



IDENTIFYING DATA

Basics of combat activities

Subject	Basics of combat activities			
Code	P02G050V01205			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	1st	2nd
Teaching language	Spanish Galician			
Department				
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General description	The matter «Foundations of the activities of fight» gives in the second quarter of the first course of the Degree in Sciences of the Physical Activity and of the Sport.			

In this matter gives an overview of the sports and activities of fight. From a theoretical perspective tackle the different current conceptions more significant referents to the field of the sports of fight from a general point of view, and from a practical perspective realises a route through the sports of fight with hold, doing special upsetting in the judo.

Likewise, this matter is fundamental inside the plan of studies of the degree given in the University of Vigo, since it is the only, inside this, where the student has the opportunity to obtain the necessary knowledges on the field of the sports of fight, indispensable in the training of a Graduated in Sciences of the Physical Activity and of the Sport.

This teaching guide has been prepared in full compliance with the stipulations of the degree program and the specific regulations of the university and the center.

Training and Learning Results

Code

Expected results from this subject

Expected results from this subject Training and Learning Results

Contents

Topic

BRIEF DESCRIPTION DOS CONTENTS OF The MEMORY OF VERIFICATION OF The DEGREE:

1. Theoretical Fundamentation of the fighting activities.
2. Technical bases-tactical and didactic of the judo and the fighting activities.
3. Formal and functional structure of the judo and the fighting activities.
4. The process of sportive initiation to the judo.

DEVELOPMENT DOS CONTENTS:

They are seven thematic blocks (A, B ... G). In each of the following thematic blocks, at the end of the even and between parenthesis, will point out by means of it corresponding number -1,2,3,4- which or which of the contained of the memory of verification does special reference.

A) Historical Evolution of the fighting sports (1).

Description: in this thematic area realizes a route through the different historical stages that suffered the fight, from the primitive period, spending by the archaic civilisations, the classical world, the half age, etc., until arriving to the actuality.

Contents:

- Brief approximation to the fight in other civilisations.
- The fight in the archaic civilisations.
- The fight in the classical world I: the fight in Grecia.
- The fight in the classical world II: the fight in Rome.
- The fight in the Half Age and in the Modern Age.

B) The process of sportive institutionalization of the fighting activities and of the Japanese martial arts (1-2-3-4).

Description: it explains which was the process of deportivization that experienced the fights until arriving to the his full institucionalization, realizing special upsetting in fighting disciplines how the judo. The evolution suffered pole judo from his origin tie the actuality. They board the starts of the judo how a form of personal defence -ju jutsu-, effecting a practical application of the techniques more relevants of the judo to the most daily situations of personal defence. How colophon of this process of deportivization presents the regulation referee the judo. If conceptualizan and they characterize the Japanese martial arts, analyze the change suffered tie his deportivization, is to say, the transformation of the Bujutsu in Budo.

Contents:

- The fight in the Contemporary Period.
- The judo. His evolution.
- Initiation to the Ju Jutsu.
- Regulation referee of judo.
- The martial arts: concept and characterization. The Japanese martial arts how spiritual education: his change in occident -the deportivization-.
- Main characteristics of other Olympic wrestling sports

C) Characterization and concept of the fighting sports (1-3).

Description: this thematic block is destined to effect a limit conceptual of the fight, clearing have to, a priori, could identical opinion stop, later, establish which are the common characteristics of the different fighting sports.

Contents:

- Conceptual limit of the fight: terminology clarifications.
- Characteristic common of the fighting sports.

D) Ranking of the fighting sports and of the technical (1-2-3-4).

Description: in this thematic area board the diversity of rankings of the fighting sports in function of the distinct doctrinal currents more relevants. It effects a review of the technical rankings more important stop, finally, realize a comparison go in the techniques used in distinct fighting sports with grab, from them to me to project to the opponent against the floor tie the forms of control to the opponent.

Contents:

- Ranking of the fighting sports.
- The rankings of the technique in judo. Comparative technique between different fighting sports with grab.

