



IDENTIFYING DATA

Fundamentals of wrestling activities

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|-------------------|---|-----------|------|------------|
| Subject | Fundamentals of wrestling activities | | | |
| Code | P02G050V01205 | | | |
| Study programme | (*)Grao en Ciencias da Actividade Física e do Deporte | | | |
| Descriptors | ECTS Credits | Choose | Year | Quadmester |
| | 6 | Mandatory | 1st | 2nd |
| Teaching language | Spanish | | | |
| Department | | | | |
| Coordinator | Gutierrez Santiago, Alfonso | | | |
| Lecturers | Gutierrez Santiago, Alfonso | | | |
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| Web | | | | |

General description (*)A materia «Fundamentos das actividades de loita» impártese no segundo cuadrimestre do primeiro curso do Grao en Ciencias da Actividade Física e do Deporte.

Nesta materia proporciónase unha visión xeral dos deportes e actividades de loita. Desde unha perspectiva teórica, abórdanse as diferentes concepcións actuais máis significativas referentes ao ámbito dos deportes de loita desde un punto de vista xeral e, desde unha perspectiva práctica, realízase un percorrido a través dos deportes de loita con agarre, facendo especial fincapé no judo.

Así mesmo, esta materia é fundamental dentro do plan de estudos da titulación impartida na Universidade de Vigo, posto que é a única, dentro deste, onde o alumno ten a oportunidade de obter os coñecementos necesarios sobre o ámbito dos deportes de loita, imprescindibles na formación dun Graduado en Ciencias da Actividade Física e do Deporte.

Competencies

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| Code | |
| A1 | (*)Capacidade para deseñar, desenvolver e avaliar os procesos de ensino-aprendizaxe relativos á actividade física e ao deporte con atención ás características individuais e contextuais das persoas |
| A2 | (*)Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica de actividade física e deporte entre a poboación escolar |
| A3 | (*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, na proposta de tarefas nos procesos de ensino-aprendizaxe a través da actividade física e o deporte |
| A4 | (*)Capacidade para identificar os riscos que se derivan para a saúde dos escolares debido á práctica de actividades físicas inadecuadas |
| A6 | (*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo adecuado para cada tipo de actividade nos procesos de ensino-aprendizaxe a través da actividade física e do deporte |
| A16 | (*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais ao campo da actividade física e a saúde |
| B7 | (*)Coñecemento e comprensión dos fundamentos, estruturas e funcións das habilidades e patróns da motricidade humana |
| B10 | (*)Coñecemento e comprensión dos fundamentos do deporte |
| B12 | (*)Aplicación das tecnoloxías da información e comunicación (TIC) ao ámbito das Ciencias da Actividade Física e do Deporte |
| B13 | (*)Hábitos de excelencia e calidade no exercicio profesional |
| B14 | (*)Utilización da información científica básica aplicada á actividade física e ao deporte nas súas diferentes manifestacións |
| B15 | (*)Capacidade para deseñar, desenvolver e avaliar os procesos de ensino-aprendizaxe relativos á actividade física e ao deporte, con atención ás características individuais e contextuais das persoas |
| B16 | (*)Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica da actividade física e do deporte |

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| B18 | (*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, aos diferentes campos da actividade física e o deporte |
| B20 | (*)Capacidade para identificar os riscos que se derivan para a saúde da práctica de actividades físicas inadecuadas |
| B23 | (*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo adecuado para cada tipo de actividade |
| B24 | (*)Actuación dentro dos principios éticos necesarios para o correcto exercicio profesional |
| B25 | (*)Habilidade de liderado, capacidade de relación interpersoal e traballo en equipo |
| B26 | (*)Adaptación a novas situacións, á resolución de problemas e á aprendizaxe autónoma |

