aplicar as condicións ético-deontolóxicas, estrutural-organizativas, o desempeño profesional e a normativa do exercicio profesional dos Licenciados en Ciencias da Actividade Física e do Deporte, en calquera sector profesional da actividade física e do deporte (educación formal e físico-deportivo informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte); así como poder desenvolver un traballo multidisciplinar.
- D2 1.2. Diseñar y aplicar el proceso metodológico integrado por la observación, reflexión, análisis, diagnóstico, ejecución, evaluación técnico-científica y/o difusión en diferentes contextos y en todos los sectores de intervención profesional de la actividad física y del deporte.
- D3 1.3 Comunicar e interactuar de forma adecuada y eficiente, en actividad física y deportiva, en contextos de intervención diversos, demostrando habilidades docentes de forma consciente, natural y continuada.
- D4 1.4. Adaptar a intervención educativa ás características e necesidades individuais de toda a poboación e facendo fincapé en poboacións de carácter especial como: escolares, maiores (maiores), persoas con mobilidade reducida e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou similares). prescrito por un médico), tendo en conta o xénero e a diversidade.
- D11 3.1 Analizar, identificar, diagnosticar, promover, orientar e avaliar estratexias, accións e actividades que favorezan a adhesión a un estilo de vida activo e a participación e a práctica regular e saudable da actividade física e do deporte e do exercicio físico de forma adecuada, eficiente e segura por parte dos cidadáns. co fin de mellorar a súa saúde global, benestar e calidade de vida, e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, de saúde ou asimiladas (diagnosticadas e/ou prescritas). por un médico) tendo en conta o xénero e a diversidade.
- D12 3.2 Saber promover, asesorar, deseñar, aplicar e avaliar técnico-científicamente programas de actividade física, exercicio físico e deportes axeitados e variados, adaptados ás necesidades, demandas e características individuais e grupais de toda a poboación, facendo fincapé nas persoas maiores. persoas maiores), o xénero feminino e diversidade, escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticadas e/ou prescritas por un médico).
- D13 3.3 Articular e despreparar programas de fomento, orientación, coordinación, supervisión e avaliación técnico-científica da actividade física, o exercicio físico e o deporte para toda a poboación, facendo fincapé nas poboacións de carácter especial, coa presenza dun profesional ou realizados de forma independente polo cidadán, nos distintos tipos de espazos e en calquera sector da actividade física e da intervención profesional do deporte (ensinanzas físico-deportivas formais e informais; adestramento físico e deportivo; exercicio físico para a saúde; xestión da actividade física e deportiva) segundo ás posibilidades e necesidades dos cidadáns, para acadar a súa autonomía, comprensión e a maior e adecuada práctica da actividade física e do deporte.

- D20 5.2 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar unha avaliación técnico-científica dos distintos tipos de actividades físicas e deportivas adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e actividade. entidade, en todo tipo de actividades físicas e servizos deportivos, incluídos os eventos deportivos, e en calquera tipo de organización, poboación, contexto, medio e poboación e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade. e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou prescritos por un médico) e en calquera sector da actividade física profesional e da intervención deportiva (educación físico-deportiva formal e informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección). da actividade física e do deporte) garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida cumprindo a normativa vixente.
- D24 6.1 Coñecer e comprender as bases da metodoloxía do traballo científico.
- D25 6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
- D28 7.1 Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.
- D29 7.2 Coñecer, elaborar e saber aplicar as condicións ético-deontolóxicas, estrutural-organizativas, o desempeño profesional e a normativa do exercicio profesional dos Licenciados en Ciencias da Actividade Física e do Deporte, en calquera sector profesional da actividade física e do deporte (educación formal e físico-deportivo informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte); así como poder desenvolver un traballo multidisciplinar.

Resultados previstos na materia

Expected results from this subject	Training and Learning Results		
Saber promover, asesorar, deseñar, aplicar e avaliar tecnico-científicamente programas de actividade física, exercicio físico e deportes axeitados e variados, adaptados ás necesidades, demandas e características individuais e grupais de toda a poboación, facendo fincapé nas persoas maiores. persoas maiores), o xénero feminino e diversidade, escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticadas e/ou prescritas por un médico).	B4	C12	D12
Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar unha avaliación técnico-científica dos distintos tipos de actividades físicas e deportivas adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e actividade. entidade, en todo tipo de actividades físicas e servizos deportivos, incluídos os eventos deportivos, e en calquera tipo de organización, poboación, contexto, medio e poboación e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade. e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou prescritos por un médico) e en calquera sector da actividade física profesional e da intervención deportiva (educación físico-deportiva formal e informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección). da actividade física e do deporte) garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida cumprindo a normativa vixente.	B6	C18	D20
Coñecer e comprender as bases da metodoloxía do traballo científico.	B9		D24
Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.	B10	C22	D25
Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.	B11	C25	D28
Coñecer, elaborar e saber aplicar as condicións ético-deontolóxicas, estrutural-organizativas, o desempeño profesional e a normativa do exercicio profesional dos Licenciados en Ciencias da Actividade Física e do Deporte, en calquera sector profesional da actividade física e do deporte (educación formal e físico-deportivo informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte); así como poder desenvolver un traballo multidisciplinar.	B12	C26	D29
Analizar, identificar, diagnosticar, promover, orientar e avaliar estratexias, accións e actividades que favorezan a adhesión a un estilo de vida activo e a participación e a práctica regular e saudable da actividade física e do deporte e do exercicio físico de forma adecuada, eficiente e segura por parte dos cidadáns. co fin de mellorar a súa saúde global, benestar e calidade de vida, e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, de saúde ou asimiladas (diagnosticadas e/ou prescritas). por un médico) tendo en conta o xénero e a diversidade.		C11	D11

Articular e despregar programas de fomento, orientación, coordinación, supervisión e avaliación técnico-científica da actividade física, o exercicio físico e o deporte para toda a poboación, facendo fincapé nas poboacións de carácter especial, coa presenza dun profesional ou realizados de forma independente polo cidadán, nos distintos tipos de espazos e en calquera sector da actividade física e da intervención profesional do deporte (ensinanzas físico-deportivas formais e informais; adestramento físico e deportivo; exercicio físico para a saúde; xestión da actividade física e deportiva) segundo ás posibilidades e necesidades dos cidadáns, para acadar a súa autonomía, comprensión e a maior e adecuada práctica da actividade física e do deporte.	C13	D13
Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar unha avaliación técnico-científica dos distintos tipos de actividades físicas e deportivas adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e actividade. entidade, en todo tipo de actividades físicas e servizos deportivos, incluídos os eventos deportivos, e en calquera tipo de organización, poboación, contexto, medio e poboación e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade. e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou prescritos por un médico) e en calquera sector da actividade física profesional e da intervención deportiva (educación físico-deportiva formal e informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección). da actividade física e do deporte) garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida cumprindo a normativa vixente.	C18	D20
Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.	C22	D25
Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.	C25	D28
Coñecer, elaborar e saber aplicar as condicións ético-deontolóxicas, estrutural-organizativas, o desempeño profesional e a normativa do exercicio profesional dos Licenciados en Ciencias da Actividade Física e do Deporte, en calquera sector profesional da actividade física e do deporte (educación formal e físico-deportivo informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte); así como poder desenvolver un traballo multidisciplinar.	C26	D29
Deseñar e aplicar o proceso metodolóxico composto pola observación, reflexión, análise, diagnóstico, execución, avaliación técnico-científica e/ou divulgación en distintos contextos e en todos os sectores da intervención profesional na actividade física e o deporte.	C2	D2
Comunicarse e interactuar de forma adecuada e eficiente, na actividade física e deportiva, en diversos contextos de intervención, demostrando habilidades docentes de forma consciente, natural e continua.	C3	D3
Adaptar a intervención educativa ás características e necesidades individuais de toda a poboación e facendo fincapé en poboacións de carácter especial como: escolares, maiores (maiores), persoas con mobilidade reducida e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou similares). prescrito por un médico), tendo en conta o xénero e a diversidade.	C4	D4

Contidos

Topic	
1. A Pedagogía da Actividade Física e o Deporte. Concepto e relacións cos diferentes ámbitos.	- As Ciencias da Actividade Física e do Deporte como ámbito de coñecemento. - Pedagogía da Educación Física e do Deporte.
2. Principios pedagóxicos nos procesos de ensino-aprendizaxe e na actividade física e o deporte.	- Coñecementos nos que se apoia a docencia en Educación Física. - Ámbitos e contidos da Pedagogía Deportiva.
3. Procesos pedagóxicos de interacción na actividade física e deportiva.	- Aspectos pedagóxicos da actividade física e deportiva.
4. A función docente na educación física.	- Competencias docentes en Educación Física. - Modelos de ensino-aprendizaxe.
5. O educando	- Elementos constituíntes da educación. Concepto, finalidades e características. - Dimensións e pilares da educación. - A educación formal, non formal e informal.
6. Teorías, paradigmas e correntes pedagóxicas en relación aos procesos de ensino-aprendizaxe na actividade física e o deporte.	- Paradigmas do movemento humano. - Correntes pedagóxicas.
7. Os estudos do currículo e a súa relación coa actividade física e o deporte.	- O currículo da Educación Física. Marco legislativo. - Competencias e taxonomías.
8. Interdisciplinidade e transversalidade.	- Axentes educativos. - Outros axentes educativos en contextos non formais.

9. Pedagogía dos valores e a súa implicación na actividade física e deportiva.	- Os valores na educación. Marco conceptual e consideracións iniciais. - A Educación Física como contexto específico na pedagogía dos valores. - Técnicas para educar en valores. A súa aplicación á Educación Física.
10. Deporte e educación.	- Bases pedagóxicas para unha Educación Deportiva. - Deporte e cambio social no século XXI.
11. Atención á diversidade no deporte.	- Atención á diversidade individual e social na Educación Física.
12. Reflexión e innovación sobre o acto educativo a través da actividade física e o deporte na sociedade actual. NNTT	- Aplicacións socioeducativas da actividade física e do deporte: saúde, turismo e benestar, reinserción social, actividades de tempo libre e de lecer, etc. - NNTT na actividade física e o deporte.

Planificación

	Class hours	Hours outside the classroom	Total hours
Lección maxistral	26	43	69
Presentación	1	3	4
Saídas de estudo	0	4	4
Actividades introdutorias	2	2	4
Metodoloxías baseadas en investigación	13	25	38
Design Thinking	7	15	22
Obradoiro	1	6	7
Exame de preguntas obxectivas	2	0	2

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodoloxía docente

	Description
Lección maxistral	As leccións que conforman o temario desta materia serán elaboradas e presentadas de forma expositiva ao grupo clase. A docente centrará a súa intervención, preferentemente, nos aspectos nucleares de cada tema, procurando ofrecer de xeito condensado a información esencial que posibilite obter unha visión panorámica, delimitando os conceptos, as ideas e os argumentos nel implicados e relacionándoos cos outros temas da guía docente.
Presentación	A exposición por parte do alumnado consiste na presentación dun traballo incluído nos contidos. O recurso principal será a linguaxe oral, aínda que tamén pode estar acompañado de recursos audiovisuais. Esta presentación expositiva permitirá extraer os puntos máis importantes dunha ampla gama de información.
Saídas de estudo	Realizarase unha saída de estudos relacionada coa temática da materia, que clarificará aspectos teóricos tratados na aula. Dita saída está supeditada á aprobación, por parte da Xunta de Centro e a dotación económica correspondente.
Actividades introdutorias	Actividades encamiñadas a tomar contacto e transmitir información ó alumnado sobre os contidos e o desenvolvemento da materia.
Metodoloxías baseadas en investigación	Traballo monográfico de investigación sobre unha entidade relacionada co campo de acción das persoas graduadas en CAFYD, a realizar en grupo, mediante o das TIC's, documentos proporcionados pola docente, entrevistas ou reunións con profesionais, a través do cal se valorará o grao de adaptación á realidade da contorna.
Design Thinking	Busca de solucións a problemas e retos propostos na aula, empregando a creatividade, a multidisciplinidade e o traballo en equipo.
Obradoiro	Desenvolvemento, con carácter optativo e en grupo, dunha sesión práctica ó resto de alumnado sobre un tema concreto traballado previamente na aula.

Atención personalizada

Methodologies	Description
Presentación	Para a súa preparación, realizarase atención personalizada -previa demanda- nas horas de tutoría.
Lección maxistral	O alumnado ten a posibilidade de presentar as súas dúbidas. A docente, atendendo ás dúbidas, repasará conceptos, proporá novos exemplos ... Así mesmo, o estudiantado poderá revisar a cualificación obtida na proba final escrita e demais traballos que deban presentar, comprobando que ésta se axusta aos criterios de avaliación establecidos na guía docente.
Saídas de estudo	Realizarase atención personalizada en caso preciso.
Actividades introdutorias	Para a súa elaboración, realizarase atención personalizada na aula e a demanda -se proceden as horas de tutoría.
Metodoloxías baseadas en investigación	Realizarase apoio, seguimento e evolución dos grupos de traballo por parte da docente. Así mesmo, aproveitaranse as tutorías individuais para resolver posibles dúbidas relacionadas con aspectos concretos da materia, tanto teóricos como prácticos.

Design Thinking	Nestas sesións, en grupos reducidos, realizarase un seguimento e resolveranse as dúbidas formuladas polo alumnado.
Obradoiro	Para a súa elaboración, realizarase atención personalizada na aula e a demanda -se procede- nas horas de tutoría.
Tests	Description
Exame de preguntas obxectivas	Realización dun exame con preguntas obxectivas que versarán sobre os contidos traballados na aula. En caso necesario realizaranse as adaptacións oportunas ó alumnado PIUNE.

Avaliación					
	Description	Qualification	Training and Learning Results		
Presentación	Avaliarase a claridade, profundidade e capacidade expositiva oral coa que se presente o traballo, diante da clase, así como a participación e actitude.	10		C2 C3 C4 C11 C12 C13 C18	D2 D3 D4 D11 D12 D13 D20
Metodoloxías baseadas en investigación	Traballo monográfico a modo de iniciación á investigación, en grupos reducidos ou a nivel individual, que versará sobre aspectos relevantes da Pedagogía da Educación Física e do Deporte. Deberá ter requisitos de calidade académica e será abordado ao inicio do cuadrimestre pola docente. Avaliarase o contido e a preparación dos materiais pertinentes que aporten calidade á materia, o formato axustado ós estándares científicos, a orixinalidade, a presentación ...	25	B4 B6 B9 B10 B11 B12	C2 C3 C4 C11 C12 C13 C18 C22 C25 C26	D2 D3 D4 D11 D12 D13 D20 D24 D25 D28 D29
Design Thinking	Aplicación da creatividade e a multidisciplinarietà ós distintos traballos propostos ó longo da materia.	15	B11	C26	D29
Obradoiro	Desenvolvemento, con carácter optativo e en grupo, dunha sesión práctica ó resto de alumnado sobre un tema concreto traballado previamente na aula.	10	B4 B6 B11 B12	C2 C3 C4 C11 C12 C18 C25	D3 D4 D11 D12 D13 D20 D25 D28
Exame de preguntas obxectivas	O traballado nas sesións maxistras será avaliado mediante unha proba obxectiva que inclúe preguntas directas sobre algún aspecto concreto do temario.	40	B4 B6 B9 B10 B11 B12		

Other comments on the Evaluation

Todo o alumnado, asistente ou non asistente, ten dereito a ser avaliado (mediante un exame -proba escrita- e a entrega dos traballos prácticos obrigatorios).

O alumnado terá dereito a elixir o tipo de sistema co que será avaliado: avaliación continua ou global. A avaliación será preferentemente continua, salvo que se indique ó profesorado a elección de avaliación global, que se realizará no primeiro mes do inicio da actividade académica. A elección da modalidade de avaliación global suporá a renuncia á avaliación continua.

Para que o alumnado sexa considerado asistente e pida optar por un sistema de avaliación global (continua), deberá de cumprir unha porcentaxe mínima de asistencia ás distintas clases B e C dun 75%. Unicamente se admitirán como faltas xustificadas as recollidas no Regulamento sobre a Avaliación, a Calificación e a Calidade da Docencia e do Proceso de Aprendizaxe do Estudantado (Art. 15).

O alumnado non asistente deberá contactar ó longo do primeiro mes do curso coa coordinadora da materia, para coñecer os prazos de entrega (a data límite coincidirá coa data de realización da proba escrita en cada unha das convocatorias,

antes do seu comezo) das diferentes actividades e traballos solicitados e optará por unha avaliación global. Aquel alumnado que non cumpra o requisito de asistencia mínima, pasará a ser considerado alumnado non asistente en todas as horas (A, B e C), optando por unha avaliación global.

No caso da avaliación global, a porcentaxe correspondente á avaliación mediante unha proba obxectiva será do 80% sobre o total da nota e a porcentaxe asignada á realización de traballo/s será o 20% restante.

A calificación final da materia resultará da integración das distintas notas obtidas nas horas A, B e C.

De non ter superada a materia na primeira convocatoria, as competencias non adquiridas serán avaliadas na segunda convocatoria, mediante proba obxectiva e os traballos realizados ao longo do curso.

Tanto a calificación da proba obxectiva coma a calificación dos distintos traballos feitos no seu momento durante o curso, seguirán vixentes na segunda convocatoria ou convocatoria extraordinaria.

O estudantado con necesidades específicas de apoio educativo, debidamente acreditadas, terá dereito a unha adaptación, tanto da planificación da ensinanza coma das metodoloxías e sistemas de avaliación, así coma un seguimento personalizado, sendo preciso informar de tal condición ó profesorado coordinador da materia.

Non se corruxirá ningún traballo plaxiado, total ou parcialmente, obténdose neste caso unha calificación final de cero.

Asimesmo, non se corruxirá ningún traballo sen o seguimento previo por parte do profesorado.

As datas oficiais dos exames pódense consultar na Web da Facultade, na seguinte ligazón: www.fcced.uvigo.es/gl

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Vázquez, B. y Álvarez Bueno, G., **Guía para una educación no sexista**, Ministerio de Educación y Ciencia, 1996

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Recomendacións

Other comments

Aquel alumnado coa condición de Deportista de Elite deberá enviar ó comezo do curso por e-mail a documentación xustificativa correspondente á coordinadora da materia.

O estudantado con necesidades específicas de apoio educativo, debidamente acreditadas, terá dereito a unha adaptación, tanto da planificación da ensinanza coma das metodoloxías e sistemas de avaliación, así coma un seguimento personalizado, sendo preciso informar de tal condición ó profesorado coordinador da materia.

Os medios informáticos ou electrónicos durante as clases utilizaranse unicamente seguindo as indicacións do profesorado e exclusivamente con fins docentes.

O sistema de tutoría empregado será "aberto" ou "a demanda" e será acordado con cada alumno/a a data, hora e medio (presencial, Campus Remoto, e-mail, etc), atendendo fundamentalmente á dispoñibilidade do alumnado. Deberá solicitarse por correo electrónico, indicando a solicitude da tutoría e as franxas horarias semanais libres das que se dispón.

Os e-mails que se envíen deberán de permitir a identificación (incluirán nome, apelidos, curso e grupo) e indicarán o motivo da consulta.

IDENTIFYING DATA				
(*)Fundamentos da competencia motriz				
Subject	(*)Fundamentos da competencia motriz			
Code	P02G051V01106			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	1st	2nd
Teaching language	Spanish			
Department				
Coordinator	Rey Eiras, Ezequiel Padrón Cabo, Alexis			
Lecturers	Padrón Cabo, Alexis Rey Eiras, Ezequiel			
E-mail	alexiscabo03@gmail.com zequirey@uvigo.es			
Web				
General description				

Training and Learning Results

Code	
B9	6.1 To know and understand the bases of the methodology of scientific work.
B10	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
C22	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
C23	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
D16	4.1 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, processes, activities, resources and techniques that make up the basic motor skills, physical activities, sports skills, play, expressive body and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
D17	4.2 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical fitness and physical exercise in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport.
D18	4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations.
D24	6.1 To know and understand the bases of the methodology of scientific work.
D25	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
D26	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.

Expected results from this subject

Expected results from this subject	Training and Learning Results
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To know and understand the bases of the methodology of scientific work.	B9	C23	D24 D26
Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.	B10	C22	D25
Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.			D16 D17
Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, processes, activities, resources and techniques that make up the basic motor skills, physical activities, sports skills, play, expressive body and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).			D18

Contents

Topic

1. Foundations of Motor Competence: Definition and Classification	1.1. Concept of Physical Education 1.2. Concept of Psychomotricity 1.3. Basic Motor Skills 1.4. Motor Content
2. Growth, Development and Maturation: Evolution of Motor and Physical-Motor Competence During Childhood and Adolescence	2.1. Growth, Development and Maturation 2.2. Physical Development 2.3. Childhood Growth and Motor Development
3. Basic Motor Skills: Definition, Classification, Development and Assessment	3.1. Definition of Basic Motor Skills (BMS) 3.2. Characteristics of BMS 3.3. Importance of BMS 3.4. Evolution and Stages of BMS 3.5. General Levels of Mastery of BMS 3.6. Classification of BMS 3.7. Sequencing of BMS 3.8. Development of BMS
4. Perceptual-Motor Abilities: Definition, Classification and Evolution	4.1. Definition of Perceptual-Motor Abilities 4.2. Classification of Perceptual-Motor Abilities 4.3. Evolution of Perceptual-Motor Abilities 4.4. Body Perception 4.5. Spatial Perception 4.6. Temporal Perception
5. Physical-Motor Development During Childhood and Adolescence	5.1. Basic Physical Capacities 5.2. Classification 5.3. Sensitive Periods in the Training Process 5.4. Long-Term Athlete Development Model 5.5. Training from Age 7 to Pre-PHV 5.6. Mid-PHV Training 5.7. Post-PHV Training

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	22.5	19	41.5
Problem solving	12.5	0	12.5
Laboratory practical	30	10	40
Mentored work	0	30	30
Objective questions exam	0	1	1
Problem and/or exercise solving	0	15	15
Essay	0	10	10

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Lecturing	Presentation by the teacher of the contents on the subject under study, theoretical and / or guidelines for a job, exercise or project to be developed by the student.

Problem solving	Activity which formulated problem and / or exercises related to the course. The student should develop appropriate solutions or right through the exercise routines, application of formulas or algorithms, application processing procedures available information and interpretation of the results. It is often used to complement the lecture.
Laboratory practical	Activities application of knowledge to specific situations and basic skills acquisition and related procedural matter under study. They are developed in specific spaces with specialized equipment (Laboratories, computer rooms, etc ...)
Mentored work	The student, individually or in groups, prepares a paper on the subject of matter or prepare seminars, research, memoirs, essays, summaries of readings, lectures, etc.. Generally it is an autonomous activity of the student that includes finding and collecting information, reading and literature management, writing ...