E) Fighting Sports. Generalities (1-2-4).

Description: in this thematic block board the aspects more relevants envelope the ceremonial characteristic of the fighting sports. Besides, we will realize a approach to the driving fight skills.

Contents:

- Fighting Sports. His ceremonial.
- The driving fight skills.

F) Basis (Kihon) (1-2-3-4).

Description: in this thematic area will board basis of the fighting sports so relevants how the greeting, the stance, grab it, the falls and the phases of the technical.

Contents:

- The greeting (Rei).
- The stance (Shisei).
- The falls (Ukemi).
- The grip (Kumikata) and the phases of the technical.

G) The fighting activities in the formal education (1-2)

Description: in this thematic area will tackle the fighting activities in the curriculum and the programming of the same.

Contents:

- The fighting activities in the curriculum
- The programming of the activities of the fighting activities in formal context

Planning			
	Class hours	Hours outside the classroom	Total hours
Lecturing	16.5	0	16.5
Autonomous problem solving	0	21	21
Mentored work	6	12	18
Laboratory practical	30	0	30
Autonomous problem solving	0	21	21
Mentored work	0	7	7
Collaborative Learning	0	6	6
Objective questions exam	0.5	10	10.5
Objective questions exam	0.5	9	9.5
Oral exam	0.5	10	10.5

*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.
Autonomous problem solving	Activity in which they formulate exercises related with the subject. The students has to develop the exercises of autonomous form.
Mentored work	Queries that the students is supported by the techears of the matter in the tatami for advice/develop of activities of the matter and of the process of learning.
Laboratory practical	Activities of application of the knowledges to concrete situations and of acquisition of basic skills and procedurals related with the matter object of study. They develop in special spaces with skilled equipment (tatami).
Autonomous problem solving	Activities in which exercises related to the subject are formulated in its PRACTICAL PART. The student body must develop the exercises independently.
Mentored work	Work related to the teaching-learning process of falls, which is carried out outside the classroom under the supervision of the teacher.
Collaborative Learning	Consultations that the students have with the teachers of the subject in the tatami for advice/development of activities of the subject and of the learning process. Practical tutorials that take place in the tatami. Collaborative learning is established because students help each other in the learning process under the supervision of the teacher.

Personalized assistance	
Methodologies	Description
Lecturing	The personalised attention of the students will make so much during the development of the sessions of classroom as later in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutierrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Laboratory practical	The personalised attention of the students will make so much during the development of the sessions of laboratory in the tatami as later in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutierrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Mentored work	The personalized attention of the students in group tutorials is especially practical and is carried out at the request of the students (individually, in pairs, or in small groups).
Autonomous problem solving	The personalised attention of the students will make so much during the development of the sessions of classroom as later in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutierrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Autonomous problem solving	The personalized attention of the student body will be carried out in the physical or virtual office (Room 1252 - Prof. Alfonso Gutiérrez Santiago / Room 2067 - Prof. Iván Prieto Lage) or through e-mails.
Collaborative Learning	The personalized attention of the students in the group PRACTICAL TUTORIALS is especially practical and is developed at the request of the students (individually, in pairs, or in small groups). In addition to receiving supervision from the professor, students collaborate in the learning of their classmates by helping each other. The objective of these tutorials is, in addition to contributing to the acquisition of the learning outcomes and competencies of this subject, to help prepare for the practical exam.
Mentored work	The personalized attention of the students will be carried out both during the development of the laboratory sessions on the tatami and later in the physical or virtual office (Room 1252 - Prof. Alfonso Gutiérrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and emails .