Learning aims

| Expected results from this subject | Training and Learning Results | |
|--|-------------------------------|-----|
| Knowledge and understanding of the foundations, structures and functions of the skills motrices basic of the activities of fight. | | B7 |
| Knowledge and understanding of the foundations of the judo and the activities of fight. | | B10 |
| Application of the technologies of the information and communication (TIC) to the field of the activities of fight. | | B12 |
| Adaptation to new situations, resolution of problems and autonomous learning. | | B26 |
| Skill of leadership, capacity of interpersonal relation and work in team. | | B25 |
| Habits of excellence and quality in the professional exercise. | | B13 |
| Performance inside the necessary ethical principles for the correct professional exercise. | | B24 |
| Capacity to design, develop and evaluate the processes of education-relative learning to the activities of fight, with attention to the individual and contextual characteristics of the people. | A1 | B15 |
| Capacity to promote and evaluate the training of habits perdurables and autonomous of practice of the activities of fight. | A2 | B16 |
| Capacity to apply the physiological principles, biomecánicos, comportamentais and social, to the field of the judo and of the activities of fight. | A3 A16 | B18 |
| Capacity to identify the risks that derive for the health of the practice of activities of fight of unsuitable form. | A4 | B20 |
| Capacity to select and know use the material and sportive equipment adapted for the activities of fight. | A6 | B23 |
| Utilisation of the basic scientific information applied to the field of the judo and of the activities of fight. | | B14 |

Contents

| Topic | |
|---|--|
| Brief description of the contents (in each one of the following thematic blocks, at the end of the same and between bracket, will signal by means of the corresponding number -1,2,3,4- to which or which does special reference): | 1. Fundamentación Theoretical of the activities of fight. 2. Technical foundations-tactical and didactic of the *judo and the activities of fight. 3. Formal and functional structure of the judo and the activities of fight. 4. The process of sportive initiation to the judo. |
| A) Historical Evolution of the sports of fight (1). Description: in this thematic area realises a route through the different historical stages that has suffered the fight, from the primitive period, going through the archaic civilisations, the classical world, the half age, etc., until arriving to the actuality. | - Brief approximation to the fight in other civilisations. - The fight in the archaic civilisations. - The fight in the classical world I: the fight in Greece. - The fight in the classical world II: the fight in Rome. - The fight in the Half Age and in the Modern Age. |

| | |
|---|--|
| <p>B) The process of sportive institutionalisation of the activities of fight and of the Japanese martial arts (1-2-3-4).</p> <p>Description: it explains which has been the process of deportivización that have experienced the fights until arriving to his full institutionalisation, realising special upsetting in disciplines luctatorias like the judo. resume The evolution suffered by the judo from his origin until the actuality. They tackle the starts of the judo like a form of personal defence ju jutus, effecting a practical application of the most notable technicians of the judo to the most daily situations of personal defence. Like colophon of said process of deportivización presents the referee's regulation of the judo. They conceptualise and they characterise the Japanese martial arts, analysing the change suffered until his deportivización, that is to say, the transformation of the Bujutsu in Budo.</p> | <ul style="list-style-type: none"> - The fight in the Contemporary Period. - The judo. His evolution. - Initiation to the Ju Jutsu. - Referee's regulation of judo. - The martial arts: concept and characterisation. The Japanese martial arts like spiritual education: his change in occident -the deportivización-. |
| <p>C) Characterisation and concept of the sports of fight (1-3).</p> <p>Description: this thematic block is allocated to effect a acotación conceptual of the fight, clearing terms that, a priori, could seem identical for, later, establish which are the common characteristics of the different sports of fight.</p> | <ul style="list-style-type: none"> - Acotación Conceptual of the fight: terminological explanations. - Characteristic common of the sports of fight. |
| <p>D) Classification of the sports of fight and of the technicians (1-2-3-4).</p> <p>Description: in this thematic area tackle the diversity of classifications of the sports of fight in function of the distinct currents doctrinales more notable. It effects a review of the technical classifications more important for, finally, realise a comparison between the technicians used in distinct sports of fight with hold, from the forms to project to the opponent against the floor until the forms of control to the opponent.</p> | <ul style="list-style-type: none"> - Classification of the sports of fight. - The classifications of the technician in judo. Comparative technician between different sports of fight with hold. |
| <p>E) Sports of fight. Generalities (1-2-4).</p> <p>Description: in this thematic block tackle the most notable appearances on the ceremonial characteristic of the sports of fight. Besides, we will realise an approach to the skills motrices luctatorias.</p> | <ul style="list-style-type: none"> - Sports of fight. His ceremonial. - The skills motrices luctatorias. |
| <p>F) Foundations (Kihon) (1-2-3-4).</p> <p>Description: in this thematic area will tackle foundations of the sports of fight so notable like the greeting, the posture, the hold, the falls and the phases of the technician.</p> | <ul style="list-style-type: none"> - The greeting (Rei). - The posture (Shisei). - The falls (Ukemi). - The hold (Kumikata) and the phases of the technician. |