Personalized assistance

Methodologies	Description
Mentored work	

Assessment

	Description	Qualification	Training and Learning Results	
Objective questions exam	Tests that assess knowledge that includes closed with response alternatives questions (true/false, multiple choice, matching of elements...). Students select a response among a limited number of possibilities.	40		D16 D17 D18 D24 D25 D26
Problem and/or exercise solving	Test in which the student must solve a series of problems and / or exercises in a time / conditions set / as by the teacher.	20	B9 B10	C22 C23 D16 D17 D18 D24 D25 D26
Essay	The student presents the results obtained in the preparation of a paper on the subject matter, in the preparation of seminars, research, memoirs, essays, summaries of readings, lectures, etc.. It can be done individually or in groups, orally or in writing ...	40	B9 B10	C22 C23 D16 D17 D18 D24 D25 D26

Other comments on the Evaluation

Continuous assessment: Objective questions exam, problem solving, and assignments. Passing all three parts is necessary to pass the course.

Global assessment: Students who do not meet the attendance requirements in practical sessions (>80% of hours) will undergo evaluation consisting of:

- Exam on the theoretical part of the subject: 5 points.
- Exam on the practical part of the subject: 5 points. It is essential to pass both parts a) and b) to pass the course.

Sources of information

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Recommendations

Subjects that continue the syllabus

Basics of combat activities/P02G051V01108

Free body expression and dance/P02G051V01208

Basics of group sports 1/P02G051V01203

Basics of group sports 2/P02G051V01205

Basics of gymnastic sports/P02G051V01207

Basics of individual sports/P02G051V01201

Subjects that it is recommended to have taken before

Motor control and learning/P02G051V01101

IDENTIFYING DATA				
(*)Kinesiología do movemento humano				
Subject	(*)Kinesiología do movemento humano			
Code	P02G051V01107			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Viaño Santasmarinas, Jorge Juan Serrano Gómez, Virginia			
Lecturers	García García, Óscar Serrano Gómez, Virginia Viaño Santasmarinas, Jorge Juan			
E-mail	vserrano@uvigo.es jorgeviano@uvigo.es			
Web				
General description				

Training and Learning Results

Code	
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B3	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C7	2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
C8	2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
C16	4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations
D5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
D6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.

- D7 2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
- D11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
- D18 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations.

Expected results from this subject

Expected results from this subject		Training and Learning Results	
New	B2 B3	C5 C7 C8	D5 D6 D7
New	B2 B3		D6 D18
New	B3	C6	
New	B2	C5 C7	D5 D7 D18
New	B2	C5 C6	D6
New	B3	C6	D6
New	B3	C6 C8 C16	D6 D18
New	B3	C6	D6 D11

Contents

Topic	
Concepts, classifications and tendencies of the physical exercise	Subject 1. Foundations and mechanical of the realisation motriz. Subject 2. The corporal movement. Descriptores And approaches in the application of the exercise.
Ontogenetic Cinesiología	Subject 3. The skeletal system, functions and articular movements. Subject 4. Structure and muscular action in the exercises.
Mechanical analysis of the physical exercise.	Subject 5. Traditional analytical perspectives vs global of the body and of the movement and his implications kinesiológicas (e.g. muscular chains, anatomical roads, etcetera) Subject 6. Analysis of the posture and of the movements applying the different perspectives of the body and movement.
Systematic Kinesiology	Subject 7. The basic physical capacities and his implications kinesiológicas. Subject 8. The dependent capacities of the device locomotor and his implications kinesiológicas. Subject 9. The dependent capacities of the processes of obtaining and utilisation of energy and his implications kinesiológicas. Subject 10. The capacities psicomotrocies and his implications kinesiológicas.

Planning

	Class hours	Hours outside the classroom	Total hours
Laboratory practical	24	3	27
Problem solving	1	30	31
Presentation	1	1	2
Lecturing	16	18	34
Practices through ICT	4	1	5
Objective questions exam	0.5	30	30.5
Laboratory practice	0.5	20	20.5

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Laboratory practical	In the schedule of practices of laboratories will develop tasks and exercises directed by the professor on appearances presented in the theoretical classes.
Problem solving	The theoretical concepts will be accompanied in the theoretical classes with exercises and resolution of problems.
Presentation	They will present studies of cases so that student can have references
Lecturing	It will use the exhibition by part of the professor like half main of education.
Practices through ICT	(*)Co apoio de plataforma de teleformación dispoñible deberanse realizar algunhas prácticas que axuden a asimilar os contidos teórico-prácticos.

Personalized assistance

Methodologies	Description
Lecturing	The student will have of a schedule of tutorias to be able to solve concrete doubts on the contents given in class.
Laboratory practical	The student will have of a schedule of tutorias to be able to solve concrete doubts on the practical contents given in class.
Problem solving	The student will have of a schedule of tutorias to be able to solve concrete doubts on the problems and exercises posed in class.

Assessment

	Description	Qualification	Training and Learning Results
Laboratory practical	It is compulsory to assist at least to 80% of the practices to be able to obtain a positive evaluation	0	D5 D6 D7
Problem solving	Will review the exercises realized by the students in the practices of laboratory and theoretical. It is compulsory to realize all the exercises proposed in the kinds	40	C5 D5 C6 D6 C7 D11 C16 D18
Practices through ICT	(*)É obrigatorio realizar e entregar en tempo e forma TODOS E CADA UN DOS CUESTIONARIOS *ONLINE propostos a través da plataforma de *eleformación. O profesorado determinará a data, os criterios de calidade e fará pública a nota mínima de cada exercicio para a súa superación e cómputo na nota final, aínda que, por defecto, a nota mínima para superar cada exercicio e/ou problema é de 5 sobre 10.	20	D5 D6 D7
Objective questions exam	It realised an examination type test of only answer, on 5 possible, taking into account that each 4 errors discounts a positive, or his proportional part	40	B2 B3

Other comments on the Evaluation

OTHER COMMENTS:

1. All the alumnado assist or no to the classrooms, has right to be evaluated (by means of examination or as it establish the guide docente).
2. The official dates of the examinations can consult in the web of the empower
3. It is compulsory to assist at least to 80% of the practices of laboratory to can obtain a positive evaluation. In the case of not achieving the minimum assistance indicated (80%) the student will have to realize a practical examination that will evaluate the competitions vinculadas to the same and that has to surpass with a 5 on 10 points.
4. It is compulsory to realize all the exercises proposed in the theoretical and practical kinds, delivering them in time

and form specified in his moment for each exercise/task/practical/problem, etcétera.

5. It will realize an examination type test of only answer, on 5 possible, having in account that each 4 erroneous answers will discount a positive, or his proportional part. In the examination type test will have to obtain a minimum punctuation of 5 (Scale of 0-10).
6. Of not having surpassed the subject in the first edition or announcement, the no purchased competitions will be evaluated in the 2nd edition or announcement.

2nd EDITION Or ANNOUNCEMENT (JULIO)

1. In this announcement or edition will maintain the same criteria that in the 1st edition or announcement.

Sources of information

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Ahonen, J., Lahtinen, T., Sandström, Pogliani, G. y Wirhed, R., **Kinesiología y anatomía aplicada a la actividad física**, 2, Paidotribo, 2014

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Recommendations

Subjects that continue the syllabus

Biomechanics of sports techniques/P02G050V01903

Planning and methodology in sports training 1/P02G050V01502

IDENTIFYING DATA				
Basics of combat activities				
Subject	Basics of combat activities			
Code	P02G051V01108			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Gutierrez Santiago, Alfonso Prieto Lage, Iván			
Lecturers	Gutierrez Santiago, Alfonso Prieto Lage, Iván			
E-mail	ivanpriet@uvigo.es ags@uvigo.es			
Web	http://faluvigo.blogspot.com/			
General description	The matter «Foundations of the activities of fight» gives in the second quarter of the first course of the Degree in Sciences of the Physical Activity and of the Sport.			
	In this matter gives an overview of the sports and activities of fight. From a theoretical perspective tackle the different current conceptions more significant referents to the field of the sports of fight from a general point of view, and from a practical perspective realises a route through the sports of fight with hold, doing special upsetting in the judo. Likewise, this matter is fundamental inside the plan of studies of the degree given in the University of Vigo, since it is the only, inside this, where the student has the opportunity to obtain the necessary knowledges on the field of the sports of fight, indispensable in the training of a Graduated in Sciences of the Physical Activity and of the Sport. This teaching guide has been prepared in full compliance with the stipulations of the degree program and the specific regulations of the university and the center.			

Training and Learning Results

Code	
B1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
C1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
C2	1.2 To design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or diffusion in different contexts and in all sectors of professional intervention in physical activity and sport.
C3	1.3. Communicate and interact appropriately and efficiently in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
C4	1.4. To adapt the educational intervention to the individual characteristics and needs of the entire population, with emphasis on special populations such as: schoolchildren, the elderly, people with reduced mobility and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C11	3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.

- C14 3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
- C16 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations
- C20 5.4 Identify, organize, direct, plan, coordinate, implement and perform technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, in order to achieve safe, efficient and healthy physical and sports activities, adapted to development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis for populations of special character and ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- D1 1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
- D2 1.2. To design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or diffusion in different contexts and in all sectors of professional intervention in physical activity and sport.
- D3 1.3 Communicate and interact appropriately and efficiently in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- D4 1.4. To adapt the educational intervention to the individual characteristics and needs of the entire population, with emphasis on special populations such as: schoolchildren, the elderly, people with reduced mobility and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- D6 2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
- D11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
- D14 3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
- D16 4.1 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, processes, activities, resources and techniques that make up the basic motor skills, physical activities, sports skills, play, expressive body and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
- D18 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations.
- D22 5.4 Identify, organize, direct, plan, coordinate, implement and perform technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, in order to achieve safe, efficient and healthy physical and sports activities, adapted to development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis for populations of special character and ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.

Expected results from this subject	Training and Learning Results			
1. Comprise, elaborate and know apply the procedures, strategies, activities, resources, technical and methods that take part in the process of education-learning with efficiency, developing all the course of the action in the activities of fight	A1 A3 A4	B1	C1 C1 C5 C11	D1 D2
2. Design and apply the methodological process integrated by the observation, reflection, analysis, diagnostic, execution, technical evaluation-scientific and/or diffusion in the activities of fight		B9 B13	C2	D1 D2
3. Communicate and *interactuar of suitable and efficient form, in the activities of fight, showing educational skills of conscious form, natural and continued	A2 A4		C3	D3 D4
4. Adapt the educational intervention of the activities of fight to the characteristics and individual needs for all the population, attending to the gender and to the diversity	A3 A4 A5	B4 B5	C4 C13 C14	D1 D4 D5
5. Identify, communicate and apply anatomical scientific criteria-physiological and *biomecánicos of skills in the development of the activities of fight; to warn, minimise and/or avoid a risk for the health in the practice of the activities of fight	A2 A3 A4 A5	B1 B5 B9	C6 C13 C19 C22 C25 C27 C28 C30 C32	D4 D5 D6 D6 D7 D8 D9 D10 D11 D14
6. Identify, promote and orient activities that boost the adhesion to an active lifestyle and the participation and regular and healthy practice of the activities of fight of suitable form, efficient and safe by part of the citizens with the purpose to improve his integral health, welfare and quality of life	A1 A5	B1 B4	C11 C15	D1 D3 D11
7. Promote the education, diffusion, information and constant orientation to the people on the profits, significance, characteristic and positive effects of the practical regulate of the activities of fight, of the risks and damages of an unsuitable practical and of the elements and criteria that identify his suitable execution, as well as the information, orientation and advice of the possibilities of the appropriate practice of the activities of fight in his surroundings	A1 A5	B6	C14 C26	D1 D2 D7 D14
8. Elaborate fluently procedures and protocols to resolve problems little structured, unpredictable and of increasing complexity, articulating and deploying a command of the elements, methods, processes, activities, resources and technical that compose the activities of fight of suitable form, efficient, systematic, varied and integrated *metodológicamente for all the population and with emphasis in the pupils, attending to the gender and to the diversity and in the formal and informal education of the activities of fight	A1 A2 A3 A4 A5	B1 B2 B4 B5 B6	C5 C12 C13 C14	D2 D3 D4 D5 D6 D16
9. Develop and implement the technical evaluation-scientific of the elements, methods, procedures, activities, resources and technical that compose the activities of fight; taking into account the development, characteristic, needs and context of the individuals, the different types of population and the spaces where make the activities of fight	A1	B2 B3 B5 B6	C8 C16	D3 D6 D18
10. Identify and make technical evaluation-scientific of the material resources and sportive installations, included his basic and functional design, as well as suitable selection and utilisation, for the activities of fight, with the purpose to make safe activities, efficient and healthy, guaranteeing the security, efficiency and professionalism in the activity exerted in the fulfillment of the valid rule		B4	C8 C20	D5 D6 D22

Contents

Topic

BRIEF DESCRIPTION DOS CONTENTS OF The MEMORY OF VERIFICATION OF The DEGREE:

1. Theoretical Fundamentation of the fighting activities.
2. Technical bases-tactical and didactic of the judo and the fighting activities.
3. Formal and functional structure of the judo and the fighting activities.
4. The process of sportive initiation to the judo.

DEVELOPMENT DOS CONTENTS:

They are seven thematic blocks (A, B ... G). In each of the following thematic blocks, at the end of the even and between parenthesis, will point out by means of it corresponding number -1,2,3,4- which or which of the contained of the memory of verification does special reference.

A) Historical Evolution of the fighting sports (1).

Description: in this thematic area realizes a route through the different historical stages that suffered the fight, from the primitive period, spending by the archaic civilisations, the classical world, the half age, etc., until arriving to the actuality.

Contents:

- Brief approximation to the fight in other civilisations.
- The fight in the archaic civilisations.
- The fight in the classical world I: the fight in Grecia.
- The fight in the classical world II: the fight in Rome.
- The fight in the Half Age and in the Modern Age.

B) The process of sportive institutionalization of the fighting activities and of the Japanese martial arts (1-2-3-4).

Description: it explains which was the process of deportivization that experienced the fights until arriving to the his full institucionalization, realizing special upsetting in fighting disciplines how the judo. The evolution suffered pole judo from his origin tie the actuality. They board the starts of the judo how a form of personal defence -ju jutsu-, effecting a practical application of the techniques more relevants of the judo to the most daily situations of personal defence. How colophon of this process of deportivization presents the regulation referee the judo. If conceptualizan and they characterize the Japanese martial arts, analyze the change suffered tie his deportivization, is to say, the transformation of the Bujutsu in Budo.

Contents:

- The fight in the Contemporary Period.
- The judo. His evolution.
- Initiation to the Ju Jutsu.
- Regulation referee of judo.
- The martial arts: concept and characterization. The Japanese martial arts how spiritual education: his change in occident -the deportivization-.
- Main characteristics of other Olympic wrestling sports

C) Characterization and concept of the fighting sports (1-3).

Description: this thematic block is destined to effect a limit conceptual of the fight, clearing have to, a priori, could identical opinion stop, later, establish which are the common characteristics of the different fighting sports.

Contents:

- Conceptual limit of the fight: terminology clarifications.
- Characteristic common of the fighting sports.

D) Ranking of the fighting sports and of the technical (1-2-3-4).

Description: in this thematic area board the diversity of rankings of the fighting sports in function of the distinct doctrinal currents more relevants. It effects a review of the technical rankings more important stop, finally, realize a comparison go in the techniques used in distinct fighting sports with grab, from them to me to project to the opponent against the floor tie the forms of control to the opponent.

Contents:

- Ranking of the fighting sports.
- The rankings of the technique in judo. Comparative technique between different fighting sports with grab.

E) Fighting Sports. Generalities (1-2-4).

Description: in this thematic block board the aspects more relevants envelope the ceremonial characteristic of the fighting sports. Besides, we will realize a approach to the driving fight skills.

Contents:

- Fighting Sports. His ceremonial.
- The driving fight skills.

F) Basis (Kihon) (1-2-3-4).

Description: in this thematic area will board basis of the fighting sports so relevants how the greeting, the stance, grab it, the falls and the phases of the technical.

Contents:

- The greeting (Rei).
- The stance (Shisei).
- The falls (Ukemi).
- The grip (Kumikata) and the phases of the technical.

G) The fighting activities in the formal education (1-2)

Description: in this thematic area will tackle the fighting activities in the curriculum and the programming of the same.

Contents:

- The fighting activities in the curriculum
- The programming of the activities of the fighting activities in formal context

Planning			
	Class hours	Hours outside the classroom	Total hours
Lecturing	7	0	7
Gamification	5	0	5
Design Thinking	1.5	0	1.5
Mentored work	6	12	18
Autonomous problem solving	3	21	24
Laboratory practical	30	0	30
Autonomous problem solving	0	21	21
Mentored work	0	7	7
Collaborative Learning	0	6	6
Mentored work	0	10.5	10.5
Objective questions exam	0.5	10	10.5
Objective questions exam	0.5	9	9.5

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies	
	Description
Lecturing	Exhibition by part of the professor of the contents on the matter object of study.
Gamification	The lesson effected in the theoretical classroom will combine with interactive activities in big group (games of questions) for the students that assist to class, where will be able to achieve points for the final evaluation.
Design Thinking	Activity in small groups in the form of an escape room where students solve different problems linked to the history of combat sports.
Mentored work	Queries that the students is supported by the techears of the matter in the tatami for advice/develop of activities of the matter and of the process of learning.
Autonomous problem solving	Activity in which they formulate exercises related with the subject. The students has to develop the exercises of autonomous form.
Laboratory practical	Activities of application of the knowledges to concrete situations and of acquisition of basic skills and procedurals related with the matter object of study. They develop in special spaces with skilled equipment (tatami).
Autonomous problem solving	Activities in which exercises related to the subject are formulated in its PRACTICAL PART. The student body must develop the exercises independently.
Mentored work	Work related to the teaching-learning process of falls, which is carried out in the classroom and outside the classroom under the supervision of the teacher.
Collaborative Learning	Consultations that the students have with the teachers of the subject in the tatami for advice/development of activities of the subject and of the learning process. Practical tutorials that take place in the tatami. Collaborative learning is established because students help each other in the learning process under the supervision of the teacher.
Mentored work	Work related to the process of teaching and learning techniques, which is carried out in the classroom and outside the classroom under the supervision of the teacher.

Personalized assistance	
Methodologies	Description
Lecturing	The personalised attention of the students will make so much during the development of the sessions of classroom as later in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutierrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Laboratory practical	The personalised attention of the students will make so much during the development of the sessions of laboratory in the tatami as later in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutierrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Mentored work	The personalized attention of the students in group tutorials is especially practical and is carried out at the request of the students (individually, in pairs, or in small groups).
Autonomous problem solving	The personalised attention of the students will make so much during the development of the sessions of classroom as later in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutierrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Autonomous problem solving	The personalized attention of the student body will be carried out in the physical or virtual office (Room 1252 - Prof. Alfonso Gutiérrez Santiago / Room 2067 - Prof. Iván Prieto Lage) or through e-mails.

Collaborative Learning	The personalized attention of the students in the group PRACTICAL TUTORIALS is especially practical and is developed at the request of the students (individually, in pairs, or in small groups). In addition to receiving supervision from the professor, students collaborate in the learning of their classmates by helping each other. The objective of these tutorials is, in addition to contributing to the acquisition of the learning outcomes and competencies of this subject, to help prepare for the practical exam.
Mentored work	The personalized attention of the students will be carried out both during the development of the laboratory sessions on the tatami and later in the physical or virtual office (Room 1252 - Prof. Alfonso Gutiérrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and emails .
Mentored work	The personalized attention of the students will be carried out both during the development of the laboratory sessions on the tatami and later in the physical or virtual office (Room 1252 - Prof. Alfonso Gutiérrez Santiago / Room 2067 - Prof. Iván Prieto Lage), on the tatami and emails .

Assessment

	Description	Qualification	Training and Learning Results
Gamification	THEORETICAL PART. During some theoretical classes, will make interactive exercises in big group where will concede points of the final note in function of the qualification in said activity. They will evaluate the following planned results in the matter: 1,2,3,6,7,8,9 and 10.	10	B1 D1 D2 D3 D11 D14 D16 D18 D22
Mentored work	THEORETICAL PART. Realization of a work in small groups related to the didactics of the of the activities of the group. The following expected results from this subject will be evaluated: 1,2,3,4,6,7,8 and 9.	4	B1 D1 D2 D3 D4 D11 D14 D16 D18
Autonomous problem solving	THEORETICAL PART. There will be 14 interactive quizzes in Moovi. After completing all the quizzes you must have an average of 7.5 points or more. Otherwise, the continuous assessment in the THEORETICAL PART will be lost. The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.	14	B1 D1 D2 D3 D4 D6 D11 D14 D16 D18 D22
Laboratory practical	PRACTICAL PART. Attendance and completion of the 14 practical classes of the subject in tatami. The student who has 4 or more absences will lose the continuous assessment of the practical part (and therefore must be examined through the procedure of GLOBAL ASSESSMENT -NON CONTINUOUS-). The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.	25	C1 D1 C2 D2 C3 D3 C4 D4 C6 D6 C11 D11 C14 D14 C16 D16 C20 D18 D22
Autonomous problem solving	PRACTICAL PART. There will be 14 interactive quizzes in Moovi. After completing all the questionnaires you must have an average of 7.5 points or more. Otherwise, this section will count 0 points. The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.	10	C1 D1 C2 D2 C3 D3 C4 D4 C6 D6 C11 D11 C14 D14 C16 D16 C20 D18 D22

Mentored work	PRACTICAL PART.	0	C1 D1 C2 D2 C3 D3 C4 D4 C6 D6 C11 D11 C14 D14 C16 D16 C20 D18
	Performance of an individual work related to the teaching of falls. This work will be graded PASS or FAIL. The student who obtains the qualification of PASS will continue in the continuous evaluation procedure. The student who obtains the NON APT qualification will automatically pass to the GLOBAL ASSESSMENT -NON CONTINUOUS-.		
	The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8 and 9.		
Mentored work	PRACTICAL PART	15	B1 C1 D1 C2 D2 C3 D3 C4 D4 C6 D6 C14 D11 C16 D14 C20 D16 D18
	A work on the procedural aspects of the subject. Each student will make a video with all the techniques of the programme well executed. The student must obtain a minimum of 5 out of 10. A mark lower than five means losing the continuous assessment.		
Objective questions exam	THEORETICAL PART.	12	B1 D1 D2 D3 D4 D6 D11 D14 D16 D18 D22
	Examination of questions with different answer alternatives.		
	The student must obtain a minimum of 5 out of 10 for the exam score to be included in the final qualification.		
	The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.		
Objective questions exam	PRACTICAL PART.	10	C1 D1 C2 D2 C3 D3 C4 D4 C6 D6 C11 D11 C14 D14 C16 D16 C20 D18 D22
	Examination of questions with different answer alternatives.		
	The student must obtain a minimum of 5 out of 10 for the exam score to count towards the final qualification.		
	The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.		

