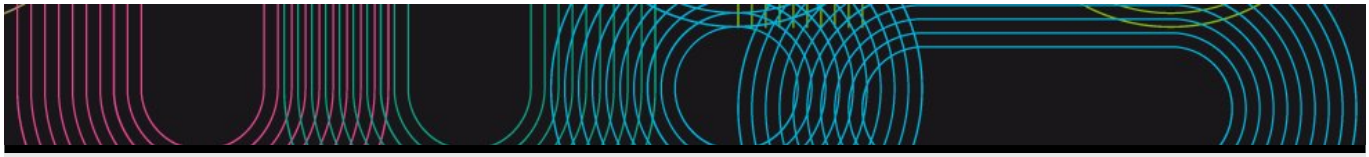

IDENTIFYING DATA				
Physical activity and adventure in the natural environment				
Subject	Physical activity and adventure in the natural environment			
Code	P02G050V01801			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	4th	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Prieto Lage, Iván Alonso Fernández, Diego Zarzosa Alonso, Fernando			
Lecturers	Alonso Fernández, Diego Prieto Lage, Iván Zarzosa Alonso, Fernando			
E-mail	fzarzosa@uvigo.es diego_alonso@uvigo.es ivanprieto@uvigo.es			
Web	http://http://fcced.uvigo.es/gl/			
General description	The subject "Physical and adventure activities in the natural environment" is taught in the second quarter of the fourth year of the Degree in Physical Activity and Sport Sciences. This course provides an overview of activities and sports in nature. From a theoretical perspective, the most significant current conceptions regarding the field of activities and sports in nature are approached, and from a practical perspective, a tour through the most representative activities is made. Also, this subject is essential within the curriculum of the degree given at the Universidade de Vigo, since it is the only one, within this, where students have the opportunity to obtain the necessary knowledge about the field of activities and sports in the natural environment, essential in the formation of a Graduate in Physical Activity and Sport Sciences. This teaching guide has been developed in full compliance with the provisions of the memory of the degree and the specific regulations of the university and the center.			

Training and Learning Results	
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.
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

Expected results from this subject		Training and Learning Results
1. 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	
2. 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
3. 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
4. The students will be able to know and understand the fundamentos of the activities in the nature	B26	
5. 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
6. 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
7. 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
8. The students will be able to act within the ethical principles necessary for the correct professional practice.	B24	
9. The students will be able to show skill of leadership, capacity of relation interpersoal and work in team	B25	
10. The students will be able to adapt the new situations, the resolution of problems and the autonomous learning	B26	

Topic	
1. Theoretical foundations of the physical activities in the half natural: orientation and cartographic bases, planning of itineraries, security, and other theoretical foundations related.	1.1. Theoretical fundament 1.1.1. Concept of Physical Activities in the Natural Environment 1.1.2. General 1.1.2.1. What are the AFMN 1.1.2.2. Organization and regulation of the AFMN

2. Sportive physical activities in the half natural: activities of permanence, hiking, sport of orientation, climbing and other sports of adventure.	2.1. Hiking and mountaineering 2.1.1. Mountaineering and trekking: concept and place in the evolution of mountain sports 2.1.2. Mountain environment 2.1.3. Meteorology 2.1.4. Technical formation 2.1.5. Preparation and development of an activity 2.1.6. Orientation and mapping 2.1.7. Camping and bivouac techniques 2.1.8. Security 2.1.9. Professional development 2.2. Orientation 2.2.1. Orientation Introduction: Overview 2.2.2. Graphical representation and interpretation of drawings or diagrams 2.2.3. Mapping. introduction to the interpretation of elaborated maps (topographic and / or orientation). 2.2.4. Using the compass 2.2.5. Orientation. 2.2.6. Application in the educational field 2.2.7. Organization of orientation and security activities. 2.3. Outdoors techniques 2.3.1. Physical activities in Natural environment. General 2.3.2. Scope of application of outdoor activities 2.3.3. Application to the school environment 2.3.4. AFMN. Professional environment 2.3.5. Organization of activities and security 2.4. Climbing and rope techniques 2.4.1. Introduction to climbing: General (types) 2.4.2. Technical aspects of climbing 2.4.3. Cabochons. 2.4.4. Safety: basic rules 2.4.5. Application in the school environment 2.5. Organization of activities 2.5.1. Organization of a project of activities in the natural environment 2.5.2. Organization of a hiking trail. Security 2.5.3. AFAMN organization in non-formal education 2.5.4. AFAMN organization in formal education 2.6. Mountain bike 2.6.1. Bicycle and cycling 2.6.2. Driving and cycling. Safety rules 2.6.3. Adjustment and maintenance of the bicycle 2.6.4. Bicycle Mechanics 2.6.5. Mountain bike routes. Security 2.6.6. Mountain bike recreational activities. Organization and security 2.7. Other adventure activities in the natural environment 2.7.1. Introduction to archery 2.7.2. Introduction to surfing 2.7.3. Safety: basic rules

