



IDENTIFYING DATA

Basics of combat activities

Subject	Basics of combat activities			
Code	P02G050V01205			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	1st	2nd
Teaching language	Spanish			
Department				
Coordinator	Gutierrez Santiago, Alfonso			
Lecturers	Gutierrez Santiago, Alfonso			
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General description (*)A materia «Fundamentos das actividades de loita» impártese no segundo cuadrimestre do primeiro curso do Grao en Ciencias da Actividade Física e do Deporte.

Nesta materia proporciónase unha visión xeral dos deportes e actividades de loita. Desde unha perspectiva teórica, abórdanse as diferentes concepcións actuais máis significativas referentes ao ámbito dos deportes de loita desde un punto de vista xeral e, desde unha perspectiva práctica, realízase un percorrido a través dos deportes de loita con agarre, facendo especial fincapé no judo.

Así mesmo, esta materia é fundamental dentro do plan de estudos da titulación impartida na Universidade de Vigo, posto que é a única, dentro deste, onde o alumno ten a oportunidade de obter os coñecementos necesarios sobre o ámbito dos deportes de loita, imprescindibles na formación dun Graduado en Ciencias da Actividade Física e do Deporte.

Competencies

Code	
B7	Knowledge and comprehension of the foundations, structures and functions of the skills and bosses of the motricity humanizes.
B10	Knowledge and comprehension of the foundations of the sport.
B12	Application of the technologies of the information and communication (TIC) to the area of the Sciences of the Physical Activity and of the Sport.
B13	Habits of excellence and quality in the professional exercise.
B14	Managing of the scientific basic information applied to the physical activity and to the sport in his different manifestations.
B15	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical activity and of the sport, with attention to the individual and contextual characteristics of the persons.
B16	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of the physical activity and of the sport.
B18	Aptitude to apply the physiological beginning, biomechanics, behavioral and social, to the different fields of the physical activity and the sport.
B20	Aptitude to identify the risks that stem for the health of the practice of physical inadequate activities.
B23	Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity.
B24	Action inside the ethical beginning necessary for the correct professional exercise.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.
C1	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical activity and the sport with attention to the individual and contextual characteristics of the persons.
C2	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of physical activity and sport between the school population

- C3 Aptitude to apply the physiological and biomechanical skills, comportamentales and social, in the offer of tasks in the processes of education - learning across the physical activity and sport.
- C4 Aptitude to identify the risks that stem for the health of the students due to the practice of inadequate physical activities .
- C6 Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity in the processes of education learning across the physical activity and sport.
- C16 Aptitude to apply the physiological, biomechanical, comportamental and social principles to the field of the physical activity and the health

Learning outcomes

Expected results from this subject	Training and Learning Results	
Knowledge and understanding of the foundations, structures and functions of the skills motrices basic of the activities of fight.	B7	
Knowledge and understanding of the foundations of the judo and the activities of fight.	B10	
Application of the technologies of the information and communication (TIC) to the field of the activities of fight.	B12	
Adaptation to new situations, resolution of problems and autonomous learning.	B26	
Skill of leadership, capacity of interpersonal relation and work in team.	B25	
Habits of excellence and quality in the professional exercise.	B13	
Performance inside the necessary ethical principles for the correct professional exercise.	B24	
Capacity to design, develop and evaluate the processes of education-relative learning to the activities of fight, with attention to the individual and contextual characteristics of the people.	B15	C1
Capacity to promote and evaluate the training of habits perdurables and autonomous of practice of the activities of fight.	B16	C2
Capacity to apply the physiological principles, biomecánicos, comportamentales and social, to the field of the judo and of the activities of fight.	B18	C3 C16
Capacity to identify the risks that derive for the health of the practice of activities of fight of unsuitable form.	B20	C4
Capacity to select and know use the material and sportive equipment adapted for the activities of fight.	B23	C6
Utilisation of the basic scientific information applied to the field of the judo and of the activities of fight.	B14	

Contents

Topic
Brief description of the contents of the memory of 1. *Fundamentación Theoretical of the activities of fight. verification of the degree (in each one of the following thematic blocks, at the end of the same and between bracket, will signal by means of the corresponding number -1,2,3,4- to which or which does special reference):
A) Historical Evolution of the sports of fight (1). Description: in this thematic area realises a route through the different historical stages that has suffered the fight, from the primitive period, going through the archaic civilisations, the classical world, the half age, etc., until arriving to the actuality.
2. Technical foundations-tactical and didactic of the *judo and the activities of fight.
3. Formal and functional structure of the *judo and the activities of fight.
4. The process of sportive initiation to the *judo.
- Brief approximation to the fight in other civilisations.
- The fight in the archaic civilisations.
- The fight in the classical world I: the fight in Greece.
- The fight in the classical world II: the fight in Rome.
- The fight in the Half Age and in the Modern Age.

