



## IDENTIFYING DATA

### Specialisation in group sports

Subject	Specialisation in group sports			
Code	P02G050V01906			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	4th	1st
Teaching language	Spanish Galician			
Department				
Coordinator	Lago Peñas, Carlos			
Lecturers	Lago Peñas, Carlos			
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Web				
General description				

## Competencies

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
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
A11	(*)Capacidade para planificar, desenvolver e controlar a realización de programas de adestramento deportivo
A12	(*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo, adecuado para cada tipo de actividade de adestramento deportivo
A13	(*)Capacidade para avaliar a condición física e prescribir exercicio físico orientado cara á saúde
A14	(*)Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica de actividade física e deporte entre a poboación adulta, maiores e discapacitados
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
A16	(*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais ao campo da actividade física e a saúde
A21	(*)Capacidade para deseñar o programa de funcionamento das instalacións deportivas e seleccionar o material e equipamento deportivo adecuado
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
A24	(*)Capacidade para deseñar, desenvolver e avaliar os procesos de ensino-aprendizaxe relativos á actividade físico-deportiva recreativa, con atención ás características individuais e contextuais das persoas
A28	(*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, nas actividades físico-deportivas recreativas
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
B4	(*)Coñecemento e comprensión dos factores comportamentais e sociais 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
B6	(*)Coñecemento e comprensión dos efectos da práctica do exercicio físico sobre os aspectos psicolóxicos e sociais do ser humano
B7	(*)Coñecemento e comprensión dos fundamentos, estruturas e funcións das habilidades e patróns da motricidade humana
B8	(*)Coñecemento e comprensión da estrutura, función e desenvolvemento das diferentes manifestacións da motricidade humana
B9	(*)Coñecemento e comprensión dos fundamentos do exercicio físico, xogo motor, danza, expresión corporal e actividades na natureza
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
B22	(*)Capacidade para planificar, desenvolver e controlar programas para a dirección de organizacións, entidades e instalacións deportivas
B25	(*)Habilidade de liderado, capacidade de relación interpersonal e traballo en equipo

### Learning aims

Expected results from this subject	Training and Learning Results	
(*)- Ser capaz de analizar la estructura técnica, táctica y física de los deportes colectivos	A1	B1
- Ser capaz de diseñar tareas de entrenamiento aplicadas a la mejora de factores claves del rendimiento deportivo en estas especialidades	A2	B2
- Ser capaz de controlar el rendimiento y estado de forma en estas especialidades.	A3	B3
- Ser capaz de diseñar herramientas para la detección, y el desarrollo de talentos (planes de formación a medio y largo plazo)		
- Adquirir habilidades de dirección de personas		
(*)- Ser capaz de analizar la estructura técnica, táctica y física de los deportes colectivos	A4	B4
- Ser capaz de diseñar tareas de entrenamiento aplicadas a la mejora de factores claves del rendimiento deportivo en estas especialidades	A5	B5
- Ser capaz de controlar el rendimiento y estado de forma en estas especialidades.	A6	B6
- Ser capaz de diseñar herramientas para la detección, y el desarrollo de talentos (planes de formación a medio y largo plazo)		
- Adquirir habilidades de dirección de personas		
(*)- Ser capaz de controlar el rendimiento y estado de forma en estas especialidades.	A11	B4
- Ser capaz de diseñar herramientas para la detección, y el desarrollo de talentos (planes de formación a medio y largo plazo)	A12	B5
- Adquirir habilidades de dirección de personas	A13	B6
(*)	A9	B7
- Ser capaz de diseñar herramientas para la detección, y el desarrollo de talentos (planes de formación a medio y largo plazo)	A11	B8
	A21	B9
	A22	
	A23	
	A24	
(*)- Adquirir habilidades de dirección de personas	A2	B9
	A16	B21
	A28	B22
(*)	A12	B2
	A13	B18
	A14	B19
	A15	B25
(*)		B18