Other comments on the Evaluation

1st CALL (May-June):

CONTINUOUS EVALUATION STUDENT (grades and EVALUATION CRITERIA to fulfill the continuous evaluation):

- **Theoretical part (40% of the final grade).**

- Realization of **interactive exercises in large group** during some theoretical classes through the app Kahoot, where points will be awarded in the final grade depending on the qualification in this activity. These exercises account for 8%.
- **Interactive quizzes in Moovi of the THEORETICAL PART.** The qualification of the quizzes is 14%. There will be 14 quizzes. Each quiz must be passed with a minimum grade of 8.5 out of 10 to be considered passed and to be included in the final grade. After completing all the questionnaires, if the student has 4 or more absences (for not completing or not passing the minimum grade), he/she will no longer be evaluated by the continuous evaluation procedure and will automatically be evaluated by the NON-continuous evaluation procedure.
- **Supervised work on Didactic Unit.** The grade for this work is 5%. It will consist of a work in small groups related to the didactics of the wrestling activities.
- **Examination of objective questions.** The grade is 13%. It consists of an exam of closed questions with different answer alternatives of the theoretical part of the subject. The student must obtain a minimum of 5 out of 10 for the exam score to be included in the final grade. Failing this exam (with less than a 5) does not imply losing the continuous evaluation.

- **PRACTICAL part (60% of the final grade):**

- **Attendance and PERFORMANCE of the practical classes in the tatami.** The qualification of the same ones supposes a 25%. The student who has 4 or more absences will stop being evaluated by the continuous evaluation procedure and will automatically be evaluated by the NON-continuous evaluation procedure. The student who attends the practice, but does NOT perform the practice, will not be counted as a lack of attendance, but will have a grade of zero in that session.
 - **Interactive quizzes in Moovi of the PRACTICAL PART.** The grade for the quizzes is 10%. There will be 14 quizzes. Each quiz must be passed with a minimum grade of 8.5 out of 10 to be considered passed and to count towards the final grade. After completing all the quizzes, if the student has 4 or more absences (for not completing or not passing the minimum grade), the score for this section will be 0 points.
 - **Tutored work on falls.** It will consist of an individual work on the teaching-learning process of falls in wrestling activities. The grade of this work will be PASS or FAIL. The student who obtains the grade of PASS will continue in the continuous evaluation procedure. The student who obtains the grade of NOT PASS will automatically pass to the NON CONTINUOUS EVALUATION procedure.
 - **Examination of objective questions.** The grade is 10%. It consists of an exam of closed questions with different answer alternatives of the practical part of the subject. The student must obtain a minimum of 5 out of 10 for the exam score to be included in the final grade. Failing this exam (with less than a 5) does not imply losing the continuous evaluation.
 - **Supervised work on the techniques.** *The grade is 15%. It consists of a work on the procedural aspects of the subject. Each student will make a video with all the techniques of the programme well executed. The student must obtain a minimum of 5 out of 10. A mark lower than five means losing the continuous assessment.*
- The **overall grade.** It is necessary to pass the theoretical and practical parts separately in order to pass the course. This means obtaining at least a 2 out of 4 in the theoretical part and a 3 out of 6 in the practical part. The final grade will be the sum of both parts (theoretical and practical). A student passes the course when they have obtained a minimum of five out of ten.

If in the first call (May-June), a student loses the continuous evaluation in one of the parts, he/she will have to take the non-continuous evaluation procedure in that part of the subject.

NON-CONTINUOUS EVALUATION STUDENTS (for students who do not meet the criteria for continuous evaluation):

- **Theoretical part.** The evaluation will be carried out by means of a final test corresponding to the topics taught during the course: exam of closed questions with different answer alternatives. The student will have to obtain a five out of ten in the exam. This grade will represent 40% of the overall grade.
- **PRACTICAL part.** The evaluation will be carried out by means of TWO final practical tests. 1) exam of closed questions with different answer alternatives on the practical contents (it supposes 30%). 2) oral theoretical-practical exam in the tatami with a partner, corresponding to the topics taught during the course (30%). The student will have to obtain a five out of ten in both tests. Once this condition is fulfilled, the overall grade of the practical part will represent 60% of the overall grade.
- The **final grade** of the course will be obtained by adding both parts (theoretical and practical). A student passes the course when he/she has obtained a minimum of five out of ten, as long as he/she has passed both parts.

2ND CONVOCATORY (June-July):

If a student passes only one part, this positive qualification will be kept until the next sitting in June-July (it will not be kept for subsequent sittings). The part not passed will be assessed as indicated in the non-continuous assessment procedure.

If the student fails both parts, he/she will be assessed in both parts by the global -non-continuous- assessment procedure explained above.

END-OF-DEGREE CALL:

The student body will be evaluated by the non-continuous evaluation procedure explained above.

Publication of grades:

The grades of each call will be published in Moovi, where the dates of exam revision will be indicated.

The official dates of the exams can be consulted on the faculty website in the section "Teaching - Exams".

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Recommendations

Other comments

1. Each week, students have in Moovi the contents that will be taught in the course (theoretical and practical part), as well as the material (notes, readings, videos, etc.) to work on these contents. In order to make the most of the theoretical and practical classes, it is recommended to make use of this material before attending these classes.
2. Formalize as soon as possible the group in Moovi (between four and six people) for the realization of the work of the theoretical part.
3. To study and work the material of the course continuously, both for the completion of the weekly questionnaires and for the preparation of the different exams.
4. To ask the professors of the subject all the questions/consultations that are considered necessary at every moment referred to the syllabus, practices, questionnaires, works, etc.
5. Communicate to the professors the suggestions for improvement of the subject.
6. In the middle of the term, the PRACTICAL TUTORIALS will begin. These will take place outside the class hours of the course. The exact day and time will be chosen by the students. In order to make the most of the practical part of the subject, it is recommended to attend as many sessions as possible and to bring an electronic device to access the material located in Moovi.

IDENTIFYING DATA				
Psicoloxía da actividade física e o deporte				
Subject	Psicoloxía da actividade física e o deporte			
Code	P02G051V01109			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1	2c
Teaching language	Castelán Galego			
Department	Análise e intervención psicosocioeducativa Psicoloxía evolutiva e comunicación			
Coordinator	Dosil Díaz, Joaquín Fariña Rivera, Francisca			
Lecturers	Dosil Díaz, Joaquín Fariña Rivera, Francisca			
E-mail	jdosil@uvigo.es francisca@uvigo.es			
Web	http://webs.uvigo.es/francisca/			
General description	Esta materia mostrará, de maneira moi xeral, que é a Psicoloxía e que lle pode achegar ao profesional da actividade física do deporte. Dedicando especial atención aos procesos psicolóxicos básicos e psicosociais.			

Resultados de Formación e Aprendizaxe

Code	
B9	6.1 Coñecer e comprender as bases da metodoloxía do traballo científico.
B10	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
B11	7.1 Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.
C2	1.2 Diseñar e aplicar o proceso metodolóxico composto pola observación, reflexión, análise, diagnóstico, execución, avaliación técnico-científica e/ou divulgación en distintos contextos e en todos os sectores da intervención profesional na actividade física e o deporte.
C3	1.3 Comunicarse e interactuar de forma adecuada e eficiente, na actividade física e deportiva, en diversos contextos de intervención, demostrando habilidades docentes de forma consciente, natural e continua.
C22	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
C25	7.1 Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.
D2	1.2. Diseñar y aplicar el proceso metodológico integrado por la observación, reflexión, análisis, diagnóstico, ejecución, evaluación técnico-científica y/o difusión en diferentes contextos y en todos los sectores de intervención profesional de la actividad física y del deporte.
D3	1.3 Comunicar e interactuar de forma adecuada y eficiente, en actividad física y deportiva, en contextos de intervención diversos, demostrando habilidades docentes de forma consciente, natural y continuada.
D24	6.1 Coñecer e comprender as bases da metodoloxía do traballo científico.
D25	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
D28	7.1 Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende. mellora, excelencia, calidade e eficiencia.

Resultados previstos na materia

Expected results from this subject	Training and Learning Results	
Coñecer e comprender as bases da metodoloxía do traballo científico.	B9	D24
Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.	B10 C22	D25

Coñecer e saber aplicar os principios éticos, deontolóxicos e de xustiza social no desempeño e implicación profesional, así como ter hábitos de rigor científico e profesional e unha actitude constante de servizo aos cidadáns no exercicio da súa práctica profesional coa que se pretende mellora, excelencia, calidade e eficiencia.	B11	C25	D28
Deseñar e aplicar o proceso metodolóxico composto pola observación, reflexión, análise, diagnóstico, execución, avaliación técnico-científica e/ou divulgación en distintos contextos e en todos os sectores da intervención profesional na actividade física e o deporte.		C2	D2
Comunicarse e interactuar de forma adecuada e eficiente, na actividade física e deportiva, en diversos contextos de intervención, demostrando habilidades docentes de forma consciente, natural e continua.		C3	D3

Contidos

Topic	
Psicoloxía aplicada á actividade física e o deporte: Conceptos xerais	1.-Introdución á Psicoloxía 2.-Conceptos xerais da psicoloxía procesos psicolóxicos básicos: 2.1.-Sensación-Percepción e percepción da dor 2.2.-Atención. 2.3.-Memoria. 2.4.-Emoción e motivación. 2.5.-Linguaxe e comunicación interpersonal. 2.6.-Aprendizaxe.
Desenvolvemento humano. Desenvolvemento e control motor	Desenvolvemento dos deportistas. Etapas evolutivas. Desenvolvemento cognitivo Desenvolvemento socioafectivo. Desenvolvemento da personalidade. Desenvolvemento e control motor
Análise comportamental do deporte.	Variables a analizar na conduta deportiva: motivación, nivel de activación, ansiedade e estrés, autoconfianza e concentración dos deportistas. Métodos de avaliación, análises e intervención.

Planificación

	Class hours	Hours outside the classroom	Total hours
Lección maxistral	28	0	28
Traballo tutelado	14	0	14
Seminario	11	0	11
Resolución de problemas de forma autónoma	17	7	24
Exame de preguntas obxectivas	2	20	22
Cartafol/dossier	0	20	20
Traballo	10	10	20
Informe de prácticas, prácticum e prácticas externas	9	2	11

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodoloxía docente

	Description
Lección maxistral	Actividades expositivas de profesor e estudantes. Exposicións, seminarios, presentación de exercicios, traballos ou proxectos a desenvolver
Traballo tutelado	Resolución de exercicios na aula baixo a dirección do profesor
Seminario	Resolución de dúbidas, consulta e seguimento do traballo, en *tutorías obrigatorias en pequeno grupo
Resolución de problemas de forma autónoma	Actividades para entregar que terán que facer de maneira individual

Atención personalizada

Methodologies	Description
Lección maxistral	O alumnado poderá intervir a o longo das sesións maxistras, para consultar ou achegar calquera información de interese co tema que se estea traballando.
Seminario	O alumnado presentará o traballo realizado desde a tutoría anterior, e recibirá orientación para seguir avanzando. Tamén se resolverán as dúbidas que se formulen.
Resolución de problemas de forma autónoma	O alumnado poderá facer todas as consultas que considere precisas para poder desenvolver as tarefas que teña que facer na materia de maneira autónoma.
Tests	Description

Traballo	O alumnado recibirá unha atención personalizada, centrada en solucionar todas as dúbidas que poida ter na realización do traballo grupal e individual.
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Avaliación					
	Description	Qualification	Training and Learning Results		
Exame de preguntas obxectivas	levará a cabo de forma continuada ao longo da materia probas que avalían os coñecementos teóricos.	40	C25	D24	D25
Traballo	O alumnado terá que realizar entregar, de forma *grupal, un dossier coa revisión bibliográfica do tema obxecto de estudo. Cada membro integrante do grupo terá que entregar unha síntese do traballo, cunha extensión máxima de 1500 palabras	30	B9 B10 B11	C3 C22	D2 D3 D25
Informe de prácticas, prácticum e prácticas externas	O alumnado fará traballos, de maneira individual e en grupo, que quedarán recollidos nun dossier de prácticas, que deberán entregar en MOOVI.	30	B11	C3	D3

Other comments on the Evaluation

Outros comentarios sobre o proceso de avaliación: 1) Na cualificación final considerárase a participación en actividades, de carácter complementario, recomendadas polo profesorado da materia. 2) Na sesión de xullo, o alumnado só terá que facer o exame dos contidos e competencias que non conseguiu superar na sesión de xuño, e manterase a cualificación das competencias adquiridas. 3) A cualificación final será o resultado do nivel de competencia acadado, en relación cos obxectivos da materia, na convocatoria de xuño e xullo. 4) Todo o alumnado, con avaliación continua ou non, deberá presentar por escrito e oralmente os traballos que o profesorado lle asigne. 5) Para aprobar a materia, o alumnado terá que acadar unha puntuación de 5 en cada unha das partes nas que se divide a materia.

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Recomendacións

Other comments

Recomendase:

- 1.-Ler, con anterioridade a explicación do profesorado da materia, o material do tema que se vai a tratar na sesión maxistral e as prácticas dos grupos B; de ser o caso, débense anotar as dúbidas para resolvelas na sesión maxistral, ou ben nunha tutoría individual.
 - 2.-Participar activamente nas clases maxistrais , nas sesións de prácticas e grupo pequenos, expondo cuestións sobre os temas tratados.
 - 3.-Exporlle ao profesorado da materia todas as preguntas/consultas que considere necesarias para comprender os contidos explicados nas sesións maxistrais, e nas prácticas, así como os procedementos implicados no desenvolvemento dos traballos asignados polo profesorado da materia.
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IDENTIFYING DATA				
Research methodology and statistics in physical activity and sport				
Subject	Research methodology and statistics in physical activity and sport			
Code	P02G051V01110			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Iglesias Pérez, María Carmen			
Lecturers	Iglesias Pérez, María Carmen			
E-mail	mcigles@uvigo.es			
Web				
General description				

Training and Learning Results	
Code	
B9	6.1 To know and understand the bases of the methodology of scientific work.
B10	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
C22	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
C23	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
D24	6.1 To know and understand the bases of the methodology of scientific work.
D25	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
D26	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.

Expected results from this subject				
Expected results from this subject		Training and Learning Results		
To know and understand the bases of the methodology of scientific work.		B9		D24
To understand the scientific literature in the field of physical activity and sport, focusing on the method and results sections: identify the methodology used, explain the design, assess validity, differentiate the statistical methods used, correctly interpret the results.		B10	C22	D25
Know, select and apply statistical methods in solving physical activity and sport problems, in particular: select samples, organize and refine data, represent and summarize variables, quantify correlations, measure association, compare groups, calculate statistical significance, assess statistical and practical significance, draw conclusions; rigorously justify the procedures used and the conclusions reached		B10	C22 C23	D25 D26
Apply new technologies in physical activity and sports, specifically manage statistical software and Internet resources.			C22	D25

Contents	
Topic	
Part 1-Introduction to scientific research in physical activity and sport. Steps and elements of the research process	1.1 The scientific method of resolution of problems. 1.2 Parts of a paper and a tesis. 1.3 Types of research: analytical, descriptive, experimental, qualitative. 1.4 Reliability and validity.

Part 2-Data analysis and applied statistics.

Lesson 2: An introduction to Statistics. One dimensional descriptive statistics.

2.1 Statistics and scientific research.

2.2 Basic concepts: population, sample, variables.

2.3 Tabulated and graphical description.

2.4 Measures of central tendency, spread, skewness, and kurtosis.

Lesson 3. Two dimensional descriptive statistics.

3.1 Qualitative data analysis: contingency tables, graphical description and dependency measures.

3.2 Box-plot diagram of a variable recorded by groups. Comparison of mean and variance.

3.3 Covariance and linear correlation.

3.4 Simple linear regression model.

Lesson 4: Introduction to Statistical Inference and probability models.

4.1. Introduction to statistical inference.

4.2. Probability: basic concepts.

4.3. The normal distribution. Applications.

4.4. Point estimation. The sample mean.

4.5. Calculation of the sample size.

4.6. Confidence intervals for mean and proportion

Lesson 5. Testing of Hypothesis.

5.1 Definition and classical methodology of testing: types of hypothesis, associated errors, significance level, critical region.

5.2 p-value.

5.3 Statement of hypotheses and interpretation of the main tests: normality tests, chi-square test of independence, t-test for comparison of means, Pearson correlation test.

Part 3- Information and communication technologies applied to data analysis

Lesson 6: Analysis of real data with Calc and R Commander.

6.1 One-dimensional descriptive analysis.

6.2 Two-dimensional descriptive analysis.

6.3 Hypothesis Testing and Confidence Intervals.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	11.25	11.25	22.5
Problem solving	11.25	11.25	22.5
Practices through ICT	26	12	38
Mentored work	1	20	21
Objective questions exam	2	16	18
Presentation	2	4	6
Laboratory practice	4	18	22

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Lecturing	Professor explanation on theoretical concepts, that will have to study out of class. At the beginning of each lesson, students will be provided with material for a better comprehension of the class.
Problem solving	Resolution of exercises and activities proposed by the professor in a bulletin associated with each topic to reinforce the concepts of the master class.
Practices through ICT	Statistical software will be used for the analysis of data, mainly EXCEL, CALC and R Commander. With regard to Lesson 1, the practices will be focused on the analysis of research papers: type, schedule, hypothesis, methodologies, results and conclusions.
Mentored work	The students will make a work of analysis of data focused in the application and interpretation of the statistical concepts and models of the matter. The work will be carried out in a team group and a presentation will be made.

Personalized assistance

Methodologies	Description
Mentored work	Any questions will be resolved in the usual tutorials. Tutoring can be telematic by appointment. In the tutorials you can consult doubts about the team work or any part of the subject.

Assessment					
	Description	Qualification	Training and Learning Results		
Objective questions exam	Test with objective questions and problems about concepts and models exposed and discussed in theoretical sessions.	40	B9 B10	C22 C23	D24 D25
Presentation	Evaluation of the team work. The content of the work and the presentation will be taken into account.	20	B9 B10	C22 C23	D24 D25 D26
Laboratory practice	Two test (20%- 20%) about resolution/ interpretation of practical problems of statistical data analysis with software.	40	B10	C22 C23	D25

Other comments on the Evaluation

Students can choose between a system of continuous assessment or a global assessment.

Continuous assessment is recommended.

Students who choose the global assessment must notify the teacher before taking the first computer exam.

CONTINUOUS ASSESSMENT

-First call:

Continuous evaluation consists of the following activities:

One test about concepts and problems studied in theoretical classes, two test with the computer and a group work with presentation.

In the 3 test a minimum grade of 4 (over 10) will be necessary to calculate the final average.

If a student does not work systematically in group activities, he or she may be expelled from the group.

Also, if a student's performance is not in line with that of their classmates, his or her grade could be lower than that of the group.

There will also be theory self-assessment activities (optional).

-Second call:

The same structure of exams will be repeated as during the course, so that each student may retrieve the part that corresponds to him/her.

GLOBAL ASSESSMENT::

It consists of a final theory exam (50%) and a final computer exam (50%).

In each of the 2 exams, a minimum grade of 5 (over 10) will be necessary to calculate the final average.

Both in the continuous and global assesment, passed exams or parts of the subject are not saved from one course to another.

Sources of information

Basic Bibliography

Barriopedro, M.I. y Muniesa, C., **Análisis de datos en las Ciencias de la Actividad Física y del Deporte**, Pirámide, 2012

Thomas, J.R. y Nelson, J.K., **Métodos de investigación en actividad física**, Paidotribo, 2007

Gómez Ruano, M. A. y Lago Peñas, C., **Cómo ayudar a tomar decisiones en el fútbol a partir del análisis de datos**, Great Britain: los autores, 2018

Complementary Bibliography

Ortega,E. et al., **Manual de estadística aplicada a las ciencias de la actividad física y el deporte**, Murcia: DM, 2009

Sánchez Zuriaga, D., **Estadística aplicada a la fisioterapia, las ciencias del deporte y la biomecánica**, Madrid:CEU, 2011

Peña, D. y Romo, J., **Introducción a la estadística para las ciencias sociales**, McGraw_Hill, 1999

Cao, R, et al., **Introducción a la estadística y sus aplicaciones**, Pirámide, 2001

Ríos,F. el al., **Bioestadística: métodos y aplicaciones**, Universidad de Málaga, 1999

Namakforoosh, M., **Metodología de la investigación**, Limusa, 2002

Carlberg, C.G., **Análisis estadístico con Excel**, Madrid: Anaya Multimedia, 2012

Pérez López, C., **Estadística Aplicada a través de Excel**, Prentice Hall, 2002

<http://knuth.uca.es/moodle/mod/resource/view.php?id=1126>, **Estadística Básica con R y R-Commander**,

<https://www.aulafacil.com/cursos/excel-word-powerpoint-access/open-office-calc-t296>, **Curso Open Office Calc**,

Recommendations

IDENTIFYING DATA				
Fundamentos dos deportes individuais				
Subject	Fundamentos dos deportes individuais			
Code	P02G051V01201			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	9	Mandatory	2	1c
Teaching language	Castelán			
Department	Didácticas especiais			
Coordinator	Martínez Patiño, María José			
Lecturers	Martínez Patiño, María José Rial Fernández, Ramón Benigno Tourinho González, Carlos Francisco Zarzosa Alonso, Fernando			
E-mail	mjpatino@uvigo.es			
Web				
General description	*Análisis do proceso de ensino-aprendizaxe da *natación e atletismo			

Resultados de Formación e Aprendizaxe

Code	
B10	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
B12	7.2 Coñecer, elaborar e saber aplicar as condicións ético-deontolóxicas, estrutural-organizativas, o desempeño profesional e a normativa do exercicio profesional dos Licenciados en Ciencias da Actividade Física e do Deporte, en calquera sector profesional da actividade física e do deporte (educación formal e físico-deportivo informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte); así como poder desenvolver un traballo multidisciplinar.
B13	7.3 Comprender, saber explicar e difundir as funcións, responsabilidades e importancia dun bo profesional Licenciado en Ciencias da Actividade Física e do Deporte, así como analizar, comprender, identificar e reflexionar de forma crítica e autónoma sobre a súa identidade, formación e rendemento profesional para acadar o fins e beneficios da actividade física e do deporte de forma adecuada, segura, saudable e eficiente en todos os servizos físico-deportivos ofrecidos e prestados e en calquera sector profesional da actividade física e do deporte.
C1	1.1 Comprender, elaborar e saber aplicar os procedementos, estratexias, actividades, recursos, técnicas e métodos que interveñen no proceso de enseñanza-aprendizaxe con eficiencia, desenvolvendo todo o curso da acción en todos os sectores de intervención profesional de actividade física e deporte (enseñanza formal e informal físico-deportiva; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte).
C2	1.2 Diseñar e aplicar o proceso metodolóxico composto pola observación, reflexión, análise, diagnóstico, execución, avaliación técnico-científica e/ou divulgación en distintos contextos e en todos os sectores da intervención profesional na actividade física e o deporte.
C3	1.3 Comunicarse e interactuar de forma adecuada e eficiente, na actividade física e deportiva, en diversos contextos de intervención, demostrando habilidades docentes de forma consciente, natural e continua.
C4	1.4. Adaptar a intervención educativa ás características e necesidades individuais de toda a poboación e facendo fincapé en poboacións de carácter especial como: escolares, maiores (maiores), persoas con mobilidade reducida e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou similares). prescrito por un médico), tendo en conta o xénero e a diversidade.