B) The process of sportive institutionalisation of the activities of fight and of the Japanese martial arts (1-2-3-4). Description: it explains which has been the process of deportivización that have experienced the fights until arriving to his full institutionalisation, realising special upsetting in disciplines luctatorias like the judo. resume The evolution suffered by the judo from his origin until the actuality. They tackle the starts of the judo like a form of personal defence ju jutus, effecting a practical application of the most notable technicians of the judo to the most daily situations of personal defence. Like colophon of said process of deportivización presents the referee's regulation of the judo. They conceptualise and they characterise the Japanese martial arts, analysing the change suffered until his deportivización, that is to say, the transformation of the Bujutsu in Budo.	- The fight in the Contemporary Period. - The judo. His evolution. - Initiation to the Ju Jutsu. - Referee's regulation of judo. - The martial arts: concept and characterisation. The Japanese martial arts like spiritual education: his change in occident -the deportivización-.
C) Characterisation and concept of the sports of fight (1-3). Description: this thematic block is allocated to effect a acotación conceptual of the fight, clearing terms that, a priori, could seem identical for, later, establish which are the common characteristics of the different sports of fight.	- Acotación Conceptual of the fight: terminological explanations. - Characteristic common of the sports of fight.
D) Classification of the sports of fight and of the technicians (1-2-3-4). Description: in this thematic area tackle the diversity of classifications of the sports of fight in function of the distinct currents doctrinales more notable. It effects a review of the technical classifications more important for, finally, realise a comparison between the technicians used in distinct sports of fight with hold, from the forms to project to the opponent against the floor until the forms of control to the opponent.	- Classification of the sports of fight. - The classifications of the technician in judo. Comparative technician between different sports of fight with hold.
E) Sports of fight. Generalities (1-2-4). Description: in this thematic block tackle the most notable appearances on the ceremonial characteristic of the sports of fight. Besides, we will realise an approach to the skills motrices luctatorias.	- Sports of fight. His ceremonial. - The skills motrices luctatorias.
F) Foundations (Kihon) (1-2-3-4). Description: in this thematic area will tackle foundations of the sports of fight so notable like the greeting, the posture, the hold, the falls and the phases of the technician.	- The greeting (Rei). - The posture (Shisei). - The falls (Ukemi). - The hold (Kumikata) and the phases of the technician.

Planning

	Class hours	Hours outside the classroom	Total hours
Laboratory practises	30	45	75
Group tutoring	0	15	15
Master Session	22.5	33.75	56.25
Multiple choice tests	1	1.5	2.5
Practical tests, real task execution and / or simulated.	0.5	0.75	1.25

*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	Activities of application of the knowledges to concrete situations and of acquisition of basic skills and procedimentales related with the matter object of study. They develop in special spaces with skilled equipment (tatami).

Group tutoring	Queries that the student is supported by the profesorado of the matter in the tatami for advice/develop of activities of the matter and of the process of learning.
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 that goes to realise the student.

