



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	Special Didactics			
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General description				

Competencies

Code	
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.
B15	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical activity and of the sport, with attention to the individual and contextual characteristics of the persons.
B18	Aptitude to apply the physiological beginning, biomechanics, behavioral and social, to the different fields of the physical activity and the sport.
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.
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
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 understand the factors fisiolóxicos and biomecánicos that condition the practice of the physical activity and the sport.	B18	
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 derive of the use of the equipments and sportive installations of the activities in the half natural		C25 C26
The students will be able to know and understand the fundamentos 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 natural surroundings		C26 C29
The students will be able to design, develop and evaluate the processes of ensino-aprendizaxe relative to the physical activity and when deposing you, with attention to the individual characteristics and contextuales of the people	B15	C25
The students will be able to select and know use the material and appropriate sportive equipment stop each type of activity in the half natural	B9	C26 C29
New	B24	
The students will be able to show skill of leadership, capacity of relation interpersonal 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. Fundamentos teóricos das actividades físicas no medio natural: orientación e bases cartográficas, planificación de itinerarios, seguridade, e outros fundamentos teóricos relacionados.	(*)1.1. Fundamentos teóricos 1.1.1. Concepto de Actividades Físicas no medio Natural 1.1.2. Xeneralidades 1.1.2.1. Que son as AFMN 1.1.2.2. Organización e regulación das AFMN
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(*)2. Actividades físico deportivas no medio natural: actividades de permanencia, sendeirismo, deporte de orientación, escalada e outros deportes de aventura.

- (*)2.1. Sendeirismo e montañismo
 - 2.1.1. Montañismo e trekking: concepto e lugar na evolución dos deportes de montaña
 - 2.1.2. Medio ambiente de montaña
 - 2.1.3. Metereoloxía
 - 2.1.4. Formación técnica
 - 2.1.5. Preparación e desenvolvemento dunha actividade
 - 2.1.6. Orientación e cartografía
 - 2.1.7. Técnicas de acampada e vivac
 - 2.1.8. Seguridade
 - 2.1.9. Desenvolvemento profesional
- 2.2. Orientación
 - 2.2.1. Introducción á orientación: xeneralidades
 - 2.2.2. Representación gráfica e interpretación de debuxos ou esquemas
 - 2.2.3. Cartografía. Introducción á interpretación de mapas elaborados (topográficos e/ou de orientación).
 - 2.2.4. Utilización do compás
 - 2.2.5. Orientación.
 - 2.2.6. Aplicación no ámbito educativo
 - 2.2.7. Organización de actividades de orientación e seguridade.
- 2.3. Técnicas de aire libre
 - 2.3.1. Actividades Físicas no Medio Natural. Xeneralidades
 - 2.3.2. Ámbitos de aplicación das Actividades ao aire libre
 - 2.3.3. Aplicación ao ámbito escolar
 - 2.3.4. AFMN. Contorna profesional
 - 2.3.5. Organización de actividades e seguridade
- 2.4. Escalada e técnicas con cordas
 - 2.4.1. Introducción á escalada: xeneralidades (tipos)
 - 2.4.2. Aspectos técnicos da escalada
 - 2.4.3. Cabuxería.
 - 2.4.4. Seguridade: normas básicas
 - 2.4.5. Aplicación no ámbito escolar
- 2.5. Organización de actividades
 - 2.5.1. Organización dun proxecto de actividades no medio natural
 - 2.5.2. Organización dunha ruta de sendeirismo. Seguridade
 - 2.5.3. Organización de AFAMN na educación non formal
 - 2.5.4. Organización de AFAMN na educación formal
- 2.6. Bicicleta de montaña
 - 2.6.1. A bicicleta e o ciclismo
 - 2.6.2. Conducir e circular en bicicleta. Normas de seguridade
 - 2.6.3. Axuste e mantemento da bicicleta
 - 2.6.4. Mecánica da bicicleta
 - 2.6.5. Rutas en bicicleta de montaña. Seguridade
 - 2.6.6. Actividades recreativas en bicicleta de montaña. Organización e seguridade
- 2.7. Outras actividades de aventura no medio natural
 - 2.7.1. Introducción ao tiro con arco
 - 2.7.2. Introducción ao surf
 - 2.7.3. Seguridade: normas básicas

Planning

	Class hours	Hours outside the classroom	Total hours
Laboratory practices	25	50	75
Autonomous problem solving	8	4	12
Field practice	4	4	8
Computer practices	1	2	3
Case studies	4	4	8
Lecturing	10	10	20
Objective questions exam	1	10	11
Essay	1	12	13

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies	
	Description
Laboratory practices	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.
Autonomous problem solving	(*)Resolución de ejercicios na aula/laboratorio baixo a dirección do profesor
Field practice	(*)O carácter da materia fai necesario que se fagan prácticas fóra das instalacións do centro.
Computer practices	(*)Para o correcto desenvolvemento do traballo da materia é necesario prácticas na aula de informática.
Case studies	(*)Resolución de estudos de caso na aula/laboratorio baixo a dirección do profesor
Lecturing	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. *Avogarse By an active methodology, alternating exhibitions *maxistras 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), 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
Lecturing	
Laboratory practices	
Autonomous problem solving	
Field practice	
Computer practices	
Case studies	
Tests	Description
Essay	

Assessment

	Description	Qualification	Training and Learning Results	
Laboratory practices	(*)É necesario asistir, polo menos, ao 80% das prácticas para poder puntuar esta parte da avaliación. Como son 12 prácticas haberá que asistir a un mínimo de 10.	15	B9 B13 B15 B24 B25 B26	C1 C22 C25 C26 C29
Objective questions exam	It is necessary to approve the examen theoretical for power do average.	50	B9 B13 B15 B24 B25 B26	C1 C22 C25 C26 C29
Essay	(*)O alumnado organizarase en pequenos grupos para realizar un traballo vinculado á materia aplicable a un contexto real. Este traballo deberá superarse cunha nota mínima de 5 para aprobar a materia.	35	B9 B13 B15 B24 B25 B26	C1 C22 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

Basic Bibliography

BERNAL RUIZ, J., **Organización de campamentos en la escuela**, Wanceulen, 2002

COLORADO, J., **Montañismo y Trekking. Manual completo**, Manuales Desnivel, 2010

EEAM, **Escuela Española de alta montaña. Certificado de iniciación al montañismo**, Barrabés editorial, 2001

Granero Gallegos, A., Baena Extremera, A., **Actividades físicas en el medio natural: Teoría y práctica para la Educación Física**, Wanceulen, 2010

MILSON, F., **El libro de la bicicleta de montaña: mantenimiento y reparación**, OMEGA, 2009

MURCIA, M., **Prevención, seguridad y autorescate**, Desnivel editorial, 2001

SANTOS PASTOR, M. L., **Las actividades en el medio natural en la educación física escolar**, Wanceulen, 2002

VARIOS, **Señalización de Senderos**, FEDME, 2009

VIGO, M., **Manual para dirigentes de campamentos organizados**, Stadium, 2005

Complementary Bibliography

Rojas Pedregosa, P., **La bicicleta y su desarrollo práctico en Educación Secundaria**, Wanceulen, 2016

Recommendations