



IDENTIFYING DATA

Leisure physical activity

Subject	Leisure physical activity			
Code	P02G050V01905			
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	Varela Lorenzo, Raúl			
Lecturers	Varela Lorenzo, Raúl			
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Web				
General description				

Competencies

Code	
B4	Knowledge and comprehension of the behavioral and social factors that determine the practice of the physical activity and the sport.
B6	Knowledge and compression of the effects of the practice of the physical exercise on the psychological and social aspects of the human being.
B9	Knowledge and comprehension of the foundations of the physical exercise, motive game, dance, movement and activities in the nature.
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.
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.
C24	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical - sports recreative activity, with attention to the individual and contextual characteristics of the persons
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
C27	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of the physical - sports recreative activities for the whole population
C28	Aptitude to apply the physiological biomechanicl, comportamental and social principles, in the physical - sports recreative activities
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
Knowledge and understanding of the factors comportamentales and social that condition the practice of the the physical activities of leisure.	B4
Knowledge and understanding of the effects of the practice of the physical activities of leisure on the appearances psicologicos and social of the human being	B6
Knowledge and understanding of the foundations of the physical activities of leisure.	B4

Aplicacion Of the tecnologias of the informacion and communication (TIC) to the ambito of the physical activities of leisure.	B12	
Skill of leadership, capacity of interpersonal relation and work in team.	B24 B25	
Adaptation to new situations, the resolution of problems and the autonomous learning.	B26	
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 physical activities of leisure, with attention to the individual and contextual characteristics of the people		C24
Capacity to schedule, develop and control the realisation of physical activities-sportive of leisure.		C25
Capacity to promote and evaluate the training of habits perdurables and autonomous of practice of physical activities-sportive of leisure.		C27
Capacity to apply the physiological principles, biomecánicos, comportamentales and social, in the physical activities of leisure.		C28
Capacity to identify the risks that derive for the health, of the practice of physical activities of unsuitable leisure.	B9 B24	C29
Capacity to select and know use the material and sportive equipment adapted for each type of activity physical activities-sportive of leisure.		C26

Contents

Topic	
Foundations of the activities of raqueta and shovel	Foundations of the activities of raqueta and shovel
Dances and collective dances for the recreation	Dances and collective dances for the recreation
Traditional games with complex material	Traditional games with complex material

Planning

	Class hours	Hours outside the classroom	Total hours
Laboratory practises	26	52	78
Autonomous troubleshooting and / or exercises	4	8	12
Tutored works	4	8	12
Presentations / exhibitions	3.5	10.5	14
Master Session	20	0	20
Systematic observation	2	0	2
Jobs and projects	4	0	4
Short answer tests	2	6	8

*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	Practices of laboratory
Autonomous troubleshooting and / or exercises	Resolution of problems and/or exercises of autonomous form
Tutored works	Works *tutelados
Presentations / exhibitions	Presentations/exhibitions
Master Session	Session *magistral

Personalized attention

Methodologies	Description
Master Session	By means of the individual or groups tutories in the schedules of attention to the student
Laboratory practises	By means of the individual or groups tutories in the schedules of attention to the student
Autonomous troubleshooting and / or exercises	By means of the individual or groups tutories in the schedules of attention to the student
Tutored works	By means of the individual or groups tutories in the schedules of attention to the student

Assessment

Description		Qualification	Training and Learning Results	
Presentations / exhibitions	Multimedia presentation.	19	B4	C26
	Practical exhibition.		B6	C27
			B9	C28
			B12	C29
			B13	
			B24	
			B25	
			B26	
Systematic observation	Of the work and the capacities of the student.	40	B4	C29
			B9	
			B24	
			B25	
Jobs and projects	Theoretical work.	40	B4	
	Practical work.		B9	
			B24	
			B25	
Short answer tests	*Exámen Final of the *asignatura.	1	B4	C26
			B6	C27
			B9	C28
			B12	C29
			B13	
			B24	
			B25	
			B26	

Other comments on the Evaluation

The student that surpass the works with positive **note** will be able to remain ***exento** of the proof of final examination.

The realisation of practical -as the assistance- is not compulsory, but will value in the final note.

In case of not assisting to the practices, and/or not realising the works, the percentage of these sections will happen to compute in **the final examination**.

In **second announcement** 100% of the note will correspond to a theoretical proof-practical on the contents developed in the the *asignatura.

Sources of information

CARRETERO DÍAZ, Miguel Angel, **Educación para el ocio y el tiempo libre**, 2005,

PUIG ROVIRA, J. y TRILLA, J., **La pedagogía del ocio**, 1987,

DUMAZEDIER, J., **Hacia una sociedad del ocio**, 1968,

CUENCA CABEZA, Manuel (coordn), **Aproximación multidisciplinar a los estudios de ocio**, 2006,

Recommendations

Subjects that it is recommended to have taken before

Gross motor games/P02G050V01105

Physical activity and recreational sports/P02G050V01602