Personalized attention

Methodologies	Description
Master Session	<p>Theoretical classes: Technician used: masster lesson The lesson lesson is the most ancient method and, in the actuality, of the most used in the university education. The true lesson *magistral does not have to limit to expose concepts or results, but also to show, to some extent, how arrives to the same, that is to say, has to try transmit a critical approach of the *asignatura, that carry to the student to *reflexionar and discover the relation between the diverse concepts and results that are object of exhibition.</p> <p>Activities developed by the professor: - it Explains the theoretical foundations. In a theoretical class, the explanation of the professor has to gather three essential shots: -scientific Authenticity: it demands a permanent update of the knowledges *insertos in each lesson of the program. -*Ordenación Coherent of the lessons: it allows that, in the course of the exhibition, can remember concepts already seen in another part of the program to relate them with the ones of the lesson of the day, which induces to the student to look for connections of the concepts that learns, forcing his imaginative capacity and facilitating the use of the significant learning. -Clarity of the exhibition: it will realise with the suitable rhythm, with the precise pauses, with the reiterations of the most important points and of greater difficulty, with the interruptions by part of the students, unforeseen or foreseen by part of the professor, and even estimated by this, without that all this affect to the planned development of the program for each lesson. Activities developed by the student: - Of general form, could *resumir in: -Assimilate and taking aim. -It poses doubts and complementary questions. For a better *provecho of the theoretical classes, the student has to realise the following activities: -Read *someramente, before attending to class, the matter that goes to treat the professor. This habit requires discipline but, in return, provides a *aprovechamiento very upper in the classes and, in definite, saves time of study. -Listen with the decided purpose to understand what hears . -Take orderly notes of the salient points of the explanation. - Review the annotations of class shortly after finished this. Practices of laboratory: Technician used: practices in sportive installations -*tatami-. The practical classes constitute an essential part in the training of the student, in such a way that, together with the theoretical part, places to the student in an active situation, what allows him a development of his capacity of observation and a suitable and complementary comparison between the theory and the practice. His just assessment requires a review of the aims that pursue in the training. Like this, to his ending, the student will be able to distinguish erroneous results, or systematic errors in the experimentation, in addition to explaining apparent contradictions. In this sense, the practical classes have to be programmed carefully together with the course of the program of theoretical classes, that is to say, the activity carried out in the practical classes will not be able to *desligarse by the student of the explanations that has received in the theoretical classes. Activities developed by the professor: - it Presents the aims. - It orients the work. - It realises the follow-up. Activities developed by the student: - Experience and it executes the tasks proposed. - Develop and it applies the tasks with the mates. *Tutorías Practical and theoretical: Technician used: *tutorías personalised. The *tutorías consist in giving, in the measure of the possible, an assistance *individualizada, accommodated to the specific circumstances of each student. The base of the *tutoría finds in the direct communication between educational and *discente, through which is possible to pipe *personalizadamente the interests and doubts of the students. In the system of *tutorías pursues one some periodic relation between professor and student, so that this can expose to that his doubts, problems and any another circumstance related with the *asignatura. It does not treat to communicate knowledges by part of the *alumnado, but the *tutoría will be a media between professor and student to debate on what this has done and how takes advantage of and assimilates the knowledges received. Activities developed by the professor: - it Checks the evolution of the student in the assimilation of the contents of the matter. - It attends the queries of the student and helps him to resolve the difficulties that find . - It orients in the tasks that has to realise and resolves doubts. - It recommends the suitable means to win the problems of learning. - Orient to the student in the research of documentary sources directed to complete the training of this. - And finally, at least ideally, it orients to the students on his professional future, according to his interests, aptitudes and personal shots. Activities developed by the student: - it Receives personalised orientation. - It reinforces the ideas and exposed concepts in the classes. - Develop, of a particular way, technical and methods that can help him in his work of assimilation of own knowledges of the matter given. - The effort realised by the student does not have to have as it put only the approve the *asignatura, but the achievement of a serious training and, in the measure of the possible, of sufficient quality.</p>

Laboratory
practises

Theoretical classes: Technician used: master lesson The lesson is the most ancient method and, in the actuality, of the most used in the university education. The true lesson *magistral does not have to limit to expose concepts or results, but also to show, to some extent, how arrives to the same, that is to say, has to try transmit a critical approach of the *asignatura, that carry to the student to *reflexionar and discover the relation between the diverse concepts and results that are object of exhibition. Activities developed by the professor: - it Explains the theoretical foundations. 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Assessment			
	Description	Qualification	Training and Learning Results

