Universida_{de}Vigo

Subject Guide 2016 / 2017

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IDENTIFYIN	-					
	sical activity					
Subject	Leisure physical activity					
Code	P02G050V01905					
Study	(*)Grao en					
programme	Ciencias da					
	Actividade Física e					
Descriptors	do Deporte		Chaosa	Voor		Juadmastar
Descriptors	ECTS Credits		Choose Optional	Year 4th		uadmester st
Teaching	Spanish		optional			51
language	opunion					
Department						
Coordinator	Varela Lorenzo, Raúl					
Lecturers	Varela Lorenzo, Raúl					
E-mail	raulvl@uvigo.es					
Web General						
description						
Competenci	ec					
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Code	es lge and comprehension of the	behavioral and social	factors that deter	mine the pract	ice of the	physical activity
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Aplicacion Of the tecnologias of the informacion and communication (TIC) to the ambito of the physical activities of leisure.

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		
Торіс		
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	

	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	Resolution of problems and/or exercises of autonomous form
troubleshooting and / or	r
exercises	
Tutored works	Works *tutelados
Presentations /	Presentations/exhibitions
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 / exhibition	nsMultimedia presentation. Practical exhibition.	19	B4 B6 B9 B12 B13 B24 B25 B26	C26 C27 C28 C29
Systematic observation	Of the work and the capacities of the student	. 40	B4 B9 B24 B25	C29
Jobs and projects	Theoretical work. Practical work.	40	B4 B9 B24 B25	
Short answer tests	*Exámen Final of the *asignatura.	1	B4 B6 B9 B12 B13 B24 B25 B26	C26 C27 C28 C29

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 pedagogia 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