| Planning | | | |
|--|-------------|-----------------------------|-------------|
| | Class hours | Hours outside the classroom | Total hours |
| Laboratory practises | 30 | 45 | 75 |
| Group tutoring | 0 | 15 | 15 |
| Master Session | 22.5 | 33.75 | 56.25 |
| Multiple choice tests | 1 | 1.5 | 2.5 |
| Practical tests, real task execution and / or simulated. | 0.5 | 0.75 | 1.25 |

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

| Methodologies | |
|----------------------|--|
| | Description |
| Laboratory practises | Activities of application of the knowledges to concrete situations and of acquisition of basic skills and procedimentales related with the matter object of study. They develop in special spaces with skilled equipment (tatami). |

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| Group tutoring | Queries that the student is supported by the profesorado of the matter in the tatami for advice/develop of activities of the matter and of the process of learning. |
| Master Session | 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 goes to realise the student. |

Personalized attention

| Methodologies | Description |
|----------------|--|
| Master Session | <p>Theoretical classes: Technician used: lesson *magistral. The lesson *magistral is the most ancient method and, in the actuality, of the most used in the university education. The true lesson *magistral does not have to limit to expose concepts or results, but also to show, to some extent, how arrives to the same, that is to say, has to try transmit a critical approach of the *asignatura, that carry to the student to *reflexionar and discover the relation between the diverse concepts and results that are object of exhibition. Activities developed by the professor: - it Explains the theoretical foundations. In a theoretical class, the explanation of the professor has to gather three essential shots: -scientific Authenticity: it demands a permanent update of the knowledges *insertos in each lesson of the program. -*Ordenación Coherent of the lessons: it allows that, in the course of the exhibition, can remember concepts already seen in another part of the program to relate them with the ones of the lesson of the day, which induces to the student to look for connections of the concepts that learns, forcing his imaginative capacity and facilitating the use of the significant learning. -Clarity of the exhibition: it will realise with the suitable rhythm, with the precise pauses, with the reiterations of the most important points and of greater difficulty, with the interruptions by part of the students, unforeseen or foreseen by part of the professor, and even estimated by this, without that all this affect to the planned development of the program for each lesson. Activities developed by the student: - Of general form, could *resumir in: -Assimilate and taking aim. -It poses doubts and complementary questions. For a better *provecho of the theoretical classes, the student has to realise the following activities: -Read *someramente, before attending to class, the matter that goes to treat the professor. This habit requires discipline but, in return, provides a *aprovechamiento very upper in the classes and, in definite, saves time of study. -Listen with the decided purpose to understand what hears . -Take orderly notes of the salient points of the explanation. - Review the annotations of class shortly after finished this. Practices of laboratory: Technician used: practices in sportive installations -*tatami-. The practical classes constitute an essential part in the training of the student, in such a way that, together with the theoretical part, places to the student in an active situation, what allows him a development of his capacity of observation and a suitable and complementary comparison between the theory and the practice. His just assessment requires a review of the aims that pursue in the training. Like this, to his ending, the student will be able to distinguish erroneous results, or systematic errors in the experimentation, in addition to explaining apparent contradictions. In this sense, the practical classes have to be programmed carefully together with the course of the program of theoretical classes, that is to say, the activity carried out in the practical classes will not be able to *desligarse by the student of the explanations that has received in the theoretical classes. Activities developed by the professor: - it Presents the aims. - It orients the work. - It realises the follow-up. Activities developed by