Resultados previstos na materia

Expected results from this subject	Training and Learning Results	
Adquirir actitudes didácticas e pedagóxicas adaptadas á metodoloxía do ensino do Atletismo e Natación	B12	C2
Ser capaz de realizar programacións de actividades do Atletismo e Natación		C1 C2 C3 C4
Localizar a información necesaria nas fontes bibliográficas específicas e xerais relacionadas co Atletismo e Natación	B10	C4

Coñecer e utilizar con precisión a terminoloxía específica propia do noso ámbito nos deportes de atletismo e natación	B10	C1 C3
Analizar de forma crítica as exposicións de diversos autores ou teorías.	B13	C3

Contidos

Topic

Bloque Temático 1. Fundamentación teórica da natación e o atletismo.

Bloque Temático 2. Fundamentos técnico-tácticos e didácticos da *natación e o atletismo.

Bloque Temático 3. Estrutura formal e funcional da natación e o atletismo.

Bloque Temático 4. O proceso de iniciación deportiva da natación e o atletismo.

O catro bloques temáticos teñen o seu desenvolvemento en 9 Unidades didácticas.

Atletismo:

UD. I: As carreiras: Presentación da materia. Conceptos básicos da evolución histórica das carreiras, as saídas de tacos e de pé, as substitucións e os valos. Conceptos básicos das regras principais aplicables á iniciación das carreiras, as saídas de tacos e de pé, as substitucións e os valos. Bases estruturais fundamentais da técnica de carreira, da técnica da saída de tacos e de pé, da técnica e estratexia do cambio da testemuña e da técnica do paso do valo. Principios xerais e específicos da observación sistemática da técnica de carreira, da técnica da saída de tacos e de pé, da técnica e estratexia do cambio da testemuña e da técnica do paso do valo. Sesións prácticas de cada unha das técnicas que compoñen a UD.

UD. II: Os saltos: Conceptos básicos da evolución histórica do salto de lonxitude, do triplo salto, do salto de altura e do salto con pértiga. Conceptos básicos das regras principais aplicables á iniciación do salto de lonxitude, do triplo salto, do salto de altura e do salto con pértiga. Bases estruturais fundamentais da técnica do salto de lonxitude, da técnica do triplo salto, da técnica do salto de altura e da técnica do salto con pértiga. Principios xerais e específicos da observación sistemática da técnica do salto de lonxitude, da técnica do triplo salto, da técnica do salto de altura e da técnica do salto con pértiga. Sesións prácticas de cada unha das técnicas que compoñen a UD.

UD. III: Os lanzamentos: Conceptos básicos da evolución histórica do lanzamento de peso, do lanzamento de disco, do lanzamento de xavelina e do lanzamento de martelo. Conceptos básicos das regras principais aplicables á iniciación do lanzamento de peso, do lanzamento de disco, do lanzamento de xavelina e do lanzamento de martelo. Bases estruturais fundamentais da técnica do lanzamento de peso, da técnica do lanzamento de disco, da técnica do lanzamento de xavelina e da técnica do lanzamento de martelo. Principios xerais e específicos da observación sistemática da técnica do lanzamento de peso, da técnica do lanzamento de disco, da técnica do lanzamento de xavelina e da técnica do lanzamento de martelo. Sesións prácticas de cada unha das técnicas que compoñen a UD.

UD. IV: As probas combinadas: Conceptos básicos da evolución histórica das probas combinadas. Conceptos básicos das regras principais aplicables á iniciación das probas combinadas. Conceptos básicos de xogando ao atletismo. *Estructuración das prácticas. Sesións prácticas de xogando ao atletismo.

Natación:

UD. I: Formulacións das actividades acuáticas: Presentación da materia cunha introdución aos diferentes tipos de actividades que se desenvolven na actualidade no ámbito da actividade acuática e dos factores que inciden na elección das diferentes formulacións.

UD. II: Metodoloxía do proceso de ensino da natación. Tendencias actuais no ensino da natación. Aplicación dos estilos de ensino, análise das variables e condicionantes que inciden na elaboración dun programa de actividades acuáticas desde o punto de vista didáctico.

UD. III: Etapa de adaptación ao medio acuático. Coñecer os procesos básicos de iniciación e *familiarización co medio acuático. Coñecer os mecanismos de execución, variables e procesos no ensino da respiración. Coñecer os factores que inflúen nos mecanismos de *flotación, propulsión e resistencia así como nos procesos de ensino dos mesmos.

UD. IV: Etapa de dominio do medio acuático. Presentación das habilidades e destrezas básicas aplicadas ao ámbito da *natación: conceptos e procesos de aprendizaxe. Etapa de dominio

UD. V: Descrición básica das técnicas de natación. Introdución histórica da evolución ao longo do tempo da técnica do catro estilos: *crol, costas, braza e bolboreta. Descrición e análise das bases estruturais de cada un dos estilos: posición do corpo, traxectorias básicas dos brazos, acción de pernas, respiración e coordinación completa dos movementos. Descrición e coñecemento das técnicas de saídas e xiros de cada un dos estilos de nado e probas de estilo individual.

Planificación			
	Class hours	Hours outside the classroom	Total hours
Lección maxistral	30	27	57
Resolución de problemas	1	9	10
Seminario	2	10	12
Traballo tutelado	2	20	22
Prácticas de laboratorio	40	80	120
Exame de preguntas obxectivas	2	0	2
Informe de prácticas, prácticum e prácticas externas 1		1	2

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodoloxía docente	
	Description
Lección maxistral	Exposición oral con apoio audiovisual dos contidos da materia *objecto de estudo, bases teóricas e/ou directrices do traballo, exercicio ou proxecto a desenvolver polo estudante.
Resolución de problemas	O profesor exporá os aspectos básicos da materia
Seminario	Asistencia a actividades formativas fose da *uvigo, para analizar o funcionamento de programas acuáticos
Traballo tutelado	Desenvolvemento de traballo en grupo sobre a *tematica da materia e *tutorizados polo docente.
Prácticas de laboratorio	Desenvolveranse os conceptos prácticos sobre os deportes individuais de *natación e atletismo

Atención personalizada	
Methodologies	Description
Traballo tutelado	O alumno recibirá atención individualizada no horario de *tutorías establecido a tal fin durante o presente curso académico. Para a consulta do seu horario de *tutorías e lugar das mesmas deberase consultar a web da Facultade de Ciencias da Educación e do deporte. (http://fcced.uvigo.es/*gl/)

Avaliación		Qualification Training and Learning Results		
	Description			
Lección maxistral	No bloque temático de ATLETISMO, avaliarase cun control de coñecemento dalgunha especialidade da materia a través de preguntas curtas que supón o (10%) da nota final.	10	B10 B13	C1 C2 C3
Traballo tutelado	No bloque de *NATAción desenvolveranse traballos propostos polo docente nos cales o alumno mediante o traballo en grupo terá que analizar os puntos que se determinen no temario. Si a planificación permíteo estes traballos exporanse e *defenderan en clase.	25	B10 B12	C1 C4
Prácticas de laboratorio	No bloque temático de ATLETISMO, Se *evalua nesta metodoloxía as prácticas da materia que serán supervisadas nun *exámen práctico de todas ou algunha das prácticas realizadas. Avaliarase co 40% da nota final. Nesta nota final teranse en conta as prácticas realizadas en clase e a participación activa nas prácticas ao longo do curso.	40	B10 B12	C2
	No bloque de *NATAción a avaliación *sera apto/non apto			
Exame de preguntas obxectivas	O bloque temático de *NATAción será avaliado cun exame de preguntas para desenvolver / cuestións de múltiple elección ou de resposta curta.	25	B10 B12	C2 C3 C4

Other comments on the Evaluation	
A puntuación final será a media aritmética da cualificación obtida na parte da materia de Atletismo y Natación. Será necesario alcanzar polo menos unha puntuación de 4 para realizar a media.	
O estudiantado que non chegue ao 80% de asistencias ás clases prácticas de Atletismo, terá que realizar un examen práctico e entregar un traballo da materia.	
O estudiantado que non chegue ao 80% de asistencias ás clases prácticas de Natación, terá que facer un exame teórico que será o 40% da nota será o exame teórico, o outro 40% o exame práctico e 20% será a elaboración de sesións prácticas ao longo do curso. Así mesmo deberá realizar unha proba na piscina onde acredite de maneira suficiente o dominio mínimo dos catro estilos de nado, saídas y viraxes.	

Bibliografía. Fontes de información

Basic Bibliography

Complementary Bibliography

Arellano, R, **Entrenamiento técnico de natacion**,

Costill, **La natación: aspectos biológicos, mecánicos**, Hispano Europea,

Franco Pedro, **Habilidades acuáticas**, Hispano Europea,

Recomendacións

Subjects that continue the syllabus

Especialización en deportes individuais/P02G050V01907

Other comments

Ningún

IDENTIFYING DATA				
Exercise physiology 2				
Subject	Exercise physiology 2			
Code	P02G051V01202			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	2nd	1st
Teaching language	Spanish Galician			
Department				
Coordinator	García Soidan, José Luís			
Lecturers	García Soidan, José Luís Taboada Iglesias, Yaiza			
E-mail	jlsoidan@uvigo.es			
Web				
General description				

Training and Learning Results

Code	
B3	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
B4	3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).
C8	2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
C10	2.6 Develop an advanced level in the planning, implementation, control and evaluation of physical and sports training processes.
C11	3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
C13	3.3 Articulate and deploy programs of promotion, guidance, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on populations of special character, with the presence of a professional or carried out autonomously by the citizen, in different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; management of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and greater and adequate practice of physical activity and sport.
D24	6.1 To know and understand the bases of the methodology of scientific work.
D25	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.

Expected results from this subject

Expected results from this subject	Training and Learning Results		
1. Capacity to identify, communicate and apply anatomical scientific criteria-physiological and biomecánicos to a level advanced of skills in the design, development and technical evaluation-scientific of procedures, strategies, actions, activities and suitable orientations; to warn, minimise and/or avoid a risk for the health in the practice of physical activity and sport in all type of population	B3	C8	D2
	B3	C10	D5
	B4	C11	D8
	B4	C13	D9
	B5	C23	D10
	B6		D17
	B11		D24

2. Capacity to apply the physiological principles, biomechanics, environmental and social to the field of the physical activity and the health.

B1 C2 D2
B3 C4 D24
B4 C8 D25
B4 C10
B6 C11
B7 C12
B9 C13
B11 C21
B18 C25

Capacity to identify the risks that derive stop the health, of the practice of inappropriate physical activities in the practitioners of physical activity-sportive and leisure.

A5 B3 C8 D1
B4 C8 D2
B6 C9 D3
B8 C10 D7
B9 C11 D8
B10 C13 D15
B12 C18 D18
C26
C64
C66

Contents

Topic	
BLOCK I. PHYSIOLOGY OF The EXERCISE And PROOFS OF EFFORT.	Subject 1. Modifications and cardio-vascular adaptations produced by effort and the physical exercise. Subject 2.-Blood modifications and adaptations induced by effort and the physical exercise. Subject 3. Ventilation, transport of oxygen (VO ₂) and CO ₂ produced by in effort.
BLOCK II. CINEANTROPOMETRY and SPORT NUTRITION.	SUBJECT 4. Studio of the weight and of the corporal composition. Subject 5.Physiological bases and principles of the sportive Nutrition.
BLOCK III. PHYSIOLOGY of the Endurance	Subject 6. Sour balance-base and Renal Function. Subject 7. Fatigue and Syndrome of overtraining
BLOCK IV. FISIOLGY OF The EXERCISE And EXTERNAL AGENTS. PREVENTION And HEALTH.	Subject 8. Physiological answers in front of distinct environmental situations. Subject 9.- Relations go in the physical exercise, health and prevention of illnesses.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	22.5	27.5	50
Mentored work	0	35	35
Laboratory practical	30	35	65

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Lecturing	Exhibition of the classroom problems
Mentored work	To each group the teacher will assign a work related with the contained of the program.
Laboratory practical	Application to practical level of the theory of a field of knowledge in a context determined. Practical exercises through the diverse laboratories.

Personalized assistance

Methodologies Description

Mentored work	Attention in small groups to verify the knowledges purchased. Orientation about the works they have assigned.
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Assessment

	Description	Qualification	Training and Learning Results
Lecturing	The evaluation of the sessions will be realized by test questions. The total punctuation of this section will be of 5.5 points.	39	B3 C11 D24 B4 C13 D25

Mentored work	Works presented (3): 1.5 points in total: -Work 1...0,5 points -Work 2...0,5 points -Work 3...0,5 points	30	B3 B4	C8 C10 C11 C13	D24 D25
Laboratory practical	Assistance to 80% or more of the practical.... 3 points	31	B3 B4	C8 C10 C11 C13	

Other comments on the Evaluation

To surpass the subject, the students will owe to obtain 5 points or more, summing the theoretical part, the practice and the works.

For power realize the theoretical examination, and need that the student assisted 80% of the practical.

Each of the three works will value with the following criteria: a)correct presentation; b)suitable Content; c)Adequated figures and tables; d)bibliographic references with indexed articles (minimum of 4).

The superation of the practices of Laboratory saves until it third announcement.

Sources of information

Basic Bibliography

Mora, **FISIOLOGÍA DEL DEPORTE Y EL EJERCICIO**, 9788491103530, Panamericana, 2021

Asker Jeunkendrup, **Nutrición Deportiva.**, 9788416676798, Tutor, 2019

Thompson Walter R., **ACSM's Clinical Exercise Physiology**, 9781496387806, 1, Wolters Kluwer, 2019

Bernardot, **MANUAL ACSM DE NUTRICIÓN PARA CIENCIAS DEL EJERCICIO.**, 9788417602628, Wolters Kluwer, 2019

Marie Spano, Laura Kruskall, **Nutrition for Sport, Exercise & Health.**, Human Kinetics, 2017

W. Larry Kenney, Jack Wilmore, David Costill, **Physiology of Sport and Exercise**, 6, Human Kinetics, 2015

Scott Powers & E. Howley, **Fisiología del ejercicio. Teoría y aplicación a la forma física y al rendimiento.**, 8, Paidotribo, 2014

López Chicharro, **Fisiología del Entrenamiento Aeróbico.**, Panamericana, 2013

Complementary Bibliography

McArdle, W. and Katch, F., **EXERCISE PHYSIOLOGY. NUTRITION, ENERGY, AND HUMAN PERFORMANCE.**, 9781451191554, LIPPINCOTT, 2018

Calderón Montero, **Fisiología Humana aplicada a la actividad física.**, Panamericana, 2012

Recommendations

Other comments

To approve the subject of Physiology of the Exercise II, the students has to have surpassed the subject of Physiology of the Exercise I.

IDENTIFYING DATA				
Fundamentos dos deportes colectivos I				
Subject	Fundamentos dos deportes colectivos I			
Code	P02G051V01203			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	9	Mandatory	2	1c
Teaching language	Castelán Galego			
Department	Didácticas especiais			
Coordinator	Viaño Santasmarinas, Jorge Juan			
Lecturers	Docampo Blanco, Pedro Silva Alonso, Telmo Vázquez Estévez, Christopher Viaño Santasmarinas, Jorge Juan			
E-mail	jorgeviano@uvigo.es			
Web				
General description	FUNDAMENTACIÓN TEÓRICA DO BALONCESTO (BC) E O BALONMÁN (BM) ESTRUTURA FORMAL E FUNCIONAL DO BC E O BM O PROCESO DE INICIACIÓN DEPORTIVA Ao BC E Ao BM FUNDAMENTOS DIDÁCTICOS DO BC E O BM			

Resultados de Formación e Aprendizaxe

Code	
B10	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
B12	7.2 Coñecer, elaborar e saber aplicar as condicións ético-deontolóxicas, estrutural-organizativas, o desempeño profesional e a normativa do exercicio profesional dos Licenciados en Ciencias da Actividade Física e do Deporte, en calquera sector profesional da actividade física e do deporte (educación formal e físico-deportivo informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte); así como poder desenvolver un traballo multidisciplinar.
B13	7.3 Comprender, saber explicar e difundir as funcións, responsabilidades e importancia dun bo profesional Licenciado en Ciencias da Actividade Física e do Deporte, así como analizar, comprender, identificar e reflexionar de forma crítica e autónoma sobre a súa identidade, formación e rendemento profesional para acadar o fins e beneficios da actividade física e do deporte de forma adecuada, segura, saudable e eficiente en todos os servizos físico-deportivos ofrecidos e prestados e en calquera sector profesional da actividade física e do deporte.
C1	1.1 Comprender, elaborar e saber aplicar os procedementos, estratexias, actividades, recursos, técnicas e métodos que interveñen no proceso de enseñanza-aprendizaxe con eficiencia, desenvolvendo todo o curso da acción en todos os sectores de intervención profesional de actividade física e deporte (enseñanza formal e informal físico-deportiva; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte).
C2	1.2 Deseñar e aplicar o proceso metodolóxico composto pola observación, reflexión, análise, diagnóstico, execución, avaliación técnico-científica e/ou divulgación en distintos contextos e en todos os sectores da intervención profesional na actividade física e o deporte.
C3	1.3 Comunicarse e interactuar de forma adecuada e eficiente, na actividade física e deportiva, en diversos contextos de intervención, demostrando habilidades docentes de forma consciente, natural e continua.
C4	1.4. Adaptar a intervención educativa ás características e necesidades individuais de toda a poboación e facendo fincapé en poboacións de carácter especial como: escolares, maiores (maiores), persoas con mobilidade reducida e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou similares). prescrito por un médico), tendo en conta o xénero e a diversidade.
C6	2.2. Identificar, comunicar e aplicar criterios científicos anatómico-fisiolóxicos e biomecánicos a un nivel avanzado de competencias no deseño, desenvolvemento e avaliación técnico-científica de procedementos, estratexias, accións, actividades e orientacións adecuadas; previr, minimizar e/ou evitar un risco para a saúde na práctica de actividade física e deportiva en todo tipo de poboación.

Resultados previstos na materia

Expected results from this subject	Training and Learning Results
HABILIDADE DE LIDERADO, CAPACIDADE DE RELACIÓN INTERPERSOAL E TRABALLO EN EQUIPO	C4
ADAPTACIÓN A NOVAS SITUACIÓNS, A RESOLUCIÓN DE PROBLEMAS E A APRENDIZAXE AUTÓNOMA	B12 C2
	B13 C3

HÁBITOS DE EXCELENCIA E CALIDADE NO EXERCICIO PROFESIONAL	B13	C4
ACTUACIÓN DENTRO DOS PRINCIPIOS ÉTICOS NECESARIOS PARA O CORRECTO EXERCICIO PROFESIONAL	B10	C3
	B13	C4
CAPACIDADE PARA DESEÑAR, DESENVOLVER E AVALIAR OS PROCESOS DE ENSINO - APRENDIZAXE RELATIVOS AOS DEPORTES DE BALONCESTO E BALONMÁN, CON ATENCIÓN ÁS CARACTERÍSTICAS INDIVIDUAIS E CONTEXTUALES DAS PERSOAS.		C1
		C2
		C4
CAPACIDADE PARA PROMOVER E AVALIAR A FORMACIÓN DE HÁBITOS *PERDURABLES E AUTÓNOMOS DE PRÁCTICA DO BALONCESTO E O BALONMÁN	B10	C2
	B13	
CAPACIDADE PARA APLICAR OS PRINCIPIOS FISIOLÓGICOS, BIOMECÁNICOS, COMPORTAMENTALES, E SOCIAIS, NO ÁMBITO DO BALONCESTO E O BALONMÁN	B10	C3
		C4
		C6
CAPACIDADE PARA IDENTIFICAR OS RISCOS QUE SE DERIVAN PARA A SAÚDE DA PRÁCTICA DO BALONCESTO E O BALONMÁN DE FORMA INADECUADA	B13	C4
CAPACIDADE PARA SELECCIONAR E SABER UTILIZAR O MATERIAL E EQUIPAMENTO DEPORTIVO ADECUADO PARA O BALONCESTO E O BALONMÁN		C6
MANEXO DA INFORMACIÓN CIENTÍFICA BÁSICA APLICADA AO ÁMBITO DO BALONCESTO E O BALONMÁN	B10	

Contidos

Topic

1.- FUNDAMENTACIÓN TEÓRICA DO BALONMÁN.	TEMA 1. ASPECTOS TEÓRICOS BÁSICOS 1.1. Orixe e evolución do baloncesto e o balonmán. 1.2. Contextualización do balonmán e o baloncesto no tres ámbitos de intervención. 1.3. Terminoloxía, simboloxía e representación gráfica.
2. ESTRUCTURA FORMAL E FUNCIONAL DO BALONMÁN.	TEMA 2. ANÁLISE DA ESTRUCTURA DE XOGO DO BALONMÁN E BALONCESTO. 2.1. Análise formal 2.2. Análise funcional 2.3. Regulamento: análise desde o punto vista formal e funcional 2.3.1. Regulamento adaptado para fases de formación: Mini-balonmán 2.3.2. Regulamento non adaptado (convencional)

3. FUNDAMENTOS TÉCNICO-TÁCTICOS E DIDÁCTICOS DO BALONMÁN

TEMA 3. FUNDAMENTOS INDIVIDUAIS

3.1. As intencións técnico-tácticas dos roles estratéxicos (o que)

3.1.1. Porteiro.

3.1.2. Ofensivos: ACB e ASB

3.1.3. Defensivos: DASB e DACB.

3.1.4. Metodoloxía práctica específica das intencións técnico-táctica individuais (táctica individual)

TEMA 4. FUNDAMENTOS COLECTIVOS: TÁCTICOS *GRUPALES E DE EQUIPO (SISTEMAS)

4.1. Táctica Colectiva de Grupo (Táctica *Grupal)

4.1.1. Ofensivos

□ Elementais (superioridade): Situacións de Asimetría Táctica (en superioridade)

□ Simples (igualdade): Circulación do Balón / ou Circulación dos Xogadores

□ Básicos: Pase e vai. Penetracións sucesivas. Cruces. Cortinas. Permutas. *Bloqueos. Pantallas.

□ Complexos: Circulacións Complexas. Procedementos Tácticos (en Situacións Especiais)

4.1.2. Defensivos

□ Inmediatos: repartición inicial de zonas e tarefas ou distribución de responsabilidades

□ Preventivos: *Basculación. Cobertura.

□ Reactivos: Defensa ante o Pase e Vai. Deslizamiento, a Barreira Dinámica. Dobraxa. Cambio de Opoñente e Contrabloqueo). Colaboración Defensa-Porteiro

□ Activos: Flotación. Ataque ao Impar. Dous Contra Un

4.1.3. Metodoloxía práctica específica da táctica colectiva: fases de aprendizaxe

□ Fase de aprendizaxe inicial globalizado

□ Fase de aprendizaxe específica analítico e en postos específicos

□ Fase de perfeccionamento.

4.2. Táctica Colectiva de Equipo

4.2.1. Sistemas

□ Ofensivos: Ataque posicional, Contraataque

□ Defensivos: Defensa ao ataque *posicional, Regameo defensivo.

