



IDENTIFYING DATA

Physical activity & adapted sports

Subject	Physical activity & adapted sports			
Code	P02G050V01601			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	2nd
Teaching language	Spanish			
Department				
Coordinator	Ayan Perez, Carlos Luis			
Lecturers	Ayan Perez, Carlos Luis Lago Filgueira, José Ángel Martínez Lemos, Rodolfo Ivan			
E-mail	cayan@uvigo.es			
Web				
General description				

Competencias

Code	
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
A5	(*)Capacidade para planificar, desenvolver e avaliar a realización de programas de deporte e actividade física escolar
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
A9	(*)Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica actividade físico-deportiva na poboación que realiza adestramento deportivo
A10	(*)Capacidade para identificar os riscos, que se derivan para a saúde dos deportistas, da práctica de actividades físicas inadecuadas no contexto do adestramento deportivo
A11	(*)Capacidade para planificar, desenvolver e controlar a realización de programas de adestramento deportivo
A13	(*)Capacidade para avaliar a condición física e prescribir exercicio físico orientado cara á saúde
A15	(*)Capacidade para identificar os riscos que se derivan para a saúde do desenvolvemento das actividades físicas inadecuadas entre a poboación que realiza práctica física orientada á saúde
A22	(*)Capacidade para coñecer e aplicar o marco xurídico do ámbito profesional
B1	(*)Conceptualización e identificación do obxecto de estudo das Ciencias da Actividade Física e do Deporte
B2	(*)Coñecemento e comprensión da literatura científica do ámbito da actividade física e o deporte
B3	(*)Coñecemento e comprensión dos factores fisiolóxicos e biomecánicos que condicionan a práctica da actividade física e o deporte
B5	(*)Coñecemento e comprensión dos efectos da práctica do exercicio físico sobre a estrutura e función do corpo humano
B12	(*)Aplicación das tecnoloxías da información e comunicación (TIC) ao ámbito das Ciencias da Actividade Física e do Deporte
B18	(*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, aos diferentes campos da actividade física e o deporte
B19	(*)Capacidade para avaliar a condición física e prescribir exercicio físico orientado cara á saúde
B21	(*)Capacidade para planificar, desenvolver e controlar a realización de programas de actividades físico-deportivas
B23	(*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo adecuado para cada tipo de actividade

Learning aims

Expected results from this subject	Training and Learning Results	
Knowledge and understanding of wool scientific literature of him field of the physical activity and the sport.	A5	
Knowledge and understanding of the factors *comportamentales and social that condition the practice of the physical activity and the sport.	A4	
Knowledge and understanding of the necessary ethical principles for the correct professional exercise.	A9	
I handle of wool basic scientific information applied to the physical activity and to the sport in his different demonstrations.	A15	B2
Capacity to evaluate the physical condition and prescribe physical exercise oriented to the health.	A13	B5
Capacity to promote and evaluate the training of habits *perdurables and autonomous of practice of physical activity and sport between the population adult, greater and disabled.	A9	B21
Capacity to identify the risks that derive for the health of the development of the unsuitable physical activities between the population that realises physical practice oriented the the health.	A10	B23
Capacity to apply the physiological principles, *biomecánicos, *comportamentales and social to the field of the physical activity and the health.	A3	B3
Capacity to schedule, develop and control the realisation of programs of physical activities oriented the the health.	A11	B18
Capacity to select and know use the material and suitable sportive equipment, for each type of activity that practise the population of adults, greater and disabled.	A6	B19
(*)	A22	B1
(*)		B12

Contents

Topic	
1. CONTEXTUAL HISTORICAL FRAME OF THE *AFA.	1.1 *AFA Historical Evolution and *Contextualización. 1.2 The Disability, Origin, Evolution and Current Situation. 1.3 Approximation to the *AFA in the Functional Rehabilitation.
(*)	(*)
3. PRESCRIPTION OF *AFA IN SPECIAL POPULATIONS.	3.1. *AFA And Cardiovascular Rehabilitation. 3.2. *AFA And Disorders of the Respiratory System. 3.3. *AFA And Cancer. 3.4. *AFA And Metabolic Alterations. 3.5. *AFA And Disorders of the Nervous system. 3.6. *AFA And Neuromuscular Pathologies. 3.7. *AFA And Pathologies *Autoinmunes. 3.8. *AFA How half Social Inclusion.
(*)4. EL DEPOSE YOU ADAPTED	(*)4.1. He Depose you Adapted: *Origen, Evolution *y Current Situation4.2. *Aplicaciones Of @el Depose you Adapted *al School Frame.

Planning

	Class hours	Hours outside the classroom	Total hours
Master Session	22.5	33.75	56.25
Group tutoring	0	15	15
Laboratory practises	29	43.5	72.5
Multiple choice tests	1	1.5	2.5
Jobs and projects	1	2.75	3.75

*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	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
Group tutoring	You interview that the student is supported by the teacher of the matter for the advice/develop of the works proposed.
Laboratory practises	Activities of application of the knowledges to situations and of acquisition of basic skills and procedures related with the matter of study.

Personalized attention

Methodologies	Description
Laboratory practises	It will develop of brief way and in group reduced when finalising each session.
Master Session	It will develop of brief way and in group reduced when finalising each session.

Assessment

	Description	Qualification
Multiple choice tests	Examination of multiple option with only answer.	70
Jobs and projects	Practical work on the theoretical contents of the matter, proposed by the professor. It will have to be exposed during the practices of laboratory	30

Other comments on the Evaluation

To surpass the matter will be necessary to obtain a positive qualification in both proofs of evaluation (tests type test and work). In the type test, it will be necessary to obtain at least 3.5 *points of 7 possible, and in the work, will have to reach at least 1.5 pto of 3 possible. The final note of the matter will obtain by means of the arithmetical sum of the punctuations reached in both parts, always and when fulfil the criteria of qualification previously exposed. Those students/ace that have not assisted at least to 80% of the practical sessions of the *asignatura, will have to realise a practical examination on the technical appearances, tactical and statutory described in the Subject 4 and obtain a qualification of aproved; in the same, to be able to surpass the practical part of the *asignatura. All those proofs that have not been surpassed in the first announcement, must repeat in the second announcement. The qualification obtained in the proofs surpassed realised during the first announcement will keep of only and exclusive way in the second announcement.

Sources of information

Sirmard C, Caron F y Skrotzky K., **Actividad Física Adaptada**, Inde,

Serra R y Bagur C., **Prescripción de Ejercicio Físico Para la Salud**, Paidotribo,

Faulkner G y Taylor H., **Exercise, Health and Mental Health**, Routledge,

Bernal J., **Juegos y Actividades Adaptadas**, Gymnos,

Cano JM., **Problemas de Salud en la Práctica Físico-Deportiva : Actuaciones y Adaptaciones Curriculares**, Wanceulen,

Recommendations**Subjects that continue the syllabus**

Assessment and prescription of physical activity for health/P02G050V01503

Subjects that it is recommended to have taken before

Gerontology and physical activity/P02G050V01902