



## IDENTIFYING DATA

### (\*)Fundamentos da competencia motriz

Subject	(*)Fundamentos da competencia motriz			
Code	P02G051V01106			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	1st	2nd
Teaching language				
Department				
Coordinator	Rey Eiras, Ezequiel García Ordóñez, Enrique			
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General description				

## Training and Learning Results

Code	
D16	4.1 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, processes, activities, resources and techniques that make up the basic motor skills, physical activities, sports skills, play, expressive body and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
D17	4.2 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical fitness and physical exercise in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport.
D18	4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations.
D24	6.1 To know and understand the bases of the methodology of scientific work.
D25	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
D26	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.

**Expected results from this subject**

Expected results from this subject	Training and Learning Results
New	D16
	D17
	D18
	D24
	D25
	D26

**Contents**

## Topic

(\*)1. Fundamentos da competencia motriz:  
Definición e clasificación.

2. Crecemento, desenvolvemento e maduración:  
Evolución da competencia motriz e físico-motriz  
durante a infancia e a adolescencia.

3. As habilidades motrices básicas: Definición,  
clasificación, desenvolvemento e avaliación.

4. As capacidades perceptivo-motrices:  
Definición, clasificación e evolución.

5. Desenvolvemento físico-motriz durante a  
infancia e a adolescencia.

(\*)1. Fundamentos de la competencia motriz:  
Definición y clasificación.

2. Crecimiento, desarrollo y maduración:  
Evolución de la competencia motriz y físico-  
motriz durante la infancia y la adolescencia.

3. Las habilidades motrices básicas: Definición,  
clasificación, desarrollo y evaluación.

4. Las capacidades perceptivo-motrices:  
Definición, clasificación y evolución.

5. Desarrollo físico-motriz durante la infancia y la  
adolescencia.

**Planning**

	Class hours	Hours outside the classroom	Total hours
Lecturing	22.5	19	41.5
Problem solving	12.5	0	12.5
Laboratory practical	30	10	40
Mentored work	0	30	30
Objective questions exam	0	1	1
Problem and/or exercise solving	0	15	15
Essay	0	10	10

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

**Methodologies**

## Description

Lecturing

Problem solving

Laboratory practical

Mentored work

**Personalized assistance****Assessment**

## DescriptionQualification

## Training and Learning Results

Objective questions exam	40	D16 D17 D18 D24 D25 D26
Problem and/or exercise solving	20	D16 D17 D18 D24 D25 D26
Essay	40	D16 D17 D18 D24 D25 D26

### Other comments on the Evaluation

#### Sources of information

##### Basic Bibliography

Batalla, A., **Habilidades motrices**, INDE, 2000

Blández, J., **La asignatura de Educación Física de Base y una propuesta de adaptación al Espacio Europeo de Educación Superior**, INDE, 2005

Castañer, M. y Camerino, O., **Manifestaciones básicas de la motricidad**, Universitat de Lleida, 2006

Colvin, A.V., Markos, N.J.E., & Walker, P.J., **Teaching fundamental motor skills**, Human Kinetics, 2022

Gallahue, D.L. and Cleland-Donnelly, F., **Developmental physical education for all children**, Human Kinetics, 2007

Gardner, H., **Physical Literacy on the Move: Games for Developing Confidence and Competence in Physical Activity**, Human Kinetics, 2017

Graham, G. and Parker, M., **Children moving**, McGraw-Hill, 2013

Malina, R.M., Bouchard, C., and Bar-Or, O., **Growth, maturation, and physical activity**, Human Kinetics, 2004

Mitchell, S.A. and Walton-Fisette, J.L., **The essentials of teaching physical education: Curriculum, instruction, and assessment**, Human Kinetics, 2022

##### Complementary Bibliography

Logan, S.W., Ross, S. M., Chee, K., Stodden, D.F. & Robinson, L.E., **Fundamental motor skills: A systematic review of terminology**, <https://doi.org/10.1080/02640414.2017.1340660>, Journal of Sport Sciences, 2020

Lubans, D.R., Morgan, P.J., Cliff, D.P., Barnett, L.M. & Okely, A.D., **Fundamental movement skills in children and adolescents: review of associated health benefits**, <https://doi.org/10.2165/11536850-000000000-00000>, Sports Medicine, 2010

Rey, E., Carballo-Fazanes, A., Varela-Casal, C., Abelairas-Gómez, C., **Reliability of the test of gross motor development: A systematic review**, <https://doi.org/10.1371/journal.pone.0236070.s002>, PLoS ONE, 2020

#### Recommendations