4.2.2. Metodoloxía práctica específica

□ Formas de xogo para o desenvolvemento dos sistemas ou Xogo libre

ou Xogo dirixido: Xogo posicional ou en postos específicos. Xogo circulante ou en circulación

ou Xogo prefabricado (xogadas)

4.- O PROCESO DE INICIACION DEPORTIVA NO BALONMÁN

TEMA 5. O PROCESO DE FORMACIÓN DO DEPORTISTA DE DEPORTES DE COOPERACIÓN-OPOSICIÓN: O MODELO TÁCTICO.

- 5.1. Interpretación conductista vs cognitivista da persoa-deportista (e a súa motricidad-conduta)
- 5.2. Perspectivas ou teorías históricas da aprendizaxe (orixe das metodoloxías)
- 5.3. Metodoloxías (Analíticas, Globalistas, Ecléctica: xogos modificados/reducidos aplicados á iniciación, utilizando a procura como estratexia)
- 5.4. Etapas no proceso de formación.
- 5.5. Categorías de competición vs etapas de formación.

TEMA 6. PERCEPCIÓN E CONDUTA TÁCTICA NO BALONMÁN

- 6.1. Aspectos básicos e bases neurofisiolóxicas
- 6.2. Percepción visual consciente e inconsciente
- 6.3. Aprendizaxe consciente e inconsciente
- 6.4. Visión central e visión periférica: "non mirar nada" para "ver máis"
- 6.5. As estratexias visuais
- 6.6. Percepción e creatividade
- 6.7. Recomendacións metodolóxicas para a adquisición das estratexias visuais.

TEMA 7. MODELOS DE INICIACIÓN DEPORTIVA

- 7.1. "Tradicionais" "Técnicos" *vs Comprensivos
- 7.2. Verticais vs Horizontais (principio de transferencia)
- 7.3. Tipoloxías de Modelos Comprensivos
- 7.3. Outros modelos de iniciación deportiva: Educación Deportiva, Responsabilidade Persoal e Social, etcétera.
- 7.4. Idade e etapa de formación, correspondencia segundo modelos.

TEMA 8. MODELOS DE INICIACIÓN Aos DEPORTES DE COOPERACIÓN-OPOSICIÓN. ETAPAS Ou FASES DE ENSINO-APRENDIZAXE.

- 8.1. Exemplos de diversos autores.
- 8.2. Análise de vantaxes e desvantaxes de cada modelo para a adquisición de diferentes aspectos individuais e colectivos de xogo
- 8.3. Elementos didácticos de cada fase de xogo.
 - "Avaliación inicial ou identificación do nivel de xogo: análise de comportamentos observados vs desexados
 - "Definición de obxectivos didácticos: toma de decisións sobre a fase do modelo a ensinar-aprender (adestrar).
 - "Selección de contidos didácticos
 - "Situacións prácticas (actividades)
 - "Recomendacións metodolóxicas

TEMA 9. PROFUNDIZACIÓN NOS ELEMENTOS DIDÁCTICOS PARA O ENSINO-APRENDIZAXE DA TÁCTICA *GRUPAL COLECTIVA

- 9.1. Características fundamentais das tarefas tácticas
- 9.2. Elementos básicos da estrutura xeral do modelo táctico
- 9.3. Variables ou compoñentes operativos básicos do modelo táctico.
- Deseño de situacións de ensino-aprendizaxe
- 9.4. Exemplo de Teorías elaboradas para o deseño de situacións tácticas (Ex. Teoría graduada de Roth,")
- 9.5. Deseño de Sesións
 - 9.5.1. Estrutura dunha sesión
 - 9.5.2. Proposta de situacións/tarefas didácticas para cada fase do modelo.

TEMA 10. BALONMÁN RECREATIVO PARA TODOS

- 11.1. Persoas con necesidades educativas específicas
 - 10.1.1. Discapacidade visual
 - 10.1.2. Discapacidade motriz (cadeira de rodas)
- 10.2. Outros ámbitos e obxectivos
 - 10.2.1. Recreativo en contorna natural: balonmán praia

CONTIDOS BALONCESTO

SUBTEMAS

Planificación

	Class hours	Hours outside the classroom	Total hours
Actividades introductorias	1.5	2	3.5

Lección maxistral	20	6	26
Flipped Learning	7.5	20	27.5
Prácticas de laboratorio	38	17	55
Traballo tutelado	1.5	30	31.5
Aprendizaxe colaborativa	14	24	38
Presentación	1.5	5	6.5
Foros de discusión	0	5	5
Saídas de estudo	1.5	0	1.5
Simulación	0.5	0	0.5
Exame de preguntas obxectivas	2	7	9
Informe de prácticas, prácticum e prácticas externas	1	8	9
Práctica de laboratorio	1	2	3
Simulación ou Role Playing	1	5	6
Resolución de problemas e/ou exercicios	3	0	3

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodoloxía docente

	Description
Actividades introdutorias	Realizaranse diferentes metodoloxías para a recompilación de información sobre o estudantado, prioritariamente, sobre o nivel inicial de coñecemento, nivel de xogo, etcétera. que axuden tanto ao profesorado como ao propio estudantado a realizar unha mellor planificación reaxustando o proceso de ensino-aprendizaxe. É probable a inclusión adicional de visionado de vídeos cunha selección de situacións de xogo representativas e de alta calidade na execución que, sobre todo a aquel estudantado con escaso contacto cos contidos axúdelles a achegarse de forma rápida e visual aos contidos máis representativos do bloque de balonmán.
Lección maxistral	Exposición por parte do profesorado dos contidos sobre a materia obxecto de estudo, bases teóricas e/ou directrices dun traballo, exercicio ou proxecto a desenvolver polo alumnado.
Flipped Learning	Solicitarase aos estudantes diferentes actividades de aprendizaxe fose da aula (procura de información en diferentes recursos escritos ou multimedia, análise, interpretación e/ou estudo PREVIO á asistencia ás clases teóricas e/ou teóricas En clases teóricas e/ou prácticas co profesorado presente realizaranse actividades complementarias para avaliar a aprendizaxe, resolver dúbidas ou lagoas observadas para afianzalo, etcétera.
Prácticas de laboratorio	Actividades de aplicación dos coñecementos a situacións concretas e de habilidades básicas e/ou específicas e *procedimentales relacionadas coa materia obxecto de estudo. Desenvolveranse en espazos especiais con equipamento especializado: pavillón da Facultade (campo de xogo de baloncesto e de balonmán), tamén poderán utilizarse espazos naturais adaptados convenientemente (praia, campos máis pequenos, etc.).
Traballo tutelado	Proxecto de planificación do ensino-aprendizaxe do balonmán. Será individualizada a un caso (estudo de caso) (p. ex. neno, grupo de nenos, equipo...) adaptándoa ao nivel de xogo inicial (avaliación inicial) Definirase nun guión escrito a disposición na plataforma MOOVI.
Aprendizaxe colaborativa	Aplicarase, de forma en forma de proxecto piloto, dous modelos de ensino do deporte de forma integrada ou híbrida, denominados: Ensino Deportivo e Ensino Comprensivo. Sumando algúns compoñentes dun terceiro modelo: Aprendizaxe Cooperativa. Cada grupo de prácticas constituirase en dous grupos-equipos de balonmán a partir de que o profesorado o esixa dentro do semestre. De forma cooperativa/colaborativa o grupo-equipo debe organizarse para que cada membro do grupo-equipo, de forma rotatoria cada semana, desempeñe os diferentes roles estipulados vinculados ao deporte do balonmán (equipo técnico, árbitro, mesa, analista de datos-xogo, mesa, preparador físico...).
	Aínda que a responsabilidade cada semana en cada rol é individual ou por parellas, a responsabilidade última-global do correcto desempeño en cada rol é global (de todo o grupo-equipo) polo que os erros, carencias, ausencias, etcétera. que cometa un membro do equipo nun rol semanal, o resto do equipo debe tentar suplilas solidariamente en beneficio do propio equipo. En coherencia, a nota asignada a cada rol será asignada ao conxunto dos membros do equipo, polo que o equipo (no seu conxunto) é o primeiro interesado en que cada membro desempeñe de forma óptima cada rol. O profesorado estipulará unhas esixencias a desempeñar en cada rol a ter en conta e que se utilizarán para a avaliación.

Presentación	Esta metodoloxía estará integrada coa denominada Aprendizaxe Colaborativo" (avaliarase dentro da mesma). O equipo designará a un membro ou parella responsable da impartición duns contidos técnico-tácticos individuais ou tácticos colectivos previamente definidos para o desenvolvemento de ensino-aprendizaxe do equipo.
Foros de discusión	Esta metodoloxía estará integrada coa denominada "Aprendizaxe *Colaborativo" (avaliarase dentro da mesma). Proporanse foros semanalmente para debater sobre o proceso de ensino-aprendizaxe do equipo en varios aspectos: dirección técnica, nivel de xogo (segundo obxectivos definidos previamente), principio de xogo de ataque e defensa, etcétera, Buscando solucións e realizando proposta de mellorar do proceso de ensino-aprendizaxe.
Saídas de estudo	Existe a posibilidade de desprazarse a eventos deportivos de balonmán de polo menos dúas categorías diferentes para a observación en tempo real dos fundamentos técnico-tácticos do balonmán por parte de xogadores/as federados/as. O alumnado deberá facer o traballo solicitado na ficha deseñada para ese efecto co obxectivo de adquirir competencias de observación, rexistro e análise sistemática do xogo. Outra das saídas podería consistir na experimentación dunha modalidade máis recreativa do balonmán convencional (balonmán praia, etcétera) é espazos específicos para a súa práctica. Ditas saídas están supeditadas á aprobación por parte da Xunta de Centro e estar dotadas economicamente para poder realizar o traslado a través da "Convocatoria de Saídas de Campo" anual.
Simulación	Utilizarase o formato de tempada similar á competición oficial por equipos como forma de simular e vivenciar situacións o máis reais posibles e que a aprendizaxe sexa máis significativo, pois terán que asumir non só a participación como equipo senón diferentes roles que se deben ou poden asumir no deporte (equipo técnico, árbitro, mesa, analista de datos-vídeo, preparador físico, etcétera.).

Atención personalizada

Methodologies	Description
Traballo tutelado	Sería necesario a asistencia polo menos a unha tutoría concertada co profesorado para a súa orientación correcta, revisión previa entrega, etcétera. A tutoría debe concertarse previamente mediante correo electrónico. Prof. Jorge Viaño Despacho 220 da 2ª planta. Despacho virtual para as tutorías é o seguinte (o horario de atención publicarase ao principio do semestre): Sala 2699 - Prof. Jorge Juan Viaño Santasmarinas (contrasinal: DespachoViaño220) Prof. Telmo Silva Despacho Sala 2445 - Prof. Telmo Silva Alonso (contrasinal: solicitadea por correo electrónico)
Aprendizaxe colaborativa	Diseñaranse diferentes actividades nalgúns metodoloxías a través do TIC nas que a o profesorado participará como moderador (foros de discusión, debates...). Noutras metodoloxías o profesorado participará como árbitro, asesor do equipo técnico do equipo, etcétera
Presentación	Para a metodoloxía de "Presentación", integrada na de "Aprendizaxe *Colaborativa", sería necesaria a asistencia a polo menos unha *tutoría concertada co profesorado para a súa orientación correcta

Avaliación

Description	Qualification Training and Learning Results

CONSIDERACIÓNS XERAIS:

- Este apartado forma parte da avaliación CONTINUA (íranse entregando diferentes partes ao longo do semestre de docencia).

- En concreto, esta metodoloxía está vinculada á ASISTENCIA ÁS CLASES TEÓRICAS, principalmente, porque o seu desenvolvemento e realización será prioritamente en devanditas clases (no entanto poida que haxa certas actividades coa mesma metodoloxía nalgunha clase práctica).

PERDA DE DEREITO A SER AVALIADO:

A) EN CADA ACTIVIDADE: A NON ASISTENCIA A CLASE E/OU REALIZACIÓN das actividades en tempo e forma en devanditas clases teóricas suporá a PERDA DE DEREITO a ser avaliado en devandita actividade.

B) NA AVALIACIÓN CONTINUA - A reiterada falta de asistencia e/ou realización das actividades de flipped learning pode levar a perda de dereito á avaliación continua e, por tanto, a obrigatoriedade de presentar a exame final de preguntas obxectivas (exame teórico) en data e hora estipulada segundo calendario de exames (véxase web da facultade).

CUALIFICACIÓN

- Será requisito mínimo para superar cada actividade alcanzar un 5 sobre 10 en cada evidencia presentada para a súa aprobación (salvo comunicación expresa do profesorado noutro sentido), e, globalmente, tamén 5 puntos sobre 10 neste apartado.

- A súa entrega será definida polo profesorado durante as clases presenciais teóricas e prácticas, do mesmo xeito que as condicións de tempo e forma.

- Non será posible presentar devandito traballo para ser avaliado na convocatoria de xullo senón realizouse anteriormente as entregas en tempo e forma durante o semestre SALVO COMUNICACIÓN EXPRESA DO PROFESOR.

Prácticas de laboratorio	BALONCESTO: a) Execución, esforzo físico e cognitivo na realización de tarefas prácticas (10 %). b) Informe de prácticas (10%) c) Xogo de 3x3 (10%). Requisitos mínimos para cualificar estes apartados: asistencia a un mínimo de 12 clases prácticas de baloncesto. BALONMÁN: - Asistencia OBRIGATORIA nun MÍNIMO de 90%. - A asistencia NON SE CUALIFICARÁ cun % da nota final. XUSTIFICACIÓN das ausencias: As razóns xustificadas admitidas son, principalmente: + Causas médicas (citas médicas, urxencias-informe, + Causas familiares (cargas familiares, familiar a cargo...) + Causas deportivas (deportistas de alto nivel recoñecidos por competicións, concentracións... xustificadas). + Causas de representación de comisión-assembly-xunta de órganos colexiados da facultade, estudantes... RECOMENDACIÓN para non perder docencia práctica: - O estudante, excepto causas fortuítas (urxencias médicas, accidentes....) e, en previsión, de que faltará á práctica do seu grupo, ten a posibilidade de solicitar previamente a asistencia a un grupo de prácticas diferente onde se está impartindo ese mesmo número de práctica (p.ex. si non podo ir no meu grupo de xoves podería solicitar ir nalgún grupo dos martes, ou viceversa). INFORMES: - Debe presentarse INFORME que xustifique a ausencia nun prazo máximo de 15 días despois de dita ausencia. - O informe presentado e as causas que se argumenten (segundo o citado anteriormente), será valorado polo profesorado a efectos de asistencia e manter o dereito á avaliación continua. - Si a práctica a realizar ese día de ausencia supuña a realización dalgunha actividade (xa sexa previa, durante ou posteriormente), o informe non exime das tarefas que debían haberse realizado. PERDA DE DEREITO POR INCUMPRIMENTO: A) NON poderá optar a ser avaliado nas metodoloxías-probas asignadas á avaliación continua (traballo colaborativo, flipped learning...). B) O estudante deberá presentarse ao exame final de resolución de problemas e/ou exercicios (exame práctico), estipulado segundo calendario oficial de exames publicado na web da Facultade.	15	B10 B13	C1 C2 C3 C4 C6
Traballo tutelado	BALONMÁN: [30% do 100% dA nota final de balonmán] Este apartado forma parte da avaliación continua durante o semestre (iranse entregando diferentes partes ao longo do semestre de docencia para cada un dos traballos). Pedirase a entrega de traballos de deseño e planificación do proceso de ensino-aprendizaxe-adestramento dun neno-a en etapas de formación (estudo de caso) e/ou do propio estudante (caso persoal), para a mellora do nivel de xogo na participación dentro do grupo-equipo de adestramento-competición. O estudante establecerá as estratexias metodolóxicas adecuadas (avaliación inicial, obxectivos-contidos de traballo a nivel de sesión de adestramento e de competición (partidos), avaliación intermedia-final...reflexións, lectura....para adaptar o proceso á etapa de formación que corresponda. No caso que o estudante teña que acollerse ou verse obrigado á avaliación final (non continua), este traballo tamén forma parte da mesma pero cunha porcentaxe da nota diferente (véxase máis abaixo "Outros comentarios sobre a avaliación")	15		C1 C3

Aprendizaxe colaborativa	BALONMÁN: 30% sobre o 100%. Deberanse cumprir en tempo e forma coa entrega, presentación ou calquera outra evidencia que o profesorado demande ao conxunto do equipo de traballo ou a calquera membro do equipo individualmente. Cada evidencia terá un valor máximo resultado de dividir o valor total deste apartado entre o número de evidencias que se soliciten.	15	C1 C3 C6
Exame de preguntas obxectivas	BALONCESTO: a) Proba escrita sobre coñecemento teórico-práctico sobre orixe, evolución, regulamento comparado, fundamentos técnicos e fundamentos tácticos do xogo: 35% da cualificación final. b) Proba escrita sobre o coñecemento teórico-práctico alcanzado sobre os fundamentos do adestramento de xogadores/*as e equipos de baloncesto: 35 % da cualificación final.	35	C1 C2 C4 C6
Requisitos: cualificación mínima en cada proba 4 puntos.			
Resolución de problemas e/ou exercicios	BALONMÁN: [25% sobre o 100%] [Requisito mínimo: 5 sobre 10 puntos]	12.5	C1 C4 C6
Devanditos problemas pode ser dividido en varios parciais mediante probas escritas (presencial ou virtual, segundo as circunstancias).			
Estas probas tamén serán parte da avaliación continua que exige de exame final teórico en caso de ser superados. No entanto, si ditas probas non se superan co mínimo exixible, a materia correspondente deberá recuperarse en exame final (escrito ou virtual segundo proceda).			
Non se gardarán as partes aprobadas para a seguinte edición ou convocatoria salvo anuncio expreso do profesorado por anuncio ou correo electrónico a todo o alumnado.			

Other comments on the Evaluation

COMENTARIOS SOBRE A PARTE DE BALONCESTO

1- MODALIDADE DE AVALIACIÓN CONTINUA E GLOBAL

a) Ou alumnado poderá elixir a modalidade na que quere ser avaliado: modalidade de avaliación continua ou global.b) O prazo que o alumnado faga a elección da modalidade de avaliación será comunicado pola facultade no seu momento.

2- CONVOCATORIA COMÚN BALONCESTO

a) Para a modalidade de avaliación continua: aplicaranse os criterios de cualificación expostos na guía docente.b) Para a modalidade de avaliación global: farase, segundo o calendario de exames oficial, unha proba teórico-práctica sobre o conxunto de coñecementos e procedementos correspondentes a materia, con resolución de supostos prácticos e/ou respostas a preguntas con opción múltiple e/ou resposta verdadeiro ou falso ante determinadas afirmacións ou preguntas (100 % da cualificación).

3- CONVOCATORIA EXTRAORDINARIA BALONCESTO

a) Para a modalidade de avaliación continua: aplicaranse os mesmos criterios de cualificación que foron considerados na convocatoria común.b) Para a modalidade de avaliación global: farase, segundo o calendario de exames oficial, unha proba teórico-práctica sobre o conxunto de coñecementos e procedementos correspondentes a materia, con resolución de supostos prácticos e/ou respostas a preguntas con opción múltiple e/ou resposta verdadeiro ou falso ante determinadas afirmacións ou preguntas (100 % da cualificación).

COMENTARIOS SOBRE A PARTE DE BALONMÁN

1. AVALIACIÓN CONTINUA

Proponse un sistema de avaliación continua de traballo-avaliación durante o semestre.

O incumplimento dun ou varios dos requisitos mínimos de cada metodoloxía/proba definida, obrigan a presentarse ao exame final de #o #dicir parte (teórica e/ou práctica, segundo proceda).

O cumprimento de cada un dos requisitos mínimos de cada metodoloxía/proba definida pode eximir da realización do

exame final teórico ou práctica, segundo proceda (NON se trata da proba definida anteriormente "Exame de preguntas obxectivas" cuxo valor é dun 20%, senón que terá tanto valor como .

Para que as diferentes metodoloxías/probas definidas a continuación sexan cualificadas debe cumprirse cos requisitos de tempo e forma segundo as condicións establecidas para ese efecto polo profesorado durante o transcurso das clases teórico-prácticas, podendo quedar excluídos da posibilidade de cualificación por este motivo.

A) AVALIACIÓN CONTINUA DA PARTE TEÓRICA

- Flipped Learning: 10%
 - Nas clases teóricas (e algunhas prácticas) utilizarase a metodoloxía Flipped Learning nas que solicitará evidencias para entregar en tempo e forma en función de traballo previo á clase (lectura, visionado e análise de vídeo, etcétera). Na clase teórica revisarase devandito traballo previo e explicaranse-resolverán dúbidas.
 - requisito mínimo de 5 sobre 10 para a súa aprobación en cada unha das evidencias solicitadas
- Resolución de problemas e/ou exercicios : 20%
 - probas escritas mediante ferramentas como cuestionarios, formularios...
 - requisito mínimo para a súa aprobación: 5 sobre 10.

B) AVALIACIÓN CONTINUA DA PARTE PRÁCTICA

- Prácticas (asistencia mínima dun 90% para ser avaliado nas metodoloxías vinculadas á Avaliación Continua - flipped learning, aprendizaxe colaborativo...).
- Aprendizaxe colaborativo (30%)
 - de forma integrada nesta metodoloxía utilizaranse outras como
 - presentación
 - simulación
 - foros de discusión
 - debate
 - aprendizaxe mediante Tics
 - etcétera.

C) AVALIACIÓN CONTINUA DA PARTE TEÓRICA-PRÁCTICA

Traballo tutelado (40%)

Requisito mínimo para a súa aprobación: 5 sobre 10)

2. AVALIACIÓN FINAL (en caso de non reunir os requisitos para ser avaliado en avaliación continua.

este tipo de avaliación será aplicable nos estudantes que non cumpran coa asistencia mínima teórica e/ou práctica, ou que non alcancen un ou varios de requisitos mínimos nas probas da parte teórica como práctica.

o estudante deberá presentarse a un exame final da parte que corresponda (teórica ou práctica) establecido no calendario oficial de exames da titulación publicado na web da facultade.

- 30% de Exame Teórico Escrito
 - requisito mínimo de 5 sobre 10 para superalo.
- 40% de Exame Práctico ou proba/traballo que determinará o profesorado en substitución do exame práctico
 - requisito mínimo de 5 sobre 10 para superalo.
- 30% de Traballo Tutelado
 - requisito mínimo de 5 sobre 10.

Non se gardarán as partes aprobadas para a seguinte edición ou convocatoria salvo comunicación explícita do profesorado por correo electrónico a todo o alumnado ou anuncio en MOOVI.

COMENTARIOS SOBRE A NOTA FINAL NA MATERIA DE FUNDAMENTOS DOS DEPORTES COLECTIVOS I

Para realizar o cálculo da nota final é requisito que a nota de cada cada bloque temático por separado (baloncesto e balonmán) sexa como como mínimo dun 5 sobre 10.

Se a nota final dun dos bloques (deporte) non chega ao 5 sobre 10, a materia estará suspensa.

