



IDENTIFYING DATA

Physical & adventure activities in nature

Subject	Physical & adventure activities in nature			
Code	P02G050V01801			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	4th	2nd
Teaching language	Spanish			
Department				
Coordinator	Alonso Fernández, Diego			
Lecturers	Alonso Fernández, Diego			
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Web				
General description				

Competencies

Code	
A22	(*)Capacidade para coñecer e aplicar o marco xurídico do ámbito profesional
A23	(*)Capacidade para identificar e valorar os riscos que poidan derivarse do uso dos equipamentos e instalacións deportivas
B9	(*)Coñecemento e comprensión dos fundamentos do exercicio físico, xogo motor, danza, expresión corporal e actividades na natureza
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
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
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
Capacity to know and apply the juridical frame of the professional field	A22
Capacity to identify and value the risks that can derive of the use of the equipments and sportive installations	A23
Knowledge and understanding of the foundations of the physical exercise, play engine, dance, corporal expression and activities in the nature	B9
Capacity to identify the risks that derive for the health of the practice of unsuitable physical activities	B20
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	B15
Capacity to select and know use the material and sportive equipment adapted for each type of activity	B23
Skill of leadership, capacity of interpersonal relation and work in team	B25
Adaptation to new situations, the resolution of problems and the autonomous learning	B26

Contents	
Topic	
1. Theoretical foundations	1. Concept of Physical Activities in the half Natural 2. Generalities 2.1. That they are the AFMN 2.2. Organisation and regulation of the AFMN
2- Hiking and trekking	1. Hiking and trekking: Concept and place in the evolution of the highland sports 2. Highland environment 3. Meteorology 4. Technical training 5. Preparation and development of an activity 6. Orientation 7. Technicians of camped and vivac 8. Security 9. Professional development
3- Orientation	1. Introduction to the orientation: generalities 2. Graphic representation and interpretation of drawings or diagrams 3. Cartography. Introduction to the interpretation of maps elaborated (topographical and/or of orientation). 4. Utilisation of the compass 5. Orientation. 6. Application in the educational field 7. Organisation of activities of orientation
4- Technical of free air	1. Physical activities in the Half Natural. Generalities 2. Fields of application of the Activities in the open air 3. Application to the school field 4. AFMN. Professional surroundings 5. Organisation of activities
5- Climbing and technical with ropes	1. Introduction to the climbing: Generalities (types) 2. Technical appearances of the climbing 3. Ropes 4. Security: basic norms 5. Application in the school field
6- Mountain bike	1. Generalities 2. Technical appearances 3. The security in activities with BTT 4. Organisation of exits in BTT
7- Security	1. Generalities 2. Security in each activity
8- Organisation of activities	1. Planning of a Route 2. Preparation of career of orientation (raid) 3. Preparation of an activity of structure with ropes 4. Application of technicians learnt and the utilisation of the norms of security in climbing.

Planning			
	Class hours	Hours outside the classroom	Total hours
Laboratory practises	27	0	27
Master Session	20	40	60
Multiple choice tests	1	0	1
Long answer tests and development	2	0	2

*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	necessary that the student/to assist, at least, to 70% of the practices of laboratory to surpass the same.

Master Session	<p>necessary to combine several types of methodologies, depending on the nature of the aims to reach and the contents to treat. It will plead for an active methodology, alternating master class and work in small group in the theoretical sessions and different proposals of tasks (of the professor and of the own students) in the sessions practise.</p> <p>Besides, the student will have of a virtual support of support to the teaching, through the platform FAITIC (http://www.uvigo.es/faitic), with what will be able to realise a partially on-line follow-up of the matter.</p> <p>- Organisation of the teaching:</p> <p>The sessions of theoretical and practical character will develop in schedule and location fixed by the centre.</p>
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Personalized attention

Methodologies	Description
Laboratory practises	Teacher Platform TEMA / FAITIC

Assessment

	Description	Qualification
Multiple choice tests	It is necessary to have 70% of questions hit to approve the examination.	50
Long answer tests and development	The students/ace will organise in small groups building a project applicable in a real context.	35

Other comments on the Evaluation

The assistance to the practices of laboratory is compulsory with a minimum of 70% of his total number.

The assistance and participation of the students will value with 15% of the final note.

It is necessary to approve the two proofs to be able to do average.

In the extraordinary announcement of the same academic course will keep the qualifications of the first announcement. Anyway they will keep the criteria of evaluation.

Sources of information

Recommendations