



## IDENTIFYING DATA

### Physical activity and recreational sports

Subject	Physical activity and recreational sports			
Code	P02G050V01602			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Fernández Fraga, Fernando Varela Lorenzo, Raúl			
Lecturers	Fernández Fraga, Fernando Varela Lorenzo, Raúl			
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Web				
General description				

## 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.
B16	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of the physical activity and of the sport.
B21	Aptitude to plan, to develop and control the accomplishment of programs of sport 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.

## Learning outcomes

Expected results from this subject	Training and Learning Results
(*)Capacidad para diseñar, desarrollar y evaluar los procesos de enseñanza y aprendizaje relativos a la actividad físico-deportiva recreativa, con atención a las características individuales y contextuales de las personas.	B7 B10 B12
(*)Capacidad para planificar, desarrollar y controlar la realización de actividades físicodeportivas recreativas.	B21
(*)Capacidad para seleccionar y saber utilizar el material y equipamiento deportivo adecuado para cada tipo de actividad físico- deportiva recreativa.	B23
(*)Capacidad para promover y evaluar la formación de hábitos perdurables y autónomos de práctica de las actividades físico-deportivas recreativas para toda la población.	B16

(*)Capacidad para aplicar los principios fisiológicos, biomecánicos, comportamentales y sociales, en las actividades físico-deportivas recreativas.	B13 B16 B23 B24
(*)Capacidad para identificar los riesgos que se derivan para la salud, de la práctica de actividades físicas inadecuadas en los practicantes de actividad físico-deportiva recreativa.	B10 B23 B25
(*)Conocimiento y comprensión de los fundamentos de las actividades físicas y deportes recreativos.	B7 B10
(*)Aplicación de las tecnologías de la información y comunicación (TIC) al ámbito de las actividades físicas y deportes recreativos.	B12
(*)Habilidad de liderazgo, capacidad de relación interpersonal y trabajo en equipo.	B25
(*)Adaptación a nuevas situaciones, la resolución de problemas y el aprendizaje autónomo.	B26
(*)Hábitos de excelencia y calidad en el ejercicio profesional.	B13
(*)Actuación dentro de los principios éticos necesarios para el correcto ejercicio profesional.	B24

## Contents

Topic	
Theoretical bases of leisure time and recreation.	Theoretical bases of leisure time and recreation.
Technical and tactical bases and didactic of recreational physical activities.	Activities with him *frisbee *Floorball *Intercrosse *Mazaball *Ballnetto *Kinball *Otras physical activities and recreational sports.
Organisation and planning of recreational and leisure time activities.	Organisation and planning of recreational and leisure time activities.

## Planning

	Class hours	Hours outside the classroom	Total hours
Master Session	16.5	24.75	41.25
Troubleshooting and / or exercises	6	12	18
Case studies / analysis of situations	4	8	12
Laboratory practises	26	39	65
Other	2	11.75	13.75

\*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	Theoretical exhibition of the contents by part of the professor.
Troubleshooting and / or exercises	Practical activities in the that the students find solutions to diverse and real problems.
Case studies / analysis of situations	Exhibition and analysis of concrete cases and of interest.
Laboratory practises	Practice, experience and experimentation of situations of application.

## Personalized attention

Methodologies	Description
Master Session	It recommends attention *persoalizada stop the resolution of doubts and *asesoramento envelope the personal work of the/of the student/it
Troubleshooting and / or exercises	It recommends attention *persoalizada stop the resolution of doubts and *asesoramento envelope the personal work of the/of the student/it
Case studies / analysis of situations	It recommends attention *persoalizada stop the resolution of doubts and *asesoramento envelope the personal work of the/of the student/it
Laboratory practises	It recommends attention *persoalizada stop the resolution of doubts and *asesoramento envelope the personal work of the/of the student/it

## Assessment

Description	Qualification	Training and Learning Results

Case studies / analysis of situations	Assistance and implication of the/of the student/it	40	B7 B10 B12
Laboratory practises	Assistance and implication of the/of the student/it	10	B10 B13 B16 B21 B25
Other	Proof that will be able to be type test and/or short answer	50	B10 B23 B24 B26

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### Other comments on the Evaluation

The proof of evaluation (**Another** - 90%) will be able to be join proof type test and/or proof of short answers. Indispensable requirement to surpass wool subject will be wool obtention of a minimum of a five envelope of 10 points.

Indispensable requirement to surpass the subject will be **the mandatory assistance** it a minimum of a 80% of the **practices of laboratory**.

The evaluation of the **practices of laboratory** (10%) will do taking into account the assistance and the implication of the students in the realization of the same.

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

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### Sources of information

Camerino Foguet, Oleguer, **Deporte recreativo**, 2<sup>a</sup>,

Ortí Ferreres, Joan, **La animación deportiva, el juego y los deportes alternativos**, 1<sup>a</sup>,

Camerino e Castañer, **1001 ejercicios y juegos de recreación**, 1<sup>o</sup>,

Jardi e Rius, **1000 ejercicios y juegos con material alternativo**, 1<sup>o</sup>,

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### Recommendations

#### Subjects that continue the syllabus

Leisure physical activity/P02G050V01905