Laboratory practises	The evaluation of the practical teaching will realise of continuous form by means of the control of the assistance of the *alumnado.	Es necesario asistir al 80 de las clases prácticas.	B7 B10 B12 B13 B15 B16 B18 B20 B23 B24 B25 B26	C1 C2 C3 C4 C6 C16
	- Knowledge and understanding of the foundations, structures and functions of the skills *motrices basic of the activities of fight.		B13 B15 B16 B18 B20 B23	C4 C6 C16
	- Knowledge and understanding of the foundations of the *judo and the activities of fight.		B18 B20 B23	C16
	- Application of the technologies of the information and communication (TIC) to the field of the activities of fight.		B24 B25 B26	
	- Adaptation to new situations, resolution of problems and autonomous learning.			
	- Skill of leadership, capacity of interpersonal relation and work in team.			
	- Habits of excellence and quality in the professional exercise.			
	- Performance inside the necessary ethical principles for the correct professional exercise.			
	- Capacity to design, develop and evaluate the processes of education-relative learning to the activities of fight, with attention to the individual and contextual characteristics of the people.			
	- Capacity to promote and evaluate the training of habits *perdurables and autonomous of practice of the activities of fight.			
	- Capacity to apply the physiological principles, *biomecánicos, *comportamentales and social, to the field of the *judo and of the activities of fight.			
	- Capacity to identify the risks that derive for the health of the practice of activities of fight of unsuitable form.			
	- Capacity to select and know use the material and sportive equipment adapted for the activities of fight.			
Multiple choice tests	Examination type test or true/false.	42	B7 B10 B12 B13 B14 B18 B23 B25 B26	C6 C16
	- Knowledge and understanding of the foundations, structures and functions of the skills *motrices basic of the activities of fight.		B12 B13 B14 B18 B23 B25 B26	
	- Knowledge and understanding of the foundations of the *judo and the activities of fight.		B18 B23 B25 B26	
	- Application of the technologies of the information and communication (TIC) to the field of the activities of fight.		B26	
	- Adaptation to new situations, resolution of problems and autonomous learning.			
	- Skill of leadership, capacity of interpersonal relation and work in team.			
	- Habits of excellence and quality in the professional exercise.			
	- Capacity to apply the physiological principles, *biomecánicos, *comportamentales and social, to the field of the *judo and of the activities of fight.			
	- Capacity to select and know use the material and sportive equipment adapted for the activities of fight.			
	- Utilisation of the basic scientific information applied to the field of the *judo and of the activities of fight.			

<p>Practical tests, real task execution and / or simulated.</p>	<p>Oral and practical examination in the *tatami.</p> <ul style="list-style-type: none"> - Knowledge and understanding of the foundations, structures and functions of the skills *motrices basic of the activities of fight. - Knowledge and understanding of the foundations of the *judo and the activities of fight. - Application of the technologies of the information and communication (TIC) to the field of the activities of fight. - Adaptation to new situations, resolution of problems and autonomous learning. - Skill of leadership, capacity of interpersonal relation and work in team. - Habits of excellence and quality in the professional exercise. - Performance inside the necessary ethical principles for the correct professional exercise. - Capacity to design, develop and evaluate the processes of education-relative learning to the activities of fight, with attention to the individual and contextual characteristics of the people. - Capacity to promote and evaluate the training of habits *perdurables and autonomous of practice of the activities of fight. - Capacity to apply the physiological principles, *biomecánicos, *comportamentales and social, to the field of the *judo and of the activities of fight. - Capacity to identify the risks that derive for the health of the practice of activities of fight of unsuitable form. - Capacity to select and know use the material and sportive equipment adapted for the activities of fight. 	<p>58</p>	<p>B7 C1 B10 C2 B12 C3 B13 C4 B15 C6 B16 C16 B18 B20 B23 B24 B25 B26</p>
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Other comments on the Evaluation

Proofs of type test: obtain a five on ten in the corresponding examination.

The evaluation of the theoretical teaching will realise by means of a final proof written corresponding to the subjects given during the course: examination type test or true/false.

Practical proofs: obtain a five on ten in the theoretical examination-practical oral corresponding. Assistance to 80% of the practices.

The evaluation of the teaching of laboratories will realise of continuous form by means of the control of the assistance of the *alumnado (is necessary to assist to 80% of the practical classes), and also will effect a practical proof final (oral examination) corresponding to the subjects given during the course.

The **final qualification** will obtain realising an average *ponderada of the two examinations surpassed. In the case that only it surpass one of the two examinations, the positive qualification (of the examination surpassed) will conserve only until the following announcement of June-July.

The qualifications of each announcement will be **published** in the *tablón of the dispatch, where will indicate the dates of review of the examinations.

They will apply the same criteria of evaluation for the **REST OF ANNOUNCEMENTS**.

Sources of information

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 Villamón, M. (dir.), **Introducción al judo**, Hispano-Europea,
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Bibliografía complementaria:

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Recommendations