As notas das partes ou bloques aprobados poderanse gardar para convocatorias posteriores en función do que describa o apartado "Segunda convocatoria (e/ou seguintes)

SEGUNDA CONVOCATORIA (E/Ou SEGUINTE)

En 2ª convocatoria ou edición os criterios de avaliación serán os mesmos que na primeira.

Só se gardarán as notas das diferentes partes aprobadas da materia para a 2ª edición de curso académico presente a condición de que o profesorado así o anuncie explicitamente de forma escrita mediante anuncio en MOOVI ou correo electrónico.

Unha vez concluído o curso académico presente o alumnado que suspendese deberá volver cursar e superar ditas partes seguindo os criterios de avaliación da guía docente aprobada para o/o curso/s seguinte/s.

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Fernández-Río, J.; Calderón, A.; Hortigëla Alcalá, D.; Pérez-Pueyo, A.; Aznar Cebamano, M., **Modelos pedagógicos en Educación Física: Consideraciones teórico-prácticas para docentes. Revisión.**, nº 413, 2016

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Recomendacións

Subjects that continue the syllabus

Fundamentos dos deportes colectivos II/P02G050V01403

IDENTIFYING DATA**Epistemoloxía da ciencia e deontoloxía profesional no ámbito da actividade física e do deporte**

Subject	Epistemoloxía da ciencia e deontoloxía profesional no ámbito da actividade física e do deporte			
Code	P02G051V01204			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	2	1c
Teaching language	Castelán			
Department	Didácticas especiais			
Coordinator	Figueira Rodríguez, Alberto			
Lecturers	Figueira Rodríguez, Alberto Padrón Cabo, Alexis			
E-mail	AFIGUEIRA@UVIGO.ES			
Web				
General description	A materia aporta as nocións básicas que debe posuír o alumnado universitario sobre a construción do coñecemento científico e a ética profesional. Delimita a diferenza entre a ciencia e a profesión no ámbito competencial da titulación do Grado en Ciencias da Actividade Física e o Deporte, e afonda no coñecemento do obxecto de estudo da mesma: motricidade, corporeidade e prácticas corporais.			

Resultados de Formación e Aprendizaxe

Code	
B9	6.1 Coñecer e comprender as bases da metodoloxía do traballo científico.
B10	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
C16	4.3 Desenvolver e poñer en práctica a avaliación técnico-científica dos elementos, métodos, procedementos, actividades, recursos e técnicas que conforman as manifestacións do movemento e dos procesos de condición física e exercicio físico; tendo en conta o desenvolvemento, as características, as necesidades e o contexto dos individuos, os distintos tipos de poboación e os espazos onde se realiza a actividade física e o deporte; nos distintos sectores da intervención profesional e con énfase en poboacións de carácter especial.
C22	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
C23	6.3 Articular e despregar con rigor e actitude científica as xustificacións sobre as que elaborar, apoiar, xustificar e xustificar de forma constante e profesional todos os actos, decisións, procesos, procedementos, actuacións, actividades, tarefas, conclusións, informes e desempeño profesional.
D16	4.1 Desenvolver con fluidez procedementos e protocolos para resolver problemas non estruturados, imprevisibles e cada vez máis complexos, articulando e despregando un dominio dos elementos, métodos, procesos, actividades, recursos e técnicas que conforman as habilidades motrices básicas, as actividades físicas, as habilidades deportivas, o xogo, a expresión expresiva. actividades corporais e de danza, e actividades na natureza de forma adecuada, eficiente, sistemática, variada e metodoloxicamente integrada para toda a poboación e con énfase en poboacións de carácter especial como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou asimilados (diagnosticados e/ou prescritos por un médico), tendo en conta o xénero e a diversidade e en calquera sector de intervención profesional da actividade física e do deporte (educación física formal e informal- deporte; formación física e deportiva). ; exercicio físico para a saúde; dirección de actividade física e deporte).
D17	4.2 Desenvolver con fluidez procedementos e protocolos para resolver problemas non estruturados, imprevisibles e cada vez máis complexos, articulando e despregando un dominio dos elementos, métodos, procedementos, actividades, recursos, técnicas e procesos propios da condición física e do exercicio físico de forma adecuada, eficiente e sistemática. , variada e metodoloxicamente integrada para toda a poboación e con énfase en poboacións de carácter especial como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou prescritos por un médico).), tendo en conta o xénero e a diversidade e en calquera sector de intervención profesional da actividade física e do deporte.
D18	4.3 Desenvolver e poñer en práctica a avaliación técnico-científica dos elementos, métodos, procedementos, actividades, recursos e técnicas que conforman as manifestacións do movemento e dos procesos de condición física e exercicio físico; tendo en conta o desenvolvemento, as características, as necesidades e o contexto dos individuos, os distintos tipos de poboación e os espazos onde se realiza a actividade física e o deporte; nos distintos sectores da intervención profesional e con énfase en poboacións de carácter especial.
D24	6.1 Coñecer e comprender as bases da metodoloxía do traballo científico.

D25	6.2 Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.
D26	6.3 Articular e despregar con rigor e actitude científica as xustificacións sobre as que elaborar, apoiar, xustificar e xustificar de forma constante e profesional todos os actos, decisións, procesos, procedementos, actuacións, actividades, tarefas, conclusións, informes e desempeño profesional.

Resultados previstos na materia

Expected results from this subject	Training and Learning Results	
Desenvolver con fluidez procedementos e protocolos para resolver problemas non estruturados, imprevisibles e cada vez máis complexos, articulando e despregando un dominio dos elementos, métodos, procesos, actividades, recursos e técnicas que conforman as habilidades motrices básicas, as actividades físicas, as habilidades deportivas, o xogo, a expresión expresiva. actividades corporales e de danza, e actividades na natureza de forma adecuada, eficiente, sistemática, variada e metodoloxicamente integrada para toda a poboación e con énfase en poboacións de carácter especial como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou asimilados (diagnosticados e/ou prescritos por un médico), tendo en conta o xénero e a diversidade e en calquera sector de intervención profesional da actividade física e do deporte (educación física formal e informal-deporte; formación física e deportiva). ; exercicio físico para a saúde; dirección de actividade física e deporte).	D16	
Desenvolver con fluidez procedementos e protocolos para resolver problemas non estruturados, imprevisibles e cada vez máis complexos, articulando e despregando un dominio dos elementos, métodos, procedementos, actividades, recursos, técnicas e procesos propios da condición física e do exercicio físico de forma adecuada, eficiente e sistemática. , variada e metodoloxicamente integrada para toda a poboación e con énfase en poboacións de carácter especial como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou prescritos por un médico).), tendo en conta o xénero e a diversidade e en calquera sector de intervención profesional da actividade física e do deporte.	D17	
Desenvolver e poñer en práctica a avaliación técnico-científica dos elementos, métodos, procedementos, actividades, recursos e técnicas que conforman as manifestacións do movemento e dos procesos de condición física e exercicio físico; tendo en conta o desenvolvemento, as características, as necesidades e o contexto dos individuos, os distintos tipos de poboación e os espazos onde se realiza a actividade física e o deporte; nos distintos sectores da intervención profesional e con énfase en poboacións de carácter especial.	C16	D18
Coñecer e comprender as bases da metodoloxía do traballo científico.	B9	D24
Analizar, revisar e seleccionar o efecto e a eficacia da práctica dos métodos, técnicas e recursos de investigación e da metodoloxía de traballo científico, na resolución de problemas que requiran o emprego de ideas creativas e innovadoras.	B10	C22
Articular e despregar con rigor e actitude científica as xustificacións sobre as que elaborar, apoiar, xustificar e xustificar de forma constante e profesional todos os actos, decisións, procesos, procedementos, actuacións, actividades, tarefas, conclusións, informes e desempeño profesional.	C23	D26

Contidos

Topic	
1. Introducción á epistemoloxía da ciencia e á *socioloxía do coñecemento.	1.1 Nocións xerais e vocabulario *epistemolóxico. 1.2 Epistemoloxía e ciencia. 1.3 O coñecemento e o coñecemento científico. 1.4 Fundamentos do coñecemento da realidade.
2. Características do coñecemento. O coñecemento científico. Clasificacións da ciencia	2.1 Características do coñecemento científico. 2.2 Clasificación das ciencias.
3. O obxecto de estudo da ciencia. A construción do obxecto de estudo.	3.1 Obxecto de estudo formal. 3.2 Obxecto de estudo material. 3.3 A investigación científica. 3.4 Debilidades do sistema científico.
4. Delimitación e construción do obxecto de estudo no ámbito das ciencias da actividade física e o deporte.	4.1 O obxecto de estudo nas ciencias da actividade física.
5. A consideración de ciencia e de investigación en motricidade humana, actividade física e deporte.	5.1 Definición semántica do obxecto de estudo.
6. Matriz, paradigma e campo disciplinar no ámbito das ciencias da actividade física e o deporte.	6.1 Matriz, paradigma e campo disciplinar no ámbito das ciencias da actividade física e o deporte. 6.2 Paradigma sistémico.

7. Fontes de información científica. Procura e acceso a información científica.	7.1 Repositorios 7.2 Artigos científicos. 7.3 Libros 7.4 Teses
8. Lectura, análise e avaliación de textos científicos vinculados ás ciencias da Actividade Física e do Deporte.	8. 1 Filtrado, selección , lectura.
9. Redacción científica. Estilos.	9.1 Estilos normalizados. 9.2 Manuais APA.
10. Ontoloxía das Ciencias da Actividade Física e do Deporte.	10.1 Razón de ser das ciencias da Actividade Física.
11. Ética e xustiza social no desempeño profesional.	11.1 Responsabilidade social. 11.2 O bo profesional.
12. Deontoloxía e exercicio profesional. Códigos Deontolóxicos e normativas de exercicio profesional	12.1 Código Deontolóxico. 12.2 Colexios profesionais. *COLEF 12.3 Normativa exercicio profesional.

Planificación

	Class hours	Hours outside the classroom	Total hours
Lección maxistral	28	0	28
Seminario	45	0	45
Prácticas de laboratorio	45	0	45
Foros de discusión	30	0	30
Exame de preguntas de desenvolvemento	2	0	2

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodoloxía docente

	Description
Lección maxistral	- Exposición oral con apoio audiovisual dos contidos conceptuais.
Seminario	- Traballo sobre os contidos dirixido polo profesor/a. Técnicas grupais participativas.
Prácticas de laboratorio	Traballo en grupo sobor de aspectos relacionados ca materia con fin eminentemente práctico.
Foros de discusión	- Discusión programada sobre situacións vencelladas á delimitación científica e disciplinar das Ciencias da Actividade Física e do Deporte. - Discusión programada sobre situacións terminolóxicas e identidade epistemolóxica. - Crítica de noticias vencelladas con problemáticas epistemolóxicas das Ciencias da Actividade Física e do Deporte

Atención personalizada

Methodologies	Description
Lección maxistral	Exposición da teoría polo profesor ou axentes invitados
Seminario	Sesiões de atención personal individuais ou en grupo.
Prácticas de laboratorio	Sesiões no laboratorio de informática e nas sas de usos múltiples.
Foros de discusión	Sesóns de debate sobre os temas da materia ou outros da actualidade releccionados ca materia.

Avaliación

	Description	Qualification	Training and Learning Results
Seminario	Calificación dos traballos realizados	30	B9 B10 C16 C22 C23 D16 D17 D18 D24 D25 D26
Prácticas de laboratorio	Calificación dos traballos realizados polo grupo	30	B9 B10 C16 C22 C23 D16 D17 D18 D24 D25 D26

Foros de discusión	Calificación da participación nos foros	10	B9 B10	C16 C22 C23	D16 D17 D18 D24 D25 D26 D24
Exame de preguntas de desenvolvemento	Coñecementos básicos e fundamentais da materia	30	B9		

Other comments on the Evaluation

A avaliación final consistirá nunha proba escrita de preguntas a desenvolver e preguntas curtas.

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Complementary Bibliography

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Barbero González, José Ignacio, **La escolarización del cuerpo: reflexiones en torno a la levedad de los valores del capital cuerpo en educación física**, 2005

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Recomendacións

Subjects that continue the syllabus

Metodoloxía da investigación e estatística na actividade física e o deporte/P02G051V01110

IDENTIFYING DATA				
Fundamentos dos deportes colectivos II				
Subject	Fundamentos dos deportes colectivos II			
Code	P02G051V01205			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	9	Mandatory	2	2c
Teaching language	Castelán			
Department	Didácticas especiais			
Coordinator	Lago Peñas, Carlos			
Lecturers	Lago Peñas, Carlos Maneiro Dios, Rubén Tourinho González, Carlos Francisco			
E-mail	clagop@uvigo.es			
Web				
General description				

Resultados de Formación e Aprendizaxe	
Code	
B3	2.2 Identificar, comunicar e aplicar criterios científicos anatómico-fisiolóxicos e biomecánicos a un nivel avanzado de competencias no deseño, desenvolvemento e avaliación técnico-científica de procedementos, estratexias, accións, actividades e orientacións adecuadas; previr, minimizar e/ou evitar un risco para a saúde na práctica de actividade física e deportiva en todo tipo de poboación.
B12	7.2 Coñecer, elaborar e saber aplicar as condicións ético-deontolóxicas, estrutural-organizativas, o desempeño profesional e a normativa do exercicio profesional dos Licenciados en Ciencias da Actividade Física e do Deporte, en calquera sector profesional da actividade física e do deporte (educación formal e físico-deportivo informal; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte); así como poder desenvolver un traballo multidisciplinar.

Resultados previstos na materia				
Expected results from this subject		Training and Learning Results		
aprender a observar o deporte e identificar os aspectos fundamentais e detectar erros e posibles melloras	B1	C11	D1	
	B3	C18	D3	
	B12	C19	D4	
			D5	
			D6	
			D8	
			D13	

Contidos
Topic

TEMA 1. Fundamentación teórica do fútbol e o voleibol	1 Orixe e evolución do xogo do Fútbol como deporte: aproximación conceptual.
TEMA 2. Fundamentos técnico-tácticos e didácticos do fútbol e voleibol	2. O reglamento.
TEMA 3 Estructura formal e funcional do fútbol e voleibol	3. Valores educativos do deporte: o Fútbol.
TEMA 4 O proceso de iniciación deportiva ao fútbol e voleibol	4. Estructura sistémica do fútbol. Bases estruturales e funcionales do xogo.
	5. O Sistema Deportista (SD) na iniciación.
	6. Fases no ensino do Fútbol.
	7. As estratexias metodolóxicas no ensino do Fútbol
	8. A construción de tarefas no ensino do Fútbol.
	9. A sesión.
	10. Historia, regulamento e aspectos configuradores do Voleibol.
	11. Elementos técnicos básicos.
	12. Elementos técnico- tácticos.
	13. Táctica Colectiva.
	14. Adestramento do Voleibol.
	15. Metodoloxía de ensino de Voleibol.
	16. O *Voleibol no contexto escolar.
	17. Outras maneiras de xogar ao voleibol

Planificación

	Class hours	Hours outside the classroom	Total hours
Traballo tutelado	6	30	36
Prácticas con apoio das TIC (Repetida, non usar)	4	30	34
Resolución de problemas	10	46	56
Lección maxistral	33	0	33
Exame de preguntas de desenvolvemento	4	16	20
Traballo	2	20	22
Práctica de laboratorio	12	0	12
Resolución de problemas e/ou exercicios	2	4	6
Exame de preguntas obxectivas	2	4	6

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodoloxía docente

	Description
Traballo tutelado	Resolución de exercicios baixo a dirección do docente
Prácticas con apoio das TIC (Repetida, non usar)	Documentación dos traballos realizados. Preparación de avaliacións
Resolución de problemas	Resolución de exercicios
Lección maxistral	Actividades expostivas do profesor

Atención personalizada

Methodologies	Description
Lección maxistral	Respostarase ós estudantes a súas preguntas, de maneira adecuada na clase e de modo máis profundo no horario de tutoría se fose preciso

Avaliación

	Description	Qualification	Training and Learning Results
Exame de preguntas de desenvolvemento	Fútbol: O exame consistirá na resposta a preguntas teórico-prácticas	40	B12

Traballo	Voleibol: en grupos de 2-4 alumnos se elaboran 2-4 sesiones e impartirse 1 sesión práctica sobre os contenidos presentados nas clases teóricas o realizárase un examen práctico (escrito).	20	B3 B12
Práctica de laboratorio	Voleibol A asistencia será obrigatoria para superar la asignatura. Haberá que aísitir ao 80% das clases prácticas e face-los traballos propostos polo docente.	5	B3 B12
Resolución de problemas e/ou exercicios	Fútbol. Haberá que elaborar sesións prácticas ao longo do curso	10	B3 B12
Exame de preguntas obxectivas	Voleibol: resposta a preguntas teóricas	25	B12

Other comments on the Evaluation

A puntuación final será a media aritmética da cualificación obtida na parte da materia de Voleibol e Fútbol. Será necesario alcanzar polo menos unha puntuación de 4 para realizar a media.

Fútbol: O estudantado que non chegue ao 80% de asistencias ás clases prácticas terá que facer un exame práctico consistente na resolución de supostos prácticos e a execución de habilidades específicas e tarefas no campo. O 40% da nota será o exame teórico, o outro 40% o exame práctico e 20% será a elaboración de sesións prácticas ao longo do curso.

Voleibol: O estudantado que non chegue ao 80% de asistencias ás clases prácticas, terá que facer un exame teórico que será o 50% da nota, o outro 50% será o exame práctico.

-- en Fútbol e voleibol, se valorará do mesmo xeito que na primeira.

Bibliografía. Fontes de información

Basic Bibliography

Complementary Bibliography

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Damas Arroyo, **La Enseñanza del voleibol en las escuelas deportivas de iniciación**, Gymnos,
Pimenov, Mikhail Pavlovich, **Voleibol : aprender y progresar : (más de 500 ejercicios del servicio, pase, remate y bloqueo)**, Paidotribo,
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Lucas, Jeff, **El voleibol : iniciación y perfeccionamiento**, Paidotribo,
Bachmann, Edi, **1000 ejercicios y juegos de voleibol y minivolei**, Hispano-Europea,
Moras, Gerard, **La Preparación integral en el voleibol : 1000 ejercicios y juegos**, Paidotribo,
Lago, C., **La enseñanzxa del Fútbol en la Edad Escolar**, 1ª ed., Wanceulen, 2002
Riera, Joan, **Habilidades en el deporte**, 1ª ed., INDE, 2005
Marí, Pep, **Liderar equipos campeones**, 1ª ed, Plataforma, 2017
Casais, Luis; Lago, Carlos y Domínguez, Eduardo, **Fútbol Base. Entrenamiento en categorías de formación. Vol. 1 y 2.**, 1ª ed, MCSports, 2009
Durand, Marc, **El niño y el deporte**, 1ª ed, Paidós, 1988
Castelo, Jorge, **Fútbol. Estructura y dinámica del juego**, 1ª ed, INDE, 1999

Recomendacións

Subjects that continue the syllabus

Metodoloxía e planificación do adestramento deportivo I/P02G050V01502
Metodoloxía e planificación do adestramento deportivo II/P02G050V01604

Subjects that are recommended to be taken simultaneously

Didáctica dos procesos de ensino-aprendizaxe na actividade física e o deporte I/P02G050V01501
Didáctica dos procesos de ensino-aprendizaxe na actividade física e o deporte II/P02G050V01603

Subjects that it is recommended to have taken before

Fundamentos dos deportes colectivos I/P02G050V01303

IDENTIFYING DATA**(*)Actividades físico-deportivas no medio natural e a súa didáctica**

Subject	(*)Actividades físico-deportivas no medio natural e a súa didáctica			
Code	P02G051V01206			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	2nd	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Prieto Lage, Iván			
Lecturers	Alonso Fernández, Diego Gutierrez Sánchez, Águeda Prieto Lage, Iván			
E-mail	ivanprieto@uvigo.es			
Web	http://http://fcced.uvigo.es/gl/			
General description	The subject "Physical and adventure activities in the natural environment" is taught in the second quarter of the fourth year of the Degree in Physical Activity and Sport Sciences.			

This course provides an overview of activities and sports in nature. From a theoretical perspective, the most significant current conceptions regarding the field of activities and sports in nature are approached, and from a practical perspective, a tour through the most representative activities is made.

Also, this subject is essential within the curriculum of the degree given at the Universidade de Vigo, since it is the only one, within this, where students have the opportunity to obtain the necessary knowledge about the field of activities and sports in the natural environment, essential in the formation of a Graduate in Physical Activity and Sport Sciences.

This teaching guide has been developed in full compliance with the provisions of the memory of the degree and the specific regulations of the university and the center.

Training and Learning Results

Code	
B1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
C3	1.3. Communicate and interact appropriately and efficiently in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
C4	1.4. To adapt the educational intervention to the individual characteristics and needs of the entire population, with emphasis on special populations such as: schoolchildren, the elderly, people with reduced mobility and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C11	3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
C14	3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.

C18 5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.

D16 4.1 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, processes, activities, resources and techniques that make up the basic motor skills, physical activities, sports skills, play, expressive body and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).

Expected results from this subject

Expected results from this subject	Training and Learning Results
1. The students will be able to know and understand the factors fisiológicos and biomecánicos that condition the practice of the physical activity and the sport.	B1
2. The students will be able to know and apply the juridical frame of the professional field of the activities in the half natural	C3
3. The students will be able to identify and value the risks that can derive of the use of the equipments and sportive installations of the activities in the half natural	C4
4. The students will be able to know and understand the fundamentos of the activities in the nature	C6
5. The students will be able to identify the risks that derive stop the health of the practice of inappropriate physical activities in the natural surroundings	C11
6. The students will be able to design, develop and evaluate the processes of ensino-aprendizaxe relative to the physical activity and when depositing you, with attention to the individual characteristics and contextuales of the people	C14
8. The students will be able to act within the ethical principles necessary for the correct professional practice.	C18
7. The students will be able to select and know use the material and appropriate sportive equipment stop each type of activity in the half natural	D16

Contents

Topic	
1. Theoretical foundations of the physical activities-sportive in the half natural	1.1. Theoretical foundations. 1.2. First aid in the natural environment. 1.3. Physical and sporting activities in the natural environment and sustainability.
2. Physical activities-sportive in the half natural and his didactic	2.1. Hiking and mountaineering 2.2. Orienteering 2.3. Outdoor techniques / Survival 2.4. Climbing and rope techniques 2.5. Mountain bike 2.6. Archery 2.7. Surfing 2.8. Other physical-sporting activities in the natural environment
3. Organisation and planning of the physical activities-sportive in the half natural in the formal and no formal field	3.1. Formal field 3.2. Field no formal

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	16	0	16
Gamification	5	10	15
Autonomous problem solving	0	28	28
Laboratory practical	30	3	33
Mentored work	1.5	25	26.5

Methodologies	
Methodologies	Description
Lecturing	Exhibition by part of the teachers of the contents on the matter.
Gamification	The lesson ordinary effected in the theoretical classroom will combine with interactive activities in big group (games of questions) for the students that assist to class, where will be able to achieve points for the final evaluation.
Autonomous problem solving	Activity in which they formulate exercises related with the subject. The students has to develop the exercises of autonomous form.
Laboratory practical	Activities of application of the knowledges to concrete situations and of acquisition of basic skills related with the matter object of study. They develop in special spaces with skilled equipment (pavilion of the faculty or external).
Mentored work	Register and analysis by couples or small groups (to decision of the teacher) of a route by Galicia/Spain. Export of the routes to Wikiloc, analysis measures and assessment of the energetic and conditional requests. Preparation of a report of the route.

