



## IDENTIFYING DATA

### Physical activity and recreational sports

Subject	Physical activity and recreational sports			
Code	P02G050V01602			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Gutierrez Santiago, Alfonso Prieto Lage, Iván			
Lecturers	Gutierrez Santiago, Alfonso Prieto Lage, Iván			
E-mail	ivanprieto@uvigo.es ags@uvigo.es			
Web	<a href="http://afdruvigo.blogspot.com/">http://afdruvigo.blogspot.com/</a>			
General description	The subject "Physical Activity and Recreational Sports" is taught in the second quarter of the third year of the Degree in Physical Activity and Sports Sciences.			

This course provides an overview of sports and recreational games. From a theoretical perspective, the most significant current concepts related to the field of sports and recreational games are approached, and from a practical perspective, a tour through the most representative sports and recreational games 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 sports and recreational games, 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	
B7	Knowledge and comprehension of the foundations, structures and functions of the skills and bosses of the motricity humanizes.
B10	Knowledge and comprehension of the foundations of the sport.
B12	Application of the technologies of the information and communication (TIC) to the area of the Sciences of the Physical Activity and of the Sport.
B13	Habits of excellence and quality in the professional exercise.
B16	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of the physical activity and of the sport.
B17	Aptitude to plan, to develop and control the process of training in his different levels.
B21	Aptitude to plan, to develop and control the accomplishment of programs of sport activities.
B23	Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity.
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.
C28	Aptitude to apply the physiological biomechanicl, comportamental and social principles, in the physical - sports recreative activities

<b>Expected results from this subject</b>		
Expected results from this subject	Training and Learning Results	
1. Capacity to schedule, develop and control the realisation of activities fíicodeportivas recreational.	B17 B21	
2. Capacity to select and know use the material and sportive equipment adapted for each type of physical activity- sportive recreational.	B23	
3. Capacity to promote and evaluate the training of habits perdurables and autonomous of practice of the physical activities-sportive recreational for all the population.	B16	
4. Capacity to apply the physiological principles, biomecánicos, comportamentales and social, in the physical activities-sportive recreational.	B13 B16 B23 B24	C28
5. Capacity to identify the risks that derive for the health, of the practice of unsuitable physical activities in the practitioners of physical activity-sportive recreational.	B10 B23 B25	
6. Knowledge and understanding of the foundations of the physical activities and recreational sports.	B7 B10	
7. Application of the technologies of the information and communication (TIC) to the field of the physical activities and recreational sports.	B12	
8. Skill of leadership, capacity of interpersonal relation and work in team.	B25	
9. Adaptation to new situations, the resolution of problems and the autonomous learning.	B26	
10. Habits of excellence and quality in the professional exercise.	B13	
11. Performance inside the necessary ethical principles for the correct professional exercise.	B24	

## **Contents**

Topic	
1. Theoretical foundations of the leisure, the free time and the recreation.	1.1. Theoretical foundations of the leisure, the free time and the recreation.

2. Technical foundations-tactical and didactic of the physical activities-recreational.	<ul style="list-style-type: none"> <li>2.1 Sports of racket <ul style="list-style-type: none"> <li>2.1.1 Tennes of table</li> <li>2.1.2 Pickleball</li> <li>2.1.3 Badminton</li> <li>2.1.4. Crossminton</li> <li>2.1.5. Shuttleball</li> </ul> </li> <li>2.2 Sports of implement <ul style="list-style-type: none"> <li>2.2.1 Floorball</li> <li>2.2.2 Mazaball</li> <li>2.2.3 Intercrosse</li> <li>2.2.4 Softball</li> <li>2.2.5 Kickball</li> </ul> </li> <li>2.3 Sports of mobile <ul style="list-style-type: none"> <li>2.3.1 Datchball</li> <li>2.3.2 Kinball</li> <li>2.3.3 Colpbol</li> <li>2.3.4 