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	21	0	21
Autonomous problem solving	0	24	24
Mentored work	1.5	31.5	33
Laboratory practical	27	0	27
Objective questions exam	3	42	45

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

Methodologies

	Description

Lecturing	Exhibition by part of the professor of the contents on the matter object of study that will combine with interactive activities in big group for the students that assist to class.
Autonomous problem solving	Activity in which they formulate exercises related with the subject. The student has to develop the exercises of autonomous form.
Mentored work	Register and analysis by couples or small groups (to decision of the teacher) of a route by Galicia/Spain. Export of the routes to Wikiloc, analysis measures and assessment of the energetic and conditional requests. Preparation of a report of the route.
Laboratory practical	Activities of application of the knowledges to concrete situations and of acquisition of basic skills related with the matter object of study. They develop in special spaces with skilled equipment (pavilion of the faculty or external).

Personalized assistance

Methodologies	Description
Lecturing	The personalised attention of the student will make so much during the development of the sessions of classroom as later in the physical or virtual dispatch (Room 50 - Prof. Diego Alonso Fernández / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Laboratory practical	The personalised attention of the student will make so much during the development of the sessions of laboratory (in the pavilion or in the outsides of the Faculty), as later in the physical or virtual dispatch (Room 50 - Prof. Diego Alonso Fernández / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Mentored work	The personalised attention of the student will make so much during the development of the sessions of classroom as later in the physical or virtual dispatch (Room 50 - Prof. Diego Alonso Fernández / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Autonomous problem solving	The personalised attention of the student will make in the physical or virtual dispatch (Room 50 - Prof. Diego Alonso Fernández / Room 2067 - Prof. Iván Prieto Lage) or through emails.

Assessment

	Description	Qualification	Training and Learning Results	
Lecturing	During some theoretical classes will make interactive exercises in big group where will concede points of the final note in function of the position in said activity. They will evaluate the following results of learning: 1,2,3,4,5,6,7,8 and 10	5	B9 B13 B15 B18 B24 B26	C22 C25 C26 C29
Autonomous problem solving	There will be 12 quizzes/tasks in Moovi. After completing all the proposed activities, if the average is lower than 7.5 points, the score for this section will be 0 points. They will evaluate the following results of learning: 1,2,3,4,5,6,7 and 10	24	B9 B13 B15 B18 B26	C22 C25 C26 C29
Mentored work	Realisation of a work in small groups related with the creation of a route in the open air by means of the application of Wikiloc. They will evaluate the following results of learning: 1,4,5,9 and 10	22	B18 B25 B26	C26
Laboratory practical	Assistance and realisation of the 12 practical classes of the matter. The student that have 3 faults or more will lose the continuous evaluation (and therefore has to examine by means of the procedure of GLOBAL EVALUATION -NO CONTINUOUS-). They will evaluate the following results of learning: 1,3,4,5,6,8,9 and 10	24	B9 B15 B18 B24 B25 B26	C25 C26 C29
Objective questions exam	Examination of enclosed questions with different alternative of answer. The student will have to take out a minimum of 4 on 10 so that the punctuation of the examination compute in final qualification. They will evaluate the following results of learning: 1,2,3,4,5,6,7 and 10	25	B9 B13 B15 B18 B26	C22 C25 C26 C29

Other comments on the Evaluation

All students, whether or not they attend the classrooms, have the right to be evaluated (by exam or as established in the teaching guide).

2nd QUADRAMETER CALL (May-June)

CONTINUOUS EVALUATION STUDENTS (grades and CRITERIA to fulfill the continuous evaluation):

