



IDENTIFYING DATA

Specialisation in individual sports

Subject	Specialisation in individual sports			
Code	P02G050V01907			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	4th	1st
Teaching language	Spanish			
Department				
Coordinator	Zarzosa Alonso, Fernando			
Lecturers	Zarzosa Alonso, Fernando			
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Web				
General description	*Análisis Of the process of education-learning of the swimming			

Training and Learning Results

Code	
B3	Knowledge and compression of the physiological factors and biomechanics that determine the practice of the physical activity and the sport
B4	Knowledge and comprehension of the behavioral and social factors that determine the practice 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.
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.
C7	Aptitude to plan, to develop and control the process of training in the different levels
C8	Aptitude to apply the physiological biomechanical, comportamental and social principles, during the process of the sports training
C9	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practical physical and sports activity in the population who realizes sports training
C11	Aptitude to plan, to develop and to control the accomplishment of programs of sports training

Expected results from this subject

Expected results from this subject	Training and Learning Results	
Show knowledge and understanding of the specialisation in individual sports.	B3	C7
Know and comprise the scientific literature of the field of the physical activity and the sport.	B4	C8
Habits of quality and excellence in the professional exercise.	B5	C9
	B6	C11
	B24	
	B25	
	B26	

Contents

Topic

1. Optimisation and control of the technical performance, tactical and strategic.	1.1.- Technical training of the *crol 1.2.- Technical training of the back 1.3.- Technical training of the breaststroke 1.4.- Technical training of the butterfly 1.5.- Technical training of underwater wave movement 1.6.- Technical training of exits and tonings
2. Optimisation and control of the physical condition.	2.1.- Quantitative analysis in the different styles
3. Systematic analysis of the sport.	3.1.- Regulation of swimming in swimming pool and open waters
4. Development and technical and tactical training of the different capacities.	4.1.- Development and tactical technical/training of the resistance 4.2.- Development and tactical technical/training of the speed 4.3.- Development and tactical technical/training of the strength 4.4.- Training of the strength for the prevention of injuries
5. Sportive direction and management of groups.	5.1. Direction of teams.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	27	0	27
Problem solving	1	1	2
Seminars	2	4	6
Mentored work	2	4	6
Laboratory practical	40	80	120
Objective questions exam	2	0	2
Report of practices, practicum and external practices 1		1	2

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

Methodologies

	Description
Lecturing	Oral exhibition with audiovisual support of the contents of the matter *objecto of study, theoretical bases and/or guidelines of the work, exercise or project to develop by the student.
Problem solving	The professor will expose the basic appearances of the matter
Seminars	Assistance to formative activities, to analyse the operation of aquatic programs
Mentored work	Development of work in group on the thematic of the subject and *tutorizados by the educational.
Laboratory practical	They will develop the practical concepts on the sport

Personalized assistance

Methodologies Description

Mentored work	The student will receive individual attention in tutoring schedule established for this purpose during the current academic year. To read your tutoring schedule and place thereof should consult the website of the Faculty of Education and Sport. (http://fcced.uvigo.es/gl/)
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Assessment

	Description	Qualification	Training and Learning Results
Lecturing	In relation with the teaching given in the theoretical classes is foreseen that it make a control to value the learnings of the subject. The value of this proof represents 35% of the final note.	35	B3 C7 B4 C8 B5 C9 B6 C11 B24 B25 B26
Mentored work	They will develop works proposed by the educational in the which the student by means of the work in group will have to analyse the points that determine in the *temario. If the planning allows it these works will expose and will defend in class.	15	B3 C8 B4 C9 B5 B6 B24 B25 B26

Laboratory practical	The assistance to the practices that will make in class will be 30% of the final note of the subject. In this assessment will take into account not only the participation of the student but also all the preparations and interventions of the student in the contents posed. Individual directed works and *grupales as well as the autonomous activity of the student-to.	15	B3 B4 B5 B6 B24 B25 B26	C7 C8 C9 C11
	The student-to has to assist to practical class with the suitable clothes.		B26	
Objective questions exama control	In relation with the teaching given in the practical classes is foreseen that it make to value the learnings of the subject. The value of this proof represents 35% of the final note.	35	B3 B4 B5 B6 B24 B25 B26	C7 C8 C9 C11

Other comments on the Evaluation

Will be necessary to surpass the examination to approve the subject. The assistance to the practical can suppose 30% of the note of the subject between the works made in the same and the assistance. The no assistance to 80% of the practices will carry to the realisation of a final examination that will be 100% of the note of the subject with practical part 50% and theoretical part 50%.

Sources of information

Basic Bibliography

- Arellano, R., **Entrenamiento técnico de natación**, Cultivalibros, 2010
- Bompa, T.; Buzzichelli, C.A., **Periodización del entrenamiento deportiva**, Paidotribo, 2016
- Cancela Carral, José M^a; Lorenzo Blanco, Ricardo; Camiña Fernández, Francisco; Pariente Baglietto,, **Tratado de Natación. De la iniciación al perfeccionamiento (Vol1)**, 1^a, Paidotribo, 2008
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Complementary Bibliography

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- Arufo, V.; Martínez-Patiño, M.J. (eds), **Tratado de Atletismo en el Siglo XXI (Vol I-II-III)**, 1^a, ACUGA, 2005
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- Campos Granell, J.; Gallach, J., **Técnicas de Atletismo. Manual práctico de enseñanza.**, 1^a, Ed. Paidotribo, 2004
- Delavier, F., **Guía de los movimientos de Musculación. Descripción anatómica**, Paidotribo, 2001
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- García Manso, J.M.; Navarro, M.; Ruiz, J.A., **Bases teóricas del entrenamiento deportivo. Principios y aplicaciones.**, Gymnos, 1996
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- Matveev, L.P., **Teoría general del entrenamiento deportivo olímpico**, Paidotribo, 2001
- McDougall, J.D.; Wenger, H.A.; Green, A.J., **Evaluación fisiológica del deportista**, Paidotribo, 2000
- Naclerio, F., **Entrenamiento deportivo. Fundamentos y aplicaciones en diferentes deportes**, Panamericana, 2011
- Navarro, F., **La velocidad**, Gymnos, 1998
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- Ortiz Cervera, V., **Entrenamiento de fuerza y explosividad para la actividad física y el deporte de competición**, Inde, 1996
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- Tous, J., **Nuevas tendencias en fuerza y musculación**, Ergo, 1999
- Weineck, J., **Entrenamiento total**, Paidotribo, 2005
- Wasserman, K.; Hansen, J.E.; Sue, D.Y.; Casaburi, R.; Whipp, B.J., **Principles of exercise testing and interpretation**, Lippincott Williams & Wilkins, 1999

Recommendations

Subjects that continue the syllabus

Individual sports specialization II/P02G050V01916

Subjects that it is recommended to have taken before

Basics of individual sports/P02G050V01304

Planning and methodology in sports training 1/P02G050V01502

Planning and methodology in sports training 2/P02G050V01604

Other comments

Any
