



IDENTIFYING DATA

Specialisation in individual sports

Subject	Specialisation in individual sports			
Code	P02G050V01907			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	4th	1st
Teaching language	Spanish			
Department				
Coordinator	Martínez Patiño, María José			
Lecturers	Martínez Patiño, María José			
E-mail	mjpatino@uvigo.es			
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
A17	(*)Capacidade para planificar, desenvolver e controlar a realización de programas de actividades físico-deportivas orientada á saúde
A18	(*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo adecuado, para cada tipo de actividade que practique a poboación de adultos, maiores e discapacitados
A19	(*)Capacidade para planificar, desenvolver e controlar programas para a dirección de organizacións, entidades e instalacións deportivas
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
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

Learning aims

Expected results from this subject	Training and Learning Results	
(*)1. Distinguir las bases de las diferentes metodologías de aprendizaje en el ámbito del deporte individual	A1 A17	B1 B2
2. Capacitar al alumno-a en la aplicación correcta de fichas de observación para detectar errores.	A18	B3
3. Extraer información cualitativa de la observación de la acción deportiva.	A19	B15
4. Aplicar adecuadamente tareas motrices para la mejora del gesto técnico		

Contents

Topic

1. Analysis of the characteristics of the sports. The processes of socialisation in the sport.
 2. Sportive talent. Phases of the training of the sporty. The sportive initiation. Training in inferior stages
 3. The trainer in the individual sport of high level.
 4. The resistance. Physiology of the resistance of the sporty. The training of the aerobic system. The training of the anaerobic system *láctico. Methods of training.
 5. The speed. Demonstrations of the speed. Methodology of the training of speed.
 6. The flexibility. Structuring and demonstration of the flexibility. Methods, evaluation and planning of the flexibility.
 7. The training of the strength. Training of strength for prevention of injuries.
 8. Planning of the training in individual sports. Models of classical and contemporary planning. Planning of the season. Planning of the *macrociclo,*mesociclo,*microciclo and session of training.
 - 9.eI Control of the training. Indicators of load of the training. Control of the intensity by physiological zones. Control of the intensity by power or speed. Indexes of stress of training.
1. Analysis of the characteristics of the sports. The processes of socialisation in the sport.
 2. Sportive talent. Phases of the training of the sporty. The sportive initiation. Training in inferior stages
 3. The trainer in the individual sport of high level.
 4. The resistance. Physiology of the resistance of the sporty. The training of the aerobic system. The training of the anaerobic system *láctico. Methods of training.
 5. The speed. Demonstrations of the speed. Methodology of the training of speed.
 6. The flexibility. Structuring and demonstration of the flexibility. Methods, evaluation and planning of the flexibility.
 7. The training of the strength. Training of strength for prevention of injuries.
 8. Planning of the training in individual sports. Models of classical and contemporary planning. Planning of the season. Planning of the *macrociclo,*mesociclo,*microciclo and session of training.
 - 9.eI Control of the training. Indicators of load of the training. Control of the intensity by physiological zones. Control of the intensity by power or speed. Indexes of stress of training.

Planning

	Class hours	Hours outside the classroom	Total hours
Laboratory practises	29	90	119
Master Session	11	20	31

*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	Practical work to develop in the swimming pool, track of athletics, gymnasium and forest.
Master Session	Realisation in the classroom or in the different installations with masterclasses, interventions of the groups and debates on the different thematic to develop in class or subjects of actuality linked to the contents.

Personalized attention

Methodologies	Description
Laboratory practises	

Assessment

	Description	Qualification
Laboratory practises	The assistance to the practices that will realise in class will be 40% of the final note of the subject.	40
Master Session	In relation with the teaching given in the theoretical classes will realise an examination to value the learnings of the contents. The value of this proof represents 60% of the final note of the subject.	60

Other comments on the Evaluation

Sources of information

Recommendations