- Performance of **interactive exercises in large group** during some theoretical classes through the app Kahoot, where points will be awarded in the final grade depending on the qualification in that activity. These exercises account for 5% of the final grade.
- **Questionnaires/tasks in Moovi.** The marking of the questionnaires/tasks accounts for 24%. There will be 12 quizzes/tasks. After completing the proposed activities, if the student has an average of less than 7.5 points, this section will count 0 points.
- **Attendance and PERFORMANCE of the practical classes.** The qualification of the same ones supposes a 24%. The student who has 3 or more absences (you have to participate in at least 9) will stop being evaluated by the continuous evaluation procedure and will automatically be evaluated by the NON-continuous evaluation procedure (there is no possibility of justifying an absence; hence there can be up to two absences). The student who attends the practical but does NOT perform it will not be counted as a lack of attendance, but will have a grade of zero in that session (therefore, it does not increase the score). As there are 12 practicals, each one will have a value of 2% of the final grade. In the case that, due to a holiday, there were a lower number of practices, that 24% would be reduced by 2% for each practice that there were not, passing that percentage to the exam of objective questions. The surfing practice is voluntary, therefore it is not considered as a failure if the student does not attend, but if the student does it, he/she will get a grade.
- **Tutored work** on the creation of an outdoor route using the Wikiloc application and under a series of parameters established by the teacher. The grade for this work is 22%. It will be a work in groups of four people.
- **Objective questions exam.** The grade is 25%. It consists of an exam of closed questions with different answer alternatives of the subject. The student must obtain a minimum of 4 out of 10 for the exam score to be included in the final grade. Failing this exam (with less than a 4) does not imply losing the continuous evaluation.

A student passes the course when he/she has obtained a minimum of five out of ten in the sum of the previous sections.

If in the 2nd four-month period (May-June), a student loses the continuous evaluation, he/she will have to take the non-continuous evaluation procedure.

GLOBAL EVALUATION STUDENTS (NON-CONTINUOUS) (for students who do not meet the criteria for continuous evaluation):

- **Examination of objective questions.** The grade is 33%. It consists of an exam of closed questions with different answer alternatives on the subject related to its theoretical part. The student must obtain a minimum of 5 out of 10 for the exam score to be included in the final grade.
- **Examination of objective questions.** The grade is 33%. It consists of an exam of closed questions with different answer alternatives on the subject related to its practical part. The student must obtain a minimum of 5 out of 10 for the exam score to be included in the final grade.
- **Supervised work.** The qualification represents 34%. Delivery of the work on the creation of outdoor routes. The student must obtain a minimum of 5 out of 10 for the work to be included in the final grade.

The final grade of the course will be obtained by adding the three parts. A student passes the course when he/she has obtained a minimum of five out of ten, as long as he/she has passed the three tests.

EXTRAORDINARY CALL (June-July)

It will be evaluated by means of the non-continuous evaluation procedure (the grades of the continuous evaluation of the first call -May-June- will be kept).

END OF CAREER (September)

It will be evaluated by means of the non-continuous evaluation procedure (the grades of the continuous evaluation of other exams will not be kept).

Publication of grades **and official exams**

The grades of each exam session will be published in Moovi, where the dates of revision of the exams will be indicated.

The official dates of the exams can be consulted on the faculty website in the section "Teaching - Exams".

Sources of information

Basic Bibliography

VIGO, M., **Manual para dirigentes de campamentos organizados**, Stadium, 2005
BERNAL RUIZ, J., **Organización de campamentos en la escuela**, Wanceulen, 2002
COLORADO, J, **Montañismo y Trekking. Manual completo**, Manuales Desnivel, 2010
SANTOS PASTOR, M. L., **Las actividades en el medio natural en la educación física escolar**, Wanceulen, 2002
MURCIA, M., **Prevención, seguridad y autorescate**, Desnivel editorial, 2001
VARIOS, **Señalización de Senderos**, FEDME, 2009
EEAM, **Escuela Española de alta montaña. Certificado de iniciación al montañismo**, Barrabés editorial, 2001
MILSON, F., **El libro de la bicicleta de montaña: mantenimiento y reparación**, OMEGA, 2009
Granero Gallegos, A.,Baena Extremera, A., **Actividades físicas en el medio natural: Teoría y práctica para la Educación Física**, Wanceulen, 2010

Complementary Bibliography

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

Recommendations

Other comments

1. Each week, students have in Moovi the contents that will be taught in the course, as well as the material (notes, readings, videos, etc.) to work on these contents. For a better use of the theoretical and practical classes, it is recommended to make use of this material before attending these classes.

2. Formalize as soon as possible the group in Moovi (four people) for the realization of the work of the subject.

3. To study and work on the course material continuously, both for the weekly quizzes and for the preparation of the exam.

4. To ask the professors of the subject all the questions/consultations that are considered necessary in every moment referred to the syllabus, practices, questionnaires, works, etc.

5. Communicate to the professors the suggestions for improvement of the subject.

6. To carry out the work of the subject throughout the four-month period. In the first week of the course, guidelines will be given as to how this work should be done. Therefore, attendance to the theoretical class is recommended.

7. It is recommended to consult the subject's blog for more information: https://afamnuvigo.blogspot.com/