Assessment

	Description	Qualification Training and Learning Results
Lecturing	<p>THEORETICAL PART.</p> <p>During some theoretical classes, interactive exercises will be carried out in large groups in which points will be awarded in the final grade according to the qualification in each activity.</p> <p>They validate the following learning outcomes: 1, 2, 3, 4, 5, 6, 7, 8 and 10.</p>	8
Autonomous problem solving	<p>THEORETICAL PART.</p> <p>There will be 14 interactive quizzes in Moovi. Each quiz must be passed with a minimum grade of 8.5 to be considered passed and computed in the final grade. After completing all the quizzes, if there are 4 or more failures (due to non-completion or not passing the minimum grade), the continuous evaluation in the THEORETICAL PART will be lost.</p> <p>The following learning results will be evaluated: 1, 2, 4, 8, 10 and 13.</p>	14
Mentored work	<p>THEORETICAL PART.</p> <p>Realization of a work in small groups related to the didactics of the of the activities of the group.</p> <p>The following learning outcomes will be evaluated: 1, 2, 3, 4, 5, 6, 7 and 8.</p>	5
Laboratory practical	<p>PRACTICAL PART.</p> <p>Attendance and completion of the 14 practical classes of the subject in tatami. The student who has 4 or more absences will lose the continuous assessment of the practical part (and therefore must be examined through the procedure of NON CONTINUOUS ASSESSMENT).</p> <p>The following learning results will be evaluated: 1, 2, 4, 5, 6, 7, 8, 9, 10, 11 and 12.</p>	25
Autonomous problem solving	<p>PRACTICAL PART.</p> <p>There will be 14 interactive quizzes in Moovi. Each quiz must be passed with a minimum grade of 8.5 to be considered passed and computed in the final grade. After completing all the quizzes, if there are 4 or more failures (due to non-completion or not passing the minimum grade), the score for this section will be 0 points.</p> <p>The following learning results will be evaluated: 1, 2, 4, 8, 10, 11, 12 and 13.</p>	10
Mentored work	<p>PRACTICAL PART.</p> <p>Performance of an individual work related to the teaching of falls. This work will be graded PASS or FAIL. The student who obtains the qualification of PASS will continue in the continuous evaluation procedure. The student who obtains the NON APT qualification will automatically pass to the NON CONTINUOUS ASSESSMENT procedure.</p> <p>The following learning results will be evaluated: 1, 2, 3, 4, 5, 6, 7, 8, 10 and 11.</p>	0
Objective questions exam	<p>THEORETICAL PART.</p> <p>Examination of questions with different answer alternatives.</p> <p>The student must obtain a minimum of 4 out of 10 for the exam score to be included in the final qualification.</p> <p>The following learning results will be evaluated: 1, 2, 4, 8, 10 and 13.</p>	13
Objective questions exam	<p>PRACTICAL PART.</p> <p>Examination of questions with different answer alternatives.</p> <p>The student must obtain a minimum of 4 out of 10 for the exam score to count towards the final qualification.</p> <p>The following learning results will be evaluated: 1, 2, 3, 3, 4, 8, 10, 11, 12 and 13.</p>	10

Practical, procedural exam on the contents of the course on the tatami. Each student must bring a uke (partner) to the exam.

The student must get a minimum of 4 out of 10 for the exam score to be included in the final grade.

The following learning outcomes will be evaluated: 1, 2, 3, 4, 5, 8, 10 and 11.

Other comments on the Evaluation

1st CALL (May-June):

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

- **Theoretical part (40% of the final grade).**

- Realization 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 this activity. These exercises account for 8%.
- **Interactive quizzes in Moovi of the THEORETICAL PART.** The qualification of the quizzes is 14%. There will be 14 quizzes. Each quiz must be passed with a minimum grade of 8.5 out of 10 to be considered passed and to be included in the final grade. After completing all the questionnaires, if the student has 4 or more absences (for not completing or not passing the minimum grade), he/she will no longer be evaluated by the continuous evaluation procedure and will automatically be evaluated by the NON-continuous evaluation procedure.
- **Supervised work on Didactic Unit.** The grade for this work is 5%. It will consist of a work in small groups related to the didactics of the wrestling activities.
- **Examination of objective questions.** The grade is 13%. It consists of an exam of closed questions with different answer alternatives of the theoretical part 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.