Personalized assistance	
Methodologies	Description
Lecturing	The personalised attention of the students will make so much during the development of the sessions of classroom as later in the physical or virtual dispatch (Room 2067 - Prof. Iván Prieto Lage / Room 50 - Prof. Diego Alonso Fernández) and of emails.
Laboratory practical	The personalised attention of the students will make so much during the development of the sessions of laboratory (in the pavilion or in the outsides of the Faculty), as later in the physical or virtual dispatch (Room 2067 - Prof. Iván Prieto Lage / Room 50 - Prof. Diego Alonso Fernández) and of emails.
Mentored work	The personalised attention of the students will make so much during the development of the sessions of classroom as later in the physical or virtual dispatch (Room 2067 - Prof. Iván Prieto Lage / Room 50 - Prof. Diego Alonso Fernández) and of emails.
Autonomous problem solving	The personalised attention of the students will make in the physical or virtual dispatch (Room 2067 - Prof. Iván Prieto Lage / Room 50 - Prof. Diego Alonso Fernández) or through emails.
Gamification	The personalised attention of the students will make after the ending of the interactive activity in the classroom, in the physical or virtual dispatch (Room 2067 - *Prof. Iván Prieto Lage / Room 50 - Prof. Diego Alonso Fernández) or through emails.
Tests	Description
Objective questions exam	The personalised attention of the students will make in the physical or virtual dispatch (Room 2067 - Prof. Iván Prieto Lage / Room 50 - Prof. Diego Alonso Fernández) or through emails.

Assessment		Qualification	Training and Learning Results		
	Description				
Gamification	After the lesson of the classroom, will make an interactive activity in big group to way of game of questions where will evaluate the conceptual appearances of the matter. The following expected outcomes in the subject will be assessed: 1,3,4,5,6,7 and 8.	10	B1	C4 C6 C11 C14 C18	D16
Autonomous problem solving	There will be 14 questionnaires/tasks in Moovi. After making all the activities proposed, if the average is inferior to 7,5 points, the punctuation of this section will be of 0 points. The following expected outcomes in the subject will be assessed: 1,3,4,5,6,7 and 8.	14	B1	C4 C6 C11 C14 C18	D16
Laboratory practical	Assistance and realisation of the 13 practical classes of the matter. The student that have 3 faults or more will lose the continuous evaluation (and therefore has to examine by means of the procedure of GLOBAL EVALUATION -NO CONTINUOUS-). The following expected outcomes in the subject will be assessed: 1,2,3,4,5,6,7 and 8.	26	B1	C3 C4 C6 C11 C14 C18	D16

Mentored work	Realisation of a work in small groups related with the creation of a route in the open air by means of the application of Wikiloc.	25	B1	C3 C4 C6 C11 C14 C18	D16
	The following expected outcomes in the subject will be assessed: 1,2,3,4,5,6,7 and 8.				
Objective questions exam	Examination of enclosed questions with different alternative of answer.	25	B1	C4 C6 C11 C14 C18	D16
	The student will have to take out a minimum of 5 on 10 so that the punctuation of the examination compute in final qualification.				
	The following expected outcomes in the subject will be assessed: 1,3,4,5,6,7 and 8.				

Other comments on the Evaluation

All students, whether or not they attend the classrooms, have the right to be evaluated (through an exam or as established in the teaching guide).

CALL FOR 2ND QUARTER (May-June)

CONTINUOUS EVALUATION Students (grades and CRITERIA to comply with continuous evaluation):

- **Gamification (quiz games).** During some theoretical classes, through the Kahoot app, interactive group question activities will be carried out where points will be awarded in the final grade based on the grade in said activity. These exercises account for 10% of the final grade.
- **Autonomous problem solving (quizzes/assignments in Moovi).** The grading of the questionnaires/assignments accounts for 14%. There will be 14 quizzes/assignments. After carrying out the proposed activities, if the student has an average of less than 7.5 points, this section will count 0 points.
- **Laboratory practices (attendance and REALIZATION of practical classes).** Their qualification represents 26%. The student who has 3 or more absences in the mandatory practices will no longer be evaluated by the continuous evaluation procedure and will automatically be evaluated by the global -non-continuous- evaluation procedure (there is no possibility of justifying a lack of attendance; hence you can have up to three). The student who attends the practice but DOES NOT perform it will not be counted as a lack of attendance, but will have a grade of zero in said session (therefore, no score increases). As in principle there are 13 practices, each one will have a value of 2% of the final grade. In the event that, due to a holiday, there were a smaller number of practices, that 26% would be reduced by 2% for each practice that did not exist, transferring that percentage to the objective question exam. Surfing is voluntary, therefore it is not considered a fault if you do not attend, but if the student does it, he will receive points.
- **Mentored work.** Creation of an outdoor route using the Wikiloc application and under a series of parameters established by the teachers. The qualification for this work represents 25%. It will be a work in groups of four people.
- **Exam of objective questions.** The qualification represents 25%. It consists of an exam of closed questions with different answer alternatives for the subject. The student must obtain a minimum of 5 out of 10 for the exam score to be counted in the final grade. Failing this exam (with less than a 5) does not mean losing the continuous evaluation.

A student passes the subject when he or she has obtained a minimum of five out of ten in the sum of the previous sections.

If in the 2nd semester call (May-June), a student misses the continuous evaluation, she must take it through the global -non-continuous- evaluation procedure.

GLOBAL EVALUATION -NON-CONTINUOUS- students (for students who do not meet the continuous evaluation criteria):

- **Exam of objective questions.** The qualification represents 33%. It consists of an exam of closed questions with different answer alternatives on the subject related to its theoretical part. The student must obtain a minimum of 5 out of 10 for the exam score to be counted in the final grade.
- **Exam of objective questions.** The qualification represents 33%. It consists of an exam of closed questions with different answer alternatives on the subject related to its practical part. The student must obtain a minimum of 5 out of 10 for the exam score to be counted in the final grade.
- **Mentored work.** The rating is 34%. Delivery of work on the creation of outdoor routes. The student must obtain a minimum of 5 out of 10 for the work score to be counted in the final grade.

The final grade for the subject will be obtained by adding the three parts. A student passes the subject when he or she has obtained a minimum of five out of ten, as long as he or she has passed all three tests.

EXTRAORDINARY CALL (June-July)

It will be evaluated through the non-continuous evaluation procedure (the grades from the continuous evaluation of the 2nd semester call -May-June- are saved).

END OF CAREER CALL (September)

It will be evaluated using the non-continuous evaluation procedure (continuous evaluation grades from other calls are not saved).

Publication of official grades and exams

The grades for each call will be published on Moovi, where the exam review dates will be indicated.

The official dates of the exams can be consulted on the faculty's website in the "Teaching - Exams" section.

Sources of information

Basic Bibliography

VIGO, M., **Manual para dirigentes de campamentos organizados**, Stadium, 2005

BERNAL RUIZ, J., **Organización de campamentos en la escuela**, Wanceulen, 2002

COLORADO, J., **Montañismo y Trekking. Manual completo**, Manuales Desnivel, 2010

SANTOS PASTOR, M. L., **Las actividades en el medio natural en la educación física escolar**, Wanceulen, 2002

MURCIA, M., **Prevención, seguridad y autorescate**, Desnivel editorial, 2001

VARIOS, **Señalización de Senderos**, FEDME, 2009

EEAM, **Escuela Española de alta montaña. Certificado de iniciación al montañismo**, Barrabés editorial, 2001

MILSON, F., **El libro de la bicicleta de montaña: mantenimiento y reparación**, OMEGA, 2009

Granero Gallegos, A., Baena Extremera, A., **Actividades físicas en el medio natural: Teoría y práctica para la Educación Física**, Wanceulen, 2010

Complementary Bibliography

Rojas Pedregosa, P., **La bicicleta y su desarrollo práctico en Educación Secundaria**, Wanceulen, 2016

Recommendations

Other comments

1. Each week, students have in Moovi the contents that will be taught in the course, as well as the material (notes, readings, videos, etc.) to work on these contents. For a better use of the theoretical and practical classes, it is recommended to make use of this material before attending these classes.

2. Formalize as soon as possible the group in Moovi (four people) for the realization of the work of the subject.

3. To study and work on the course material continuously, both for the weekly quizzes and for the preparation of the exam.

4. To ask the professors of the subject all the questions/consultations that are considered necessary in every moment referred to the syllabus, practices, questionnaires, works, etc.

5. Communicate to the professors the suggestions for improvement of the subject.

6. To carry out the work of the subject throughout the four-month period. In the first week of the course, guidelines will be given as to how this work should be done. Therefore, attendance to the theoretical class is recommended.

7. It is recommended to consult the subject's blog for more information: <https://afamnuvigo.blogspot.com/>

IDENTIFYING DATA				
Fundamentos dos deportes ximnásticos				
Subject	Fundamentos dos deportes ximnásticos			
Code	P02G051V01207			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	9	Mandatory	2	2c
Teaching language	Castelán Galego			
Department	Didácticas especiais			
Coordinator	Gutierrez Sánchez, Águeda Fernández Villarino, María de los Ángeles			
Lecturers	Fernández Villarino, María de los Ángeles Gutierrez Sánchez, Águeda Reguera López de la Osa, Xoana			
E-mail	agyra@uvigo.gal marianfv@uvigo.es			
Web				
General description				

Resultados de Formación e Aprendizaxe

Code	
B1	1.1 Comprender, elaborar e saber aplicar os procedementos, estratexias, actividades, recursos, técnicas e métodos que interveñen no proceso de enseñanza-aprendizaxe con eficiencia, desenvolvendo todo o curso da acción en todos os sectores de intervención profesional de actividade física e deporte (enseñanza formal e informal físico-deportiva; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte).
C3	1.3 Comunicarse e interactuar de forma adecuada e eficiente, na actividade física e deportiva, en diversos contextos de intervención, demostrando habilidades docentes de forma consciente, natural e continua.
C6	2.2. Identificar, comunicar e aplicar criterios científicos anatómico-fisiolóxicos e biomecánicos a un nivel avanzado de competencias no deseño, desenvolvemento e avaliación técnico-científica de procedementos, estratexias, accións, actividades e orientacións adecuadas; previr, minimizar e/ou evitar un risco para a saúde na práctica de actividade física e deportiva en todo tipo de poboación.
C7	2.3 Diseñar e aplicar de forma fluída, natural, consciente e continuada, un exercicio físico e unha condición física adecuados, eficientes, sistemáticos, variados, baseados en evidencia científica, para o desenvolvemento de procesos de adaptación e mellora ou readaptación de determinadas capacidades de cada persoa en relación ao ser humano. o movemento e a súa optimización; co fin de poder resolver problemas desestruturados, de complexidade crecente e imprevisibles e con énfase en poboacións de carácter especial.
C14	3.4 Promover a educación, a difusión, a información e a orientación constante ás persoas e líderes sobre os beneficios, a significación, as características e os efectos positivos da práctica regular da actividade física e deportiva e do exercicio físico, dos riscos e danos dunha práctica inadecuada e dos elementos e criterios que identifiquen a súa correcta execución, así como información, orientación e asesoramento sobre as posibilidades de actividade física e deportiva adecuadas no seu contorno en calquera sector de intervención profesional.
C20	5.4 Identificar, organizar, dirixir, planificar, coordinar, implantar e realizar a avaliación técnico-científica dos recursos organizativos e materiais e das instalacións deportivas, incluíndo o seu deseño básico e funcional, así como a adecuada selección e utilización, para cada tipo de actividade, con a finalidade de conseguir actividades físicas e deportivas seguras, eficientes e saudables, adaptadas ao desenvolvemento, características e necesidades das persoas e ao tipo de actividade, espazo e entidade en calquera tipo de organización, poboación, contexto e en calquera sector de intervención profesional de actividade física e deportiva e facendo fincapé nas poboacións de carácter especial e garantindo a seguridade, a eficacia e a profesionalidade na actividade desenvolvida no cumprimento da normativa vixente.
D16	4.1 Desenvolver con fluidez procedementos e protocolos para resolver problemas non estruturados, imprevisibles e cada vez máis complexos, articulando e despregando un dominio dos elementos, métodos, procesos, actividades, recursos e técnicas que conforman as habilidades motrices básicas, as actividades físicas, as habilidades deportivas, o xogo, a expresión expresiva. actividades corporales e de danza, e actividades na natureza de forma adecuada, eficiente, sistemática, variada e metodoloxicamente integrada para toda a poboación e con énfase en poboacións de carácter especial como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou asimilados (diagnosticados e/ou prescritos por un médico), tendo en conta o xénero e a diversidade e en calquera sector de intervención profesional da actividade física e do deporte (educación física formal e informal- deporte; formación física e deportiva). ; exercicio físico para a saúde; dirección de actividade física e deporte).

D30 7.3 Comprender, saber explicar e difundir as funcións, responsabilidades e importancia dun bo profesional Licenciado en Ciencias da Actividade Física e do Deporte, así como analizar, comprender, identificar e reflexionar de forma crítica e autónoma sobre a súa identidade, formación e rendemento profesional para acadar o fins e beneficios da actividade física e do deporte de forma adecuada, segura, saudable e eficiente en todos os servizos físico-deportivos ofrecidos e prestados e en calquera sector profesional da actividade física e do deporte.

Resultados previstos na materia

Expected results from this subject	Training and Learning Results
1. Comprender, elaborar e saber aplicar os procedementos, estratexias, actividades, recursos, técnicas e métodos que interveñen no proceso de ensino-aprendizaxe con eficiencia, desenvolvendo todo o curso da acción no ensino formal e informal físico-deportiva.	B1
2. O alumnado será capaz de identificar os elementos e parámetros que configuran a estrutura das modalidades ximnásticas: aspectos regulamentarios, espazos de acción, habilidades técnicas, habilidades manipulativas, habilidades coreográficas e habilidades acrobáticas.	C3
3. O alumnado será capaz de coñecer e comprender os fundamentos e contidos didácticos que permitan desenvolver o proceso de ensino-aprendizaxe relacionados coas habilidades ximnásticas.	C6
4. O alumnado será capaz de utilizar os principios técnicos e os recursos metodolóxicos que lle permitan intervir, desde a perspectiva educativa ou deportiva en relación ás habilidades ximnásticas.	C7
5. O alumnado será capaz de dominar as técnicas ximnásticas para a súa correcta aplicación, así como os aspectos de seguridade na execución (axuda e colocación do material).	C14
6. O alumnado será capaz de deseñar e aplicar instrumentos de observación sistemática para identificar ou corrixir modelos de execución propios destes deportes ximnásticos.	C20
7. O alumnado será capaz de aplicar adecuadamente diferentes recursos didácticos en función dos materiais dispoñibles (establecemento de obxectivos, feedback, reforzos, etc.) para mellorar os movementos técnicos e artísticos destes deportes.	D16
8. O alumnado será capaz de actuar dentro dos principios éticos necesarios para o correcto exercicio profesional.	D30

Contidos

Topic	
1. Fundamentación teórica dos deportes ximnásticos	1.1. Os deportes ximnásticos no contexto das Ciencias da Actividade Física e do Deporte. 1.2. Antecedentes históricos e organismos que regulan os deportes ximnásticos 1.3. Valoración e xuízo dos concursos ximnásticos.
2. Fundamentos técnicos, artísticos e didácticos dos deportes ximnásticos: Habilidades rítmico-expresivas e Habilidades ximnástico-acrobáticas.	BLOQUE RÍTMICO-EXPRESIVO. XIMNASIA RÍTMICA 2.1. As habilidades da Ximnasia Rítmica no contexto das Ciencias da Actividade Física e do Deporte. 2.1.1. Concepto e preliminares. 2.1.2. Habilidades técnicas corporais. 2.1.3. Habilidades técnicas manipulativas. BLOQUE XIMNÁSTICO-ACROBÁTICO. 2.2. Elementos ximnásticos pre-acrobáticos de nivel escolar. 2.2.1. Rodamientos (Volteretas e Roda lateral) 2.2.2. Equilibrios ximnásticos (ACI e ABI) 2.2.3. Saltos de plinto. 2.2.4. Familiarización co minitramp. 2.3. Elementos ximnásticos acrobáticos de chan. 2.3.1. Saltos adiante e laterais con impulso dunha perna e apoio intermedio (Pomba e Roldada). 2.3.2. Saltos de volteo libre completo con impulso de ambas as pernas (adiante e atrás) 2.3.3. Saltos atrás con impulso de ambas as pernas e apoio de mans intermedio (Flic-flac).

3. Estrutura formal e funcional dos deportes ximnásticos

BLOQUE RÍTMICO-EXPRESIVO.

3.1. Elementos definitorios da Ximnasia Rítmica.

3.2. Estrutura e composición da Ximnasia Rítmica

BLOQUE XIMNÁSTICO-ACROBÁTICO

3.3. Estrutura espacial dos movementos ximnásticos

3.4. Características dinámicas dos movementos ximnásticos.

3.5. Equilibrio corporal

3.6. As capacidades físicas nos deportes ximnásticos.

4. Proceso de iniciación deportiva dos deportes ximnásticos: rítmico-expresivos e ximnástico-acrobáticos

BLOQUE RÍTMICO-EXPRESIVO

4.1. Os parámetros musicais como elementos fundamentais das habilidades rítmico-expresivas.

4.2. A música e os Pasos Básicos de Ximnasia Aeróbica.

4.2.1 Elementos crave da música en Ximnasia Aeróbica

4.2.2 A iniciación a través do xogo en Ximnasia Aeróbica.

4.2.3 Os pasos básicos como soporte dos deseños coreográficos.

4.2.4 As opcións coreográficas en Ximnasia Aeróbica.4.3. A ocupación do espazo de acción como estratexia expresiva.

4.4. A danza clásica como a base das habilidades técnico-corporais

4.5. As habilidades corporais de equilibrio, de rotación e de salto.

4.6. Habilidades manipulativas dos aparellos.

4.7. Elementos colaborativos e cooperativos.

4.8. O proceso compositivo no ámbito das habilidades rítmico-expresivas.

BLOQUE XIMNÁSTICO-ACROBÁTICO

4.9. A Ximnasia Acrobática no ámbito educativo.

4.9.1. As presas de mans.

4.9.2. Diferentes roles do alumnado.

4.9.3. As asistencias e axudas manuais

4.9.4. Organización e medidas sistemáticas nas fases estruturais das formacións grupais (figuras e pirámides).

Planificación

	Class hours	Hours outside the classroom	Total hours
Lección maxistral	28	54	82
Gamificación	2	4	6
Prácticas de laboratorio	40	40	80
Resolución de problemas de forma autónoma	4	8	12
Traballo tutelado	0	11	11
Cartafol/dossier	0	1	1
Exame de preguntas obxectivas	2	2	4
Resolución de problemas e/ou exercicios	2	2	4
Práctica de laboratorio	0	25	25

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodoloxía docente

	Description
Lección maxistral	As sesións maxistras utilizaranse para a exposición e explicación dos contidos teóricos e aclaración dos contidos prácticos da materia. Constitúe unha actividade presencial na aula.
Gamificación	A lección maxistral efectuada na aula teórica combinarase con actividades interactivas en gran grupo (xogos de preguntas a través da app Kahoot) para os estudantes que asistan a clase, onde se poderán conseguir puntos para a avaliación final.
Prácticas de laboratorio	Vivenciación dos contidos teórico-prácticos guiados polo profesorado, onde se terá en conta os procesos metodolóxicos de ensino-aprendizaxe, facendo especial fincapé nos aspectos técnicos e de execución dos deportes ximnásticos. As prácticas teñen como obxectivo traballar formalmente o saber facer (competencia procedimental). No entanto, é preciso ter en conta que tamén traballan o saber, o saber ser e o saber estar. - Execución e exposición da coreografía elaborada en colaboración cos compañeiros. - Execución dun exercicio ximnástico proposto pola profesora. - Exposición con soporte audiovisual dun elemento ximnástico mediante a metodoloxía traballada.

Resolución de problemas de forma autónoma	- Exporase o desenvolvemento dunha coreografía que terá por referencia as modalidades ximnásticas tratadas no desenvolvemento da materia. - Traballarán a execución técnica dos elementos ximnásticos durante o proceso metodolóxico de ensino-aprendizaxe levada a cabo na materia. - Traballaráse a avaliación técnica e a composición dos deportes ximnásticos mediante a análise de exercicios en vídeo.
Traballo tutelado	Terá un carácter grupal e utilizarase para a orientación e revisión dos traballos coreográficos e de execución ximnástica propostos nas metodoloxías anteriores.
Cartafol/dossier	Realizarase por cada grupo práctico e estará destinado a construción da composición coreográfica. Elaborarase práctica a práctica

Atención personalizada

Methodologies	Description
Lección maxistral	A atención personalizada do estudiantado realizarase tanto durante o desenvolvemento das sesións de aula como posteriormente no despacho físico, virtual ou de correos electrónicos das profesoras Águeda Gutiérrez e Marián Fernández.
Gamificación	A atención personalizada do estudiantado realizarase tras a finalización da actividade interactiva na aula, despacho físico, virtual ou a través do correo electrónico das profesoras.
Prácticas de laboratorio	A atención personalizada do estudiantado realizarase tanto durante o desenvolvemento das sesións de laboratorio (ximnasio da facultade) como posteriormente en en o despacho físico, virtual ou de correos electrónicos das profesoras Águeda Gutiérrez e Marián Fernández.
Resolución de problemas de forma autónoma	Asesoramento e tutoría para a resolución dos problemas propostos na materia. Este tempo está reservado para atender e resolver as preocupacións dos estudantes. A atención será individual e en grupos pequenos, dependendo da natureza da atención, tanto no despacho físico, virtual ou por correo electrónico das profesoras da materia.
Traballo tutelado	Orientación do estudiantado e resolución de dúbidas sobre os traballos a realizar. Realizarase tanto durante o desenvolvemento das sesións de aula como posteriormente no despacho físico, virtual ou de correos electrónicos das profesoras Águeda Gutiérrez e Marián Fernández.

