



IDENTIFYING DATA

Fundamentals of individual sports

Subject	Fundamentals of individual sports			
Code	P02G050V01304			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	9	Mandatory	2nd	1st
Teaching language	Spanish			
Department				
Coordinator	Cancela Carral, José María Martínez Patiño, María José			
Lecturers	Cancela Carral, José María Martínez Patiño, María José			
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Web	http://www.healthfit.es			
General description	Analysis of the teaching and learning of swimming and athletics			

Competencies

Code	
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 do deporte, con atención ás características individuais e contextuais das persoas
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
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□ Know and understand the fundamentals of the sport of Athletics and Swimming	B7
□ select and know how to use the material and appropriate sports equipment for each type of activity to develop in Athletics and Swimming	B10
□ Apply in practice the knowledge acquired on the teaching of Athletics and Swimming	B12
□ Acquire attitudes and pedagogical teaching methodology adapted to the teaching of Athletics and Swimming	B13
□ Be able to perform activities schedules Athletics and Swimming	B14
□ Locate needed information in specific and general literature sources nothings relations with the Athletics and Swimming	B15
□ Know and use precisely the very specific terminology in our field sports athletics and swimming	B18
□ Critically analyze exposures by various authors or theories.	B20
	B23
	B24
	B25
	B26

Contents

Topic

Part I: ATHLETICS	ATHLETICS
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DU . I: Careers : Introduction to the course .	Careers
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Basics of the historical evolution of the races , going out and standing taco , relays and hurdles. Basics of the main rules applicable to the initiation of the races , going out and standing taco , relays and hurdles. Fundamental structural bases running technique , technical output plugs and standing , technique and strategy change control and technical step of the fence. General and specific principles of systematic observation of running technique , technical output plugs and standing , technique and strategy change control and technical step of the fence. Practical sessions of each of the techniques that make the DU .

DU . II : Jumps : Basics of the historical evolution	Jumps
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of the long jump, triple jump , high jump and pole vault . Basics of the main rules applicable to the initiation of the long jump, triple jump , high jump and pole vault . Fundamental structural basis of the technique of long jump, the triple jump technique , technical high jump and pole vault technique . General and specific principles of systematic observation technique long jump, the triple jump technique , technical high jump and pole vault technique . Practical sessions of each of the techniques that make the DU .

DU . III : releases : Basics of the historical evolution of the shot put, the discus, javelin and hammer throw .	Releases
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Basics of the main rules applicable to the initiation of the shot put, the discus, javelin and hammer throw . Fundamental structural basis of the technique of shot put, the discus throw technique , the art of javelin and hammer throwing technique . General and specific principles of systematic observation technique of shot put, the discus throw technique , the art of javelin and hammer throwing technique . Practical sessions of each of the techniques that make the UD .UD . III : releases : Basics of the historical evolution of the shot put, the discus, javelin and hammer throw . Basics of the main rules applicable to the initiation of the shot put, the discus, javelin and hammer throw . Fundamental structural basis of the technique of shot put, the discus throw technique , the art of javelin and hammer throwing technique . General and specific principles of systematic observation technique of shot put, the discus throw technique , the art of javelin and hammer throwing technique . Practical sessions of each of the techniques that make the DU .

DU . IV: The combined evidence : Basics of the historical evolution of the combined tests . Basics of the main rules applicable to the initiation of the combined tests . Basics of playing athletics. Structuring practices . Practical sessions of playing athletics.

Part II : SWIMMING	SWIMMING
DU . I: Approaches for aquatic activities : Introduction to the course with an introduction to the different types of activities taking place at present in the field of water activity and the factors that affect the choice of different approaches.	Aquatic activities
DU . II : Methodology of teaching swimming . Current trends in teaching swimming. Application of teaching styles , analysis of variables and constraints that affect the development of a program of water activities from the educational point of view.	Methodology
DU . III : Stage adaptation to the aquatic environment . Understanding the basic processes of initiation and familiarization with the aquatic environment . Understanding the mechanisms of implementation , variables and processes in teaching breathing. Understanding the factors that influence the mechanisms of flotation , propulsion and resistance as well as the teaching thereof.	Stage adaptation
DU . IV : Stage domain of the aquatic environment . Presentation skills and basic skills applied to the field of swimming : concepts and learning processes.	Stage Domain
DU . V : Understanding basic swimming techniques . Brief history of the evolution over time of the art of the four styles : front crawl , backstroke, breaststroke and butterfly . Description and analysis of the structural basis of each of the styles : body position, basic trajectories of the arms, legs action , breathing and complete coordination of movements. Description and understanding of the techniques of starts and turns of each of the styles of swim tests and individual style.	Swimming techniques

Planning

	Class hours	Hours outside the classroom	Total hours
Master Session	30	30	60
Introductory activities	2	3	5
Outdoor study / field practises	3	6	9
Tutored works	5	10	15
Laboratory practises	45	90	135
Multiple choice tests	1	0	1

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

Methodologies

	Description
Master Session	Oral presentation with audiovisual support for the contents of the object field of study, theoretical and / or guidelines of work, exercise or project to be developed by the student.
Introductory activities	The teacher will present the basics of matter
Outdoor study / field practises	Attendance at training activities outside the UVigo to analyze the functioning of aquatic programs
Tutored works	Development work on the Thematic Group of the course and tutored by the teacher.
Laboratory practises	Practical concepts on individual sports swimming and athletics will be developed

Personalized attention

Methodologies Description

Tutored works The student will receive individual attention in tutoring schedule established for this purpose during the current academic year. To read your tutoring schedule and place thereof should consult the website of the Faculty of Education and Sport. (webs.uvigo.es / Feduc)

Assessment

	Description	Qualification
Master Session	The thematic block ATHLETICS, will be evaluated with a Review of essay questions / multiple choice or short answer questions (25%) of the final grade.	25
Tutored works	In block SWIMMING work given by the teacher in which the student through group work will be analyzed to determine the points on the agenda will be developed. If planning allows these works will be exhibited and will defend in class.	30
Laboratory practises	The thematic block ATHLETICS, this methodology is evaluated in the practices of the subject that will be supervised in a practical examination of some or all of the practices. Will be assessed at 50% of the final grade. In this final note presentations at practical classes along the course will be considered. In the block assessment SWIMMING will be pass / fail	25
Multiple choice tests	The thematic block SWIMMING will be evaluated by a review of essay questions / issues multiple choice or short answer.	20

Other comments on the Evaluation

Sources of information

BIBLIOGRAFÍA FUNDAMENTAL del BLOQUE TEMÁTICO DE ATLETISMO

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Campos Granell, J. y ENRIQUE GALLACH, J. (2004). "Técnicas de atletismo. Manual práctico de enseñanza". Barcelona: Ed. Paidotribo.

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BIBLIOGRAFÍA COMPLEMENTARIA:

Piasenta, J. (2000). [Aprender a Observar: Formación para la observación del comportamiento del deportista]. Barcelona: Ed. Inde.

Parte II: NATACIÓN I**BIBLIOGRAFÍA FUNDAMENTAL DEL BLOQUE TEMÁTICO DE NATACIÓN**

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Recommendations