### Contents

Topic

- SUBJECT 1: The sportive training deport us collective.
- Structure of the collective sports and Factors of differential performance
  - The calendar of preparation and the phases of the form how determining the process of training-competition. Competitive density in long periods
  - The training-competition how reality \*sistémica. The training integrated
- SUBJECT 2. Optimization and control of the Technical capacities- oordinative deport us collective
- The sportive technique deport us collective: variability and \*adaptabilidad
  - Development of the technical map-\*coordinativo of the collective sports
  - Training and control of the contained technicians deport us collective
- SUBJECT 3: \*Optimización and control of the Tactical capacities- decisions deport us collective
- The strategy and sportive tactics in the contexts of collaboration-opposition
  - Develop of the tactical map-decisional deport us collective
  - Training and control of the contained tactical deport us collective
- SUBJECT 4. Optimization and control of the Physical capacities-conditional deport us collective
- Analysis of the external and internal cargo
  - Development of the conditional map deport us collective
  - Training and control of the contained physicists deport us collective: strength, speed, resistance and flexibility
- SUBJECT 5. Design of the cargo of training: Models of planning deport us collective.
- Contemporary planning. Designs with cargos concentrated. Microestructuration. Periodization Tactical
  - The design of the plan of training-competition in sports of long competitive period
- SUBJECT 6.The observation and analysis of the competition how half stop the direction of teams
- Assessment of the performance deport us collective: analysis of the competition
  - The process of collected of data: the observation. The instruments of collected and analysis computerized. The scouting
  - The modelling of the process of training: the action
- SUBJECT 7.Detection and selection of talents deport us collective
- The process of identification of talents
  - Building of the profile of reference stop the high performance in the the collective sports
  - Proofs and measures stop the selection of talents deport us collective
- SUBJECT 8. Development of the talent: The stages of training deport us collective
- The planning long-term deport us collective. The different stages of training and specialization
  - Establishment of the \*curriculum in the physical or conditional area, technical area or \*coordinativa, tactical area or \*decisional
  - methodological Aspects to take into account in the initiation.
- SUBJECT 9: The direction of sportive teams by part of the trainer
- Concept of direction of teams: Determinant that configure the direction. Models or styles of direction
  - The direction during the training. The direction before the split. The direction during it split. The attention to the press
- SUBJECT 10. The trainer how authorizing of human resources in the sportive groups
- The trainer how authorizing of human resources: the direction of professionals. Models of leadership by part of the trainer
  - The groupal cohesion of the team and the dynamics of group
  - The multidisciplinary team of work: the sportive staff.
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- It PRACTISES 1: training integrated how methodological resource deport us collective
- PRACTISES 2: technical training deport us collective: variability and adaptability: analytical methodology vs global
- PRACTISES 3: tactical training deport us collective: building of the model of game \*I
- PRACTISES 4: tactical training deport us collective: building of the model of game II
- PRACTISES 5: training of the physical capacities: resistance
- PRACTISES 6: training of the physical capacities: force regeneratives
- PRACTISES 7: designs of sessions of training: contents simulators and regeneratives
- PRACTISES 8: observation and analysis of the performance deport us collective
- PRACTISES 9: proofs and tests stop the detection of talents deport us collective
- PRACTISES 10: stages of training: example of secuenciial of technical means-tactical
- PRACTISES 11: stages of training: example of physical means
- PRACTISES 12: direction of teams: role playing
- it PRACTISES 13: management of human resources: case NASA

## Planning

	Class hours	Hours outside the classroom	Total hours
Case studies / analysis of situations	22	0	22
Laboratory practises	20	0	20
Forum Index	4	0	4
Master Session	50	0	50
Short answer tests	2	0	2
Jobs and projects	50	0	50
Practical tests, real task execution and / or simulated.	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
Case studies / analysis of situations	Along the face-to-face sessions will realise studies of case of different situations in the different appearances of training in the collective sports
Laboratory practises	In the practices will expose and analysed to practical and back level reflection the especific contents. For each practises will exist a paper that the student has to complement if it wishes it
Forum Index	In some subjects will treat topical of interest using as half the forum of the platform Fatic, where the students will dump his reflexive vision on some appearances treated in the matter
Master Session	In them they will expose the central elements of the contents of the matter

## Personalized attention

Methodologies	Description
Master Session	Academic activity developed by the teachers, individual or in small group, that has like purpose attend the needs and queries of the students related with the study and/or subjects linked with the matter, providing him orientation, support and motivation in the process of learning.
Case studies / analysis of situations	Academic activity developed by the teachers, individual or in small group, that has like purpose attend the needs and queries of the students related with the study and/or subjects linked with the matter, providing him orientation, support and motivation in the process of learning.

## Assessment

	Description	Qualification
Short answer tests	The examination will consist of short questions and of application	50

Jobs and projects	The work of application goes on the Planning of the process of training-competition in a collective sport. It will be able to be realised by couples, and will be able to select of between two thematic: - Proposed of design of planning of a season in a collective sport - Proposed of sequentiation of contents in planning on a long-term basis in the stages of training in a collective sport Date of delivery: day of the examination. His extension will not be able to surpass the 100 pages	40
Practical tests, real task execution and / or simulated.	Aplication of treated in the practical sessions, are of design of tasks-situations of training, or of direction of sportive teams	10

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### **Other comments on the Evaluation**

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### **Sources of information**

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### **Recommendations**

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#### **Subjects that it is recommended to have taken before**

Fundaments of group sports 1/P02G050V01303  
Fundaments of group sports 2/P02G050V01403  
Methodology & planning of sports training 1/P02G050V01502  
Methodology & planning of sports training 2/P02G050V01604

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