- **PRACTICAL part (60% of the final grade):**

- **Attendance and PERFORMANCE of the practical classes in the tatami.** The qualification of the same ones supposes a 25%. The student who has 4 or more absences will stop being evaluated by the continuous evaluation procedure and will automatically be evaluated by the NON-continuous evaluation procedure. The student who attends the practice, but does NOT perform the practice, will not be counted as a lack of attendance, but will have a grade of zero in that session.
- **Interactive quizzes in Moovi of the PRACTICAL PART.** The grade for the quizzes is 10%. There will be 14 quizzes. Each quiz must be passed with a minimum grade of 8.5 out of 10 to be considered passed and to count towards the final grade. After completing all the quizzes, if the student has 4 or more absences (for not completing or not passing the minimum grade), the score for this section will be 0 points.
- **Tutored work on falls.** It will consist of an individual work on the teaching-learning process of falls in wrestling activities. The grade of this work will be PASS or FAIL. The student who obtains the grade of PASS will continue in the continuous evaluation procedure. The student who obtains the grade of NOT PASS will automatically pass to the NON CONTINUOUS EVALUATION procedure.
- **Examination of objective questions.** The grade is 10%. It consists of an exam of closed questions with different answer alternatives of the practical part 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.
- **Oral exam.** The grade is 15%. It consists of an exam on the procedural aspects of the subject that will be developed in the tatami. Each student will go to the exam with the judogi and an uke (partner). The student must get a minimum of 4 out of 10 for the exam score to count towards the final grade. Failing this exam does not imply losing the continuous evaluation.

- The **overall grade** of the course will be obtained by adding both parts (theoretical and practical). A student passes the course when he/she has obtained a minimum of five out of ten.

If in the first call (May-June), a student loses the continuous evaluation in one of the parts, he/she will have to take the non-continuous evaluation procedure in that part of the subject.

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

- **Theoretical part.** The evaluation will be carried out by means of a final test corresponding to the topics taught during the course: exam of closed questions with different answer alternatives. The student will have to obtain a five out of ten in the exam. This grade will represent 40% of the overall grade.
- **PRACTICAL part.** The evaluation will be carried out by means of TWO final practical tests. 1) exam of closed questions with different answer alternatives on the practical contents (it supposes 30%). 2) oral theoretical-practical exam in the tatami with a partner, corresponding to the topics taught during the course (30%). The student will have to obtain a five out of ten in both tests. Once this condition is fulfilled, the overall grade of the practical part will represent 60% of the overall grade.
- The **final grade** of the course will be obtained by adding both parts (theoretical and practical). A student passes the course when he/she has obtained a minimum of five out of ten, as long as he/she has passed both parts.

2ND CONVOCATORY (June-July):

If a student loses the continuous evaluation in one of the parts, but maintains the continuous evaluation in the other, this positive grade will be kept until the following call in June-July (it will not be held for subsequent calls). The part not passed will be evaluated as indicated in the non-continuous evaluation procedure.

If the student has not followed the continuous evaluation process in either of the two parts, he/she will be evaluated by the non-continuous evaluation procedure explained above.

END-OF-DEGREE CALL:

The student body will be evaluated by the non-continuous evaluation procedure explained above.

Publication of grades:

The grades of each call will be published in Moovi, where the dates of exam revision 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

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Recommendations

Other comments

1. Each week, students have in Moovi the contents that will be taught in the course (theoretical and practical part), as well as the material (notes, readings, videos, etc.) to work on these contents. In order to make the most 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 (between four and six people) for the realization of the work of the theoretical part.
 3. To study and work the material of the course continuously, both for the completion of the weekly questionnaires and for the preparation of the different exams.
 4. To ask the professors of the subject all the questions/consultations that are considered necessary at every moment referred to the syllabus, practices, questionnaires, works, etc.
 5. Communicate to the professors the suggestions for improvement of the subject.
 6. In the middle of the term, the PRACTICAL TUTORIALS will begin. These will take place outside the class hours of the course. The exact day and time will be chosen by the students. In order to make the most of the practical part of the subject, it is recommended to attend as many sessions as possible and to bring an electronic device to access the material located in Moovi.
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