



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	
B2	Knowledge and comprehension of the scientific literature of the area of the physical activity and the sport.
B5	Knowledge and comprehension of the effects of the practice of the physical exercise on the structure and function of the human body.
B6	Knowledge and compression of the effects of the practice of the physical exercise on the psychological and social aspects of the human being.
B11	Knowledge and comprehension of the ethical beginning necessary for the correct professional exercise.
B17	Aptitude to plan, to develop and control the process of training in his different levels.
B18	Aptitude to apply the physiological beginning, biomechanics, behavioral and social, to the different fields of the physical activity and the sport.

Learning outcomes

Expected results from this subject	Training and Learning Results
1. Distinguish the bases of the different methodologies of learning in the field of the individual sport	B2 B5
2. *Capacitar To the student-to in the correct application of *fichas of observation to detect errors.	B6
3. Extract qualitative information of the observation of the sportive action.	B11
4. Apply properly tasks *motrices for the improvement of the technical gesture	B17
5. *Capacitar To the student-to in the effectiveness in the improvement of the performance of the sportsman	B18
6. Orient and guide to the student-ace in the theoretical knowledge-practical of the training in individual sports	
7. Distinguish and apply the different methods of training in relation with the physical capacities of suitable form in relation with the individual sports	
8. Interpret the theoretical foundations in which they base the distinct basic units of planning applied in the individual sport.	
9. Employ the knowledge of the evolution of the physical capacities by means of the biological maturation and the training to schedule the sportive career of the sporty	

Contents

Topic

1. Sportive talent	1.1 Phases of the training of the sporty.
2. The sportsman	1.2. The sportive initiation.
3. The trainer in the individual sport of high level.	1.3. Training in inferior stages
4. The careers.	2.1. Phases of the vital cycle of the sportsman
5. The jumps	2.2. Development of the elite in the individual sport
6. The launchings. The strength	3.1. Development of the leadership of the trainer
7. The flexibility. Structuring and demonstration of the flexibility. Methods, evaluation and planning of the flexibility.	3.2. The trainer in the individual sport
8. Planning of the training in individual sports.	4.1. Development and training of the smooth career
	4.2. Development and training of the speed.
	4.3. Development and training of the career of fences.
	4.4. Development and training of the resistance
	5.1. Development and training of the vertical jumps
	5.2. Development and training of the horizontal jumps
	6.1. Training and development of the launchings
	6.2. Development and training of the strength.
	6.3. The training of the strength in the individual sport. Training of strength for prevention of injuries.
	7. The flexibility like half of prevention of injuries. Prophylaxis in the individual sport: The warming
	8. Schedule in the individual sport in function of the sportive level and of the competitive level

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 track of athletics (module covered) 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 *asignatura. The theoretical classes will have a participatory component very important with analysis of videos, documentation and individual exhibitions or in group.

Personalized attention

Methodologies	Description
Laboratory practises	The student will receive attention *individualizada in the schedule of *tutorías established to such end during all the academic course. For the query of the schedule of *tutorias and the place has to consult the web of the *Facultade of Sciences gives Education and *do sport. (webs.uvigo.es/feduc)

Assessment

	Description	Qualification	Training and Learning Results
Laboratory practises	The assistance to the practices that will realise in class will be 40% of the final note of the *asignatura. In this assessment will take into account the participation of the student and the preparations and interventions of the student in the contents posed in the *asignatura. The student-to has to assist to practical class with the clothes and suitable footwear. It allows the utilisation of *zapatillas of nails in some practice of the *asignatura.	40	B2 B5 B6 B11 B17 B18
Master Session	In relation with the teaching given in the theoretical classes is foreseen that it realise a control to value the learnings of the *asignatura. The value of this proof represents 60% of the final note of the *asignatura. Also will take into account for the final evaluation the participation of the student in the planned debates, the assistance to the analysis of the videos as well as the assessment and contribution of the student on the documents in relation with the matter. Also it forms part of this section of evaluation the individual exhibitions or in group.	60	B2 B5 B6 B11 B17 B18

Other comments on the Evaluation

Sources of information

Recommendations
