



## IDENTIFYING DATA

### Physical Activity and adventure in the natural environment

Subject	Physical Activity and adventure in the natural environment			
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 Galician			
Department				
Coordinator	Alonso Fernández, Diego			
Lecturers	Alonso Fernández, Diego			
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Web				
General description				

## Competencies

Code	
B3	Knowledge and compression of the physiological factors and biomechanics that determine the practice of the physical activity and the sport
B9	Knowledge and comprehension of the foundations of the physical exercise, motive game, dance, movement and activities in the nature.
B13	Habits of excellence and quality in the 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.
C22	Aptitude to know and apply the juridical frame of the professional area
C23	Aptitude to identify and value the risks that could stem from the use of the equipments and sports facilities
C25	Aptitude to plan, to develop and control the accomplishment of physical - sports recreative activities
C26	Aptitude to select the material and sports equipment adapted for every type of physical - sports recreative activity
C29	Aptitude to identify the risks that stem for the health, of the practice of physical inadequate activities in the medical instructors of physical - sports recreative activity

## Learning outcomes

Expected results from this subject	Training and Learning Results	
The students will be able to know and apply the juridical frame of the professional field of the activities in the half natural	B13	C22
The students will be able to identify and value the risks that can derived of the use of the equipments and sportive installations of the activities in the half natural		C23 C25 C26
The students will be able of to know and comprise the bases of the activities in the nature	B26	C1
The students will be able to identify the risks that derive stop the health of the practice of inappropriate physical activities in the *entorno natural		C23 C26 C29
The students will be able to design, develop and evaluate the processes of teaching-relative learning to the physical activity and when deposing you, with attention to the individual characteristics the people	B3	C1 C25

The students will be able to select and know use the material and suitable sportive equipment stop each type of activity in the half natural	B9	C26 C29
The students will be able to show skill of leadership, capacity of relation *interpersoal and work in team	B25	
The students will be able to adapt the new situations, the resolution of problems and the autonomous learning	B26	

## Contents

Topic	
1. Theoretical foundations	<ol style="list-style-type: none"> <li>1. Concept of Physical Activities in the half Natural</li> <li>2. Generalities               <ol style="list-style-type: none"> <li>2.1. That they are the AFMN</li> <li>2.2. Organisation and regulation of the AFMN</li> </ol> </li> </ol>
2- Hiking and trekking	<ol style="list-style-type: none"> <li>1. Hiking and trekking: Concept and place in the evolution of the highland sports</li> <li>2. Highland environment</li> <li>3. Meteorology</li> <li>4. Technical training</li> <li>5. Preparation and development of an activity</li> <li>6. Orientation</li> <li>7. Technicians of camped and vivac</li> <li>8. Security</li> <li>9. Professional development</li> </ol>
3- Orientation	<ol style="list-style-type: none"> <li>1. Introduction to the orientation: generalities</li> <li>2. Graphic representation and interpretation of drawings or diagrams</li> <li>3. Cartography. Introduction to the interpretation of maps elaborated (topographical and/or of orientation).</li> <li>4. Utilisation of the compass</li> <li>5. Orientation.</li> <li>6. Application in the educational field</li> <li>7. Organisation of activities of orientation</li> </ol>
4- Technical of free air	<ol style="list-style-type: none"> <li>1. Physical activities in the Half Natural. Generalities</li> <li>2. Fields of application of the Activities in the open air</li> <li>3. Application to the school field</li> <li>4. AFMN. Professional surroundings</li> <li>5. Organisation of activities</li> </ol>
5- Climbing and technical with ropes	<ol style="list-style-type: none"> <li>1. Introduction to the climbing: Generalities (types)</li> <li>2. Technical appearances of the climbing</li> <li>3. Ropes</li> <li>4. Security: basic norms</li> <li>5. Application in the school field</li> </ol>
6- Mountain bike	<ol style="list-style-type: none"> <li>1. Generalities</li> <li>2. Technical appearances</li> <li>3. The security in activities with BTT</li> <li>4. Organisation of exits in BTT</li> </ol>
7- Security	<ol style="list-style-type: none"> <li>1. Generalities</li> <li>2. Security in each activity</li> </ol>
8- Organisation of activities	<ol style="list-style-type: none"> <li>1. Planning of a Route</li> <li>2. Preparation of career of orientation (raid)</li> <li>3. Preparation of an activity of structure with ropes</li> <li>4. Application of technicians learnt and the utilisation of the norms of security in climbing.</li> </ol>

## 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	The character of the subject does necessary that the student/assist it, at least, to 80% of the practices of laboratory for power mark the same.

Master Session      The character of the subject does necessary to combine several types of methodologies, depending of the nature of the objective to reach and the contents to treat. \*Avogarase By an active methodology, alternating exhibitions \*maxistrais and work in small group in the theoretical sessions and \*vivencia of the different proposals of tasks (of the professor and of the @propio students) in the sessions practise.

Besides, the student will have of one bear virtual of support to the \*docencia, through the platform SUBJECT (#[http://www.uvigo.es/\\*faitic](http://www.uvigo.es/*faitic)), with the that will be able to realize a tracking partially \*on-\*line of the subject.

- Organisation of the \*docencia:  
The sessions of theoretical and practical character will develop in schedule and location fixed pole centre.

### Personalized attention

Methodologies	Description
Laboratory practises	Teacher Platform TEMA / FAITIC

### Assessment

	Description	Qualification	Training and Learning Results	
Multiple choice tests	It is necessary to approve the examen theoretical for power do average.	50	B3 B9 B13 B25 B26	C1 C22 C23 C25 C26 C29
Long answer tests and development	The students will organize in small groups building a project linked to the subject applicable it a real context.	35	B3 B9 B13 B25 B26	C1 C22 C23 C25 C26 C29

### Other comments on the Evaluation

The assistance to the practices of laboratory has to be of a 80% to be marked.

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

It is necessary to approve the examen theoretical for power do average.

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

### Sources of information

### Recommendations