the student: - Experience and it executes the tasks proposed. - Develop and it applies the tasks with the mates. *Tutorías Practical and theoretical: Technician used: *tutorías personalised. The *tutorías consist in giving, in the measure of the possible, an assistance *individualizada, accommodated to the specific circumstances of each student. The base of the *tutoría finds in the direct communication between educational and *discente, through which is possible to pipe *personalizadamente the interests and doubts of the students. In the system of *tutorías pursues one some periodic relation between professor and student, so that this can expose to that his doubts, problems and any another circumstance related with the *asignatura. It does not treat to communicate knowledges by part of the *alumnado, but the *tutoría will be a media between professor and student to debate on what this has done and how takes advantage of and assimilates the knowledges received. Activities developed by the professor: - it Checks the evolution of the student in the assimilation of the contents of the matter. - It attends the queries of the student and helps him to resolve the difficulties that find . - It orients in the tasks that has to realise and resolves doubts. - It recommends the suitable means to win the problems of learning. - Orient to the student in the research of documentary sources directed to complete the training of this. - And finally, at least ideally, it orients to the students on his professional future, according to his interests, aptitudes and personal shots. Activities developed by the student: - it Receives personalised orientation. - It reinforces the ideas and exposed concepts in the classes. - Develop, of a particular way, technical and methods that can help him in his work of assimilation of own knowledges of the matter given. - The effort realised by the student does not have to have as it put only the approve the *asignatura, but the achievement of a serious training and, in the measure of the possible, of sufficient quality.</p> |

Laboratory practises

Theoretical classes: Technician used: lesson *magistral. The lesson *magistral is the most ancient method and, in the actuality, of the most used in the university education. The true lesson *magistral does not have to limit to expose concepts or results, but also to show, to some extent, how arrives to the same, that is to say, has to try transmit a critical approach of the *asignatura, that carry to the student to *reflexionar and discover the relation between the diverse concepts and results that are object of exhibition. Activities developed by the professor: - it Explains the theoretical foundations. 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| Assessment | | |
|--|---|---|
| | Description | Qualification |
| Laboratory practises | The evaluation of the practical teaching will realise of continuous form by means of the control of the assistance of the alumnado. | Es necesario asistir al 80 de las clases prácticas. |
| Multiple choice tests | Examination type test or true/false. | 42 |
| Practical tests, real task execution and / or simulated. | Oral and practical examination in the tatami. | 58 |

Other comments on the Evaluation

Proofs of type test: obtain a five on ten in the corresponding examination.

The evaluation of the theoretical teaching will realise by means of a final proof written corresponding to the subjects given

during the course: examination type test or true/false.

Practical proofs: obtain a five on ten in the corresponding oral examination. Assistance to 80% of the practices.

The evaluation of the teaching of laboratories will realise of continuous form by means of the control of the assistance of the *alumnado (is necessary to assist to 80% of the practical classes), and also will effect a practical proof final (oral examination) corresponding to the subjects given during the course.

The **final qualification** will obtain realising an average *ponderada of the two examinations surpassed. In the case that only it surpass one of the two examinations, the positive qualification (of the examination surpassed) will conserve only until the following announcement of June-July.

The qualifications of each announcement will be **published** in the *tablón of the dispatch, where will indicate the dates of review of the examinations.

They will apply the same criteria of evaluation for the **REST OF ANNOUNCEMENTS**.

Sources of information

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Recommendations