Avaliación

	Description	Qualification	Training and Learning Results		
Gamificación	Tras a lección maxistral de aula, realizarase unha actividade interactiva en gran grupo a modo de xogo de preguntas onde se avaliarán os aspectos conceptuais da materia. Avaliaranse os seguintes resultados previstos na materia: 1,2,3,4,5,6,7 e 8.	5	B1	C3 C6 C7 C14 C20	D16 D30
Prácticas de laboratorio	Asistencia ás 14 clases prácticas da materia. A avaliación farase de forma continua mediante o control de asistencia do alumnado. Bloque Ximnástico-Acrobático: Desenvolvemento e posto en práctica dunha progresión metodolóxica dos elementos ximnásticos traballados ao longo das sesións. Avaliaranse os seguintes resultados previstos na materia: 1,2,3,4,5,6,7 e 8.	La evaluación de esta sección será realizada por las personas que tengan más de 2 faltas de asistencia en HGA.	B1	C3 C6 C7 C14 C20	D16 D30
Traballo tutelado	HABILIDADES XIMNÁSTICO-ACROBÁTICAS: Traballo en grupo sobre un elemento ximnástico asignado	15			
Cartafol/dossier	Realizarase por cada grupo práctico e estará destinado a construción da composición coreográfica. Elaborarase práctica a práctica	5	B1	C3 C6 C7 C14	D16 D30
Exame de preguntas obxectivas	Proba escrita de preguntas curtas, tipo test ou de desenvolvemento dos contidos teóricos e prácticos. Avaliaranse os seguintes resultados previstos na materia: 1,2,3,4,5,6,7 e 8.	40	B1	C3 C6 C7 C14 C20	D16 D30

Resolución de problemas e/ou exercicios	Valoración de exercicios ximnásticos en vídeo, en funión dos contidos traballados nas sesións prácticas	10	B1	C3 C6 C7 C14 C20	D16 D30
	Avaliaranse os seguintes resultados previstos na materia: 1,2,3,4,5,6,7 e 8.				
Práctica de laboratorio	- Bloque Rítmico-Expresiva: Realización dunha coreografía de forma grupal onde se combinarán todos os contidos prácticos dos fundamentos dos deportes ximnásticos. - Bloque Ximnástico-Acrobático: Execución técnica dos elementos ximnásticos traballados nas sesións prácticas. Avaliaranse os seguintes resultados previstos na materia: 1,2,3,4,5,6,7 e 8.	25	B1	C3 C6 C7 C14 C20	D16 D30

Other comments on the Evaluation

CUALIFICACIÓN FINAL da materia resultará da integración das distintas notas das actividades realizadas tanto nos contidos de Habilidades Rítmico-Expresivas como nos contidos de Habilidades Ximnástico-Acrobáticas. Deberán ter superadas todas as partes para obter unha cualificación positiva. Os alumnos e alumnas que non realicen todas as actividades de avaliación obterán a cualificación final de suspenso, aínda que algunhas actividades estean aprobadas. Si algunha persoa realiza só algunhas das actividades do curso terán a cualificación de suspenso, xa que se realiza unha avaliación continua de todas as actividades propostas.

Cando o estudiantado necesite de máis dunha convocatoria para superar a materia, gardaranse notas parciais durante a segunda convocatoria; é dicir, na convocatoria extraordinaria de xuño/xullo manteranse aquelas notas parciais que teñan superadas, e só se presentarán a aquelas que non superaron. Para as demais convocatorias, o estudiantado deberá concorrer da mesma maneira a unha proba escrita de pregunta curta, tipo test ou de desenvolvemento e dunha proba práctica de execución e metodoloxía dos contidos traballados para superar a materia. Igualmente deberá presentar o traballo co seu soporte audiovisual do elemento ximnástico asignado pola profesora e elaborado segundo o desenvolvemento dos contidos traballados durante o curso. A revisión de exames será no despacho das profesoras unha vez concluída a corrección.

OBSERVACIÓNS:

A PARTICIPACIÓN ACTIVA DO ALUMNADO NAS SESIÓNS PRESENCIAIS É UN FACTOR QUE DETERMINA O PROCESO A asistencia ás sesións prácticas será OBRIGATORIA (máximo falta de 2 sesións prácticas) Aplicarase de forma individualizada a cada un dos 2 Bloques da materia (Bloque Rítmico-Expresiva e Bloque Ximnástico-Acrobática).

Os alumnos e alumnas que participen activamente, como mínimo, ao 80% das sesións deben obter o 50% da máxima puntuación posible na proba teórica e nas probas prácticas para consideralas superadas.

Os alumnos e alumnas que NON participen activamente (meros observadores), como mínimo ao 80% das sesións, deben obter o 65% da máxima puntuación posible na proba teórica e nas probas prácticas para consideralas superadas. Este aspecto é tido en conta igualmente para os que non asisten ao mínimo esixido das sesións prácticas.

O alumnado discapacitado para a práctica motriz, poderá solicitar a adaptación das tarefas motrices a realizar nas sesións e nas probas de avaliación, no grao que as competencias da materia permítano. Aos incapacitados temporalmente para a práctica deportiva, a avaliación das probas prácticas de execución ximnástica realizaráselle cando a súa incapacidade temporal permítallo e no caso do bloque de habilidades rítmico-expresivas realizarase a través do visionado de vídeos.

BLOQUE: HABILIDADES XIMNÁSTICO-ACROBÁTICAS A falta de asistencia a máis de dúas prácticas de laboratorio deste bloque (independentemente da súa xustificación), supón ademais a realización dun exame práctico de ensino metodoloxía dos elementos acrobáticos aos que non se asistiu.

BLOQUE: HABILIDADES RÍTMICO-EXPRESIVAS Debido ao carácter de avaliación continua, a NON asistencia ás sesións prácticas non dará dereito a realizar a coreografía en grupo. No caso de que isto suceda, a avaliación dos contidos prácticos realizarase mediante a avaliación de exercicios ximnásticos en vídeo. Do consinto modo, si unha persoa atópase incapacitada temporalmente para a realización das probas prácticas, poderá examinarse mediante a avaliación de exercicios ximnásticos en vídeo.

CONVOCATORIA EXTRAORDINARIA (xuño-xullo) Avaliarase mediante o procedemento de avaliación non continua (gardaranse as cualificacións da avaliación continua da convocatoria de 2º cuatrimestre -maio-xuño).

Publicación das cualificacións e exames oficiais. As cualificacións de cada convocatoria serán publicadas en Moovi, onde se indicarán as datas de revisión dos exames. As datas oficiais dos exames pódense consultar na web da facultade no apartado: Docencia - Exames.

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Recomendacións

Subjects that are recommended to be taken simultaneously

Expresión corporal e danza/P02G051V01208

Other comments

1. Cada semana, o estudiantado ten en Moovi os contidos que se impartirán na materia, así como o material (apuntamentos, lecturas, vídeos, etc.) para traballar estes contidos. Para un maior aproveitamento das clases teóricas e prácticas, recoméndase facer uso deste material antes de asistir a devanditas clases.
2. Formalizar na primeira semana os grupos en Moovi (5/8) para a realización dos traballos da materia.
3. Estudar e traballar a materia de forma continuada.
4. Expor ás profesoras da materia todas as preguntas/consultas que consideren necesarias referida ao temario, prácticas, traballos, etc.
5. Comunicar ás profesoras as suxestións de mellora da materia.
6. Na primeira semana da materia daranse as directrices de como se deben realizar os distintos traballos. Por tanto, recoméndase a asistencia á clase teórica.

IDENTIFYING DATA				
Expresión corporal e danza				
Subject	Expresión corporal e danza			
Code	P02G051V01208			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	2	2c
Teaching language	Castelán			
Department	Didácticas especiais			
Coordinator	Fernández Villarino, María de los Angeles			
Lecturers	Fernández Villarino, María de los Angeles Freire Maceiras, Rebeca Maria			
E-mail	marianfv@uvigo.es			
Web				
General description				

Resultados de Formación e Aprendizaxe

Code	
B1	1.1 Comprender, elaborar e saber aplicar os procedementos, estratexias, actividades, recursos, técnicas e métodos que interveñen no proceso de enseñanza-aprendizaxe con eficiencia, desenvolvendo todo o curso da acción en todos os sectores de intervención profesional de actividade física e deporte (enseñanza formal e informal físico-deportiva; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte).
C1	1.1 Comprender, elaborar e saber aplicar os procedementos, estratexias, actividades, recursos, técnicas e métodos que interveñen no proceso de enseñanza-aprendizaxe con eficiencia, desenvolvendo todo o curso da acción en todos os sectores de intervención profesional de actividade física e deporte (enseñanza formal e informal físico-deportiva; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte).
C2	1.2 Diseñar e aplicar o proceso metodolóxico composto pola observación, reflexión, análise, diagnóstico, execución, avaliación técnico-científica e/ou divulgación en distintos contextos e en todos os sectores da intervención profesional na actividade física e o deporte.
C4	1.4. Adaptar a intervención educativa ás características e necesidades individuais de toda a poboación e facendo fincapé en poboacións de carácter especial como: escolares, maiores (maiores), persoas con mobilidade reducida e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou similares). prescrito por un médico), tendo en conta o xénero e a diversidade.
C5	2.1 Saber orientar, diseñar, aplicar e avaliar técnico-científicamente exercicio físico e condición física nun nivel avanzado, baseado na evidencia científica, en diferentes ámbitos, contextos e tipos de actividades para toda a poboación e con énfasis nas poboacións de carácter especial como son: persoas maiores (terceira idade), escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou asimilados (diagnosticadas e/ou prescritas por un médico), atendendo ao xénero e á diversidade.
C11	3.1 Analizar, identificar, diagnosticar, promover, orientar e avaliar estratexias, accións e actividades que favorezan a adhesión a un estilo de vida activo e a participación e a práctica regular e saudable da actividade física e do deporte e do exercicio físico de forma adecuada, eficiente e segura por parte dos cidadáns. co fin de mellorar a súa saúde global, benestar e calidade de vida, e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, de saúde ou asimiladas (diagnosticadas e/ou prescritas). por un médico) tendo en conta o xénero e a diversidade.
C12	3.2 Saber promover, asesorar, diseñar, aplicar e avaliar técnico-científicamente programas de actividade física, exercicio físico e deportes axeitados e variados, adaptados ás necesidades, demandas e características individuais e grupais de toda a poboación, facendo fincapé nas persoas maiores. persoas maiores), o xénero feminino e diversidade, escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticadas e/ou prescritas por un médico).
C16	4.3 Desenvolver e poñer en práctica a avaliación técnico-científica dos elementos, métodos, procedementos, actividades, recursos e técnicas que conforman as manifestacións do movemento e dos procesos de condición física e exercicio físico; tendo en conta o desenvolvemento, as características, as necesidades e o contexto dos individuos, os distintos tipos de poboación e os espazos onde se realiza a actividade física e o deporte; nos distintos sectores da intervención profesional e con énfase en poboacións de carácter especial.
D1	1.1. Comprender, elaborar y saber aplicar los procedimientos, estrategias, actividades, recursos, técnicas y métodos que intervienen en el proceso de enseñanza-aprendizaje con eficiencia, desarrollando todo el curso de la acción en todos los sectores de intervención profesional de actividad física y deporte (enseñanza formal e informal físico-deportiva; entrenamiento físico y deportivo; ejercicio físico para la salud; dirección de actividad física y deporte).
D2	1.2. Diseñar y aplicar el proceso metodológico integrado por la observación, reflexión, análisis, diagnóstico, ejecución, evaluación técnico-científica y/o difusión en diferentes contextos y en todos los sectores de intervención profesional de la actividad física y del deporte.

- D4 1.4. Adaptar a intervención educativa ás características e necesidades individuais de toda a poboación e facendo fincapé en poboacións de carácter especial como: escolares, maiores (maiores), persoas con mobilidade reducida e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou similares). prescrito por un médico), tendo en conta o xénero e a diversidade.
- D5 2.1 Saber orientar, diseñar, aplicar e avaliar técnico-científicamente exercicio físico e condición física nun nivel avanzado, baseado na evidencia científica, en diferentes ámbitos, contextos e tipos de actividades para toda a poboación e con énfasis nas poboacións de carácter especial como son: persoas maiores (terceira idade), escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou asimilados (diagnosticadas e/ou prescritas por un médico), atendendo ao xénero e á diversidade.
- D11 3.1 Analizar, identificar, diagnosticar, promover, orientar e avaliar estratexias, accións e actividades que favorezan a adhesión a un estilo de vida activo e a participación e a práctica regular e saudable da actividade física e do deporte e do exercicio físico de forma adecuada, eficiente e segura por parte dos cidadáns. co fin de mellorar a súa saúde global, benestar e calidade de vida, e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, de saúde ou asimiladas (diagnosticadas e/ou prescritas). por un médico) tendo en conta o xénero e a diversidade.
- D12 3.2 Saber promover, asesorar, deseñar, aplicar e avaliar técnico-científicamente programas de actividade física, exercicio físico e deportes axeitados e variados, adaptados ás necesidades, demandas e características individuais e grupais de toda a poboación, facendo fincapé nas persoas maiores. persoas maiores), o xénero feminino e diversidade, escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticadas e/ou prescritas por un médico).
- D16 4.1 Desenvolver con fluidez procedementos e protocolos para resolver problemas non estruturados, imprevisibles e cada vez máis complexos, articulando e despregando un dominio dos elementos, métodos, procesos, actividades, recursos e técnicas que conforman as habilidades motrices básicas, as actividades físicas, as habilidades deportivas, o xogo, a expresión expresiva. actividades corporales e de danza, e actividades na natureza de forma adecuada, eficiente, sistemática, variada e metodoloxicamente integrada para toda a poboación e con énfase en poboacións de carácter especial como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou asimilados (diagnosticados e/ou prescritos por un médico), tendo en conta o xénero e a diversidade e en calquera sector de intervención profesional da actividade física e do deporte (educación física formal e informal- deporte; formación física e deportiva). ; exercicio físico para a saúde; dirección de actividade física e deporte).
- D17 4.2 Desenvolver con fluidez procedementos e protocolos para resolver problemas non estruturados, imprevisibles e cada vez máis complexos, articulando e despregando un dominio dos elementos, métodos, procedementos, actividades, recursos, técnicas e procesos propios da condición física e do exercicio físico de forma adecuada, eficiente e sistemática. , variada e metodoloxicamente integrada para toda a poboación e con énfase en poboacións de carácter especial como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou prescritos por un médico).), tendo en conta o xénero e a diversidade e en calquera sector de intervención profesional da actividade física e do deporte.
- D18 4.3 Desenvolver e poñer en práctica a avaliación técnico-científica dos elementos, métodos, procedementos, actividades, recursos e técnicas que conforman as manifestacións do movemento e dos procesos de condición física e exercicio físico; tendo en conta o desenvolvemento, as características, as necesidades e o contexto dos individuos, os distintos tipos de poboación e os espazos onde se realiza a actividade física e o deporte; nos distintos sectores da intervención profesional e con énfase en poboacións de carácter especial.

Resultados previstos na materia

Expected results from this subject	Training and Learning Results		
Comprender, elaborar e saber aplicar os procedementos, estratexias, actividades, recursos, técnicas e métodos que interveñen no proceso de enseñanza-aprendizaxe con eficiencia, desenvolvendo todo o curso da acción en todos os sectores de intervención profesional de actividade física e deporte (enseñanza formal e informal físico-deportiva; adestramento físico e deportivo; exercicio físico para a saúde; dirección de actividade física e deporte).	B1	C1	D1
Deseñar e aplicar o proceso metodolóxico composto pola observación, reflexión, análise, diagnóstico, execución, avaliación técnico-científica e/ou divulgación en distintos contextos e en todos os sectores da intervención profesional na actividade física e o deporte.		C2	D2
Adaptar a intervención educativa ás características e necesidades individuais de toda a poboación e facendo fincapé en poboacións de carácter especial como: escolares, maiores (maiores), persoas con mobilidade reducida e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou similares). prescrito por un médico), tendo en conta o xénero e a diversidade.		C4	D4
Saber orientar, diseñar, aplicar e avaliar técnico-científicamente exercicio físico e condición física nun nivel avanzado, baseado na evidencia científica, en diferentes ámbitos, contextos e tipos de actividades para toda a poboación e con énfasis nas poboacións de carácter especial como son: persoas maiores (terceira idade), escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou asimilados (diagnosticadas e/ou prescritas por un médico), atendendo ao xénero e á diversidade.		C5	D5

Analizar, identificar, diagnosticar, promover, orientar e avaliar estratexias, accións e actividades que favorezan a adhesión a un estilo de vida activo e a participación e a práctica regular e saudable da actividade física e do deporte e do exercicio físico de forma adecuada, eficiente e segura por parte dos cidadáns. co fin de mellorar a súa saúde global, benestar e calidade de vida, e facendo fincapé en poboacións especiais como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, de saúde ou asimiladas (diagnosticadas e/ou prescritas). por un médico) tendo en conta o xénero e a diversidade.	C11	D11
Saber promover, asesorar, deseñar, aplicar e avaliar técnico-científicamente programas de actividade física, exercicio físico e deportes axeitados e variados, adaptados ás necesidades, demandas e características individuais e grupais de toda a poboación, facendo fincapé nas persoas maiores. persoas maiores), o xénero feminino e diversidade, escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticadas e/ou prescritas por un médico).	C12	D12
Desenvolver con fluidez procedementos e protocolos para resolver problemas non estruturados, imprevisibles e cada vez máis complexos, articulando e despregando un dominio dos elementos, métodos, procesos, actividades, recursos e técnicas que conforman as habilidades motrices básicas, as actividades físicas, as habilidades deportivas, o xogo, a expresión expresiva. actividades corporales e de danza, e actividades na natureza de forma adecuada, eficiente, sistemática, variada e metodoloxicamente integrada para toda a poboación e con énfase en poboacións de carácter especial como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou asimilados (diagnosticados e/ou prescritos por un médico), tendo en conta o xénero e a diversidade e en calquera sector de intervención profesional da actividade física e do deporte (educación física formal e informal- deporte; formación física e deportiva). ; exercicio físico para a saúde; dirección de actividade física e deporte).		D16
Desenvolver con fluidez procedementos e protocolos para resolver problemas non estruturados, imprevisibles e cada vez máis complexos, articulando e despregando un dominio dos elementos, métodos, procedementos, actividades, recursos, técnicas e procesos propios da condición física e do exercicio físico de forma adecuada, eficiente e sistemática. , variada e metodoloxicamente integrada para toda a poboación e con énfase en poboacións de carácter especial como: persoas maiores (maiores), escolares, persoas con discapacidade e persoas con patoloxías, problemas de saúde ou similares (diagnosticados e/ou prescritos por un médico).), tendo en conta o xénero e a diversidade e en calquera sector de intervención profesional da actividade física e do deporte.		D17
Desenvolver e poñer en práctica a avaliación técnico-científica dos elementos, métodos, procedementos, actividades, recursos e técnicas que conforman as manifestacións do movemento e dos procesos de condición física e exercicio físico; tendo en conta o desenvolvemento, as características, as necesidades e o contexto dos individuos, os distintos tipos de poboación e os espazos onde se realiza a actividade física e o deporte; nos distintos sectores da intervención profesional e con énfase en poboacións de carácter especial.	C16	D18

Contidos

Topic

1. Fundamentos da Expresión Corporal e a Danza	1.1. Definición 1.2. Relación 1.3. Vinculación co contexto educativo
2. Linguaxe corporal, comunicación e expresión	2.1. Elementos da Linguaxe corporal
3. Compoñentes e dimensións de movemento expresivo e creativo	3.1. Tipos de movemento 3.2. Movemento expresivo 3.3. Compoñentes do movemento expresivo 3.4. Dimensións do movemento expresivo
4. A Danza como técnica da Expresión Corporal	4.1. Definición 4.2. Características 4.3. A danza no contexto educativo
5. O proceso de construción coreográfico, creativo e artístico	5.1. Fases 5.1.1. Exploración 5.1.2. Composición 5.1.3. Apreciación Crítica 5.2. Pautas Didácticas
6. Aspectos metodolóxico-didácticos da Expresión Corporal e da Danza	6.1. Presupostos teóricos da Expresión Corporal e da Danza 6.2. Didáctica da Expresión Corporal 6.3. Didáctica da Danza

Planificación

	Class hours	Hours outside the classroom	Total hours
Lección maxistral	22	30	52

Resolución de problemas	5	13	18
Prácticas de laboratorio	30	30	60
Traballo	7	7	14
Presentación	2	2	4
Resolución de problemas e/ou exercicios	1	1	2

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Metodoloxía docente	
	Description
Lección maxistral	Contidos expositivos en aula de grupo A.
Resolución de problemas	Tarefas específicas sobre os contidos e que se resolverán no tempo dos grupos A, a través da plataforma Moovi
Prácticas de laboratorio	Vivenciación dos contidos prácticos e desenvolvemento de traballo compositivo

Atención personalizada	
Methodologies	Description
Prácticas de laboratorio	O traballo dos grupos B será dirixido e supervisado polo profesorado, ben cando se traballe de maneira dirixida, ben ao longo do proceso compositivo
Tests	Description
Traballo	A realización das propostas de traballo do grupo A, será supervisada polo profesorado unha vez finalice cada un dos temas de contido, durante o tempo de grupo A. De maneira específica, cada grupo de traballo poderá solicitar as titorías que considere oportunas e que serán atendidas polas profesoras da materia, ben presencialmente, ben telemáticamente.
Presentación	Para a presentación e defensa, tanto da proposta práctica como da teórica, o alumnado recibirá supervisión por parte do profesorado durante as sesións presenciais. De maneira específica e baixo solicitude, poderá revisalo coas profesoras da materia.

Avaliación		Qualification	Training and Learning Results	
	Description			
Lección maxistral	Realización dun mapa conceptual cos contidos destacados de cada un dos temas desenvolvidos	40	B1 C1 C5 C12	D1 D5 D12 D16 D17
Resolución de problemas	Ao longo da materia realizaranse traballos de reflexión sobre documentos escritos nas sesións teóricas	10	C4	D4 D16 D18
Prácticas de laboratorio	Valorarase a participación activa do alumnado nas sesións prácticas. Do mesmo xeito a participación no día da danza	10	C11	D11
Traballo	Desenvolvemento dunha composición *coreográfica na que se poña en evidencia o control e dominio dos contidos prácticos. Terase en conta o proceso como o resultado final da composición. O peso que, cada unha destas partes, terá na valoración final desta metodoloxía/proba será: - Proceso: 80% - Resultado Final: 20%	40	C2 C5 C11 C12	D2 D5 D11 D12 D17

Other comments on the Evaluation

Para poder superar a materia, será necesario que se alcance, polo menos, o 50% da cualificación do mapa conceptual e da composición coreográfica. No caso das tarefas de reflexión, así como da participación no día da danza, terán un valor sumativo, e non será necesario alcanzar un mínimo para poder contribuir á cualificación final da materia. A cualificación final da materia, será o resultado da suma da cualificación parcial obtida en cada apartado. Cando o alumnado necesite máis dunha edición para superar a materia, as probas superadas manteranse na segunda edición e só terán que concorrer con aquelas partes que non foron superadas. No caso de edicións posteriores, o estudiantado deberá concorrer con todos os apartados da avaliación. É dicir, non se gardarán notas parciais para anos posteriores. No caso de que o alumnado por circunstancia temporal ou permanente, non poidese desenvolver a composición coreográfica. A avaliación deste apartado substituirase pola análise crítico dunha composición artística seleccionada polo profesorado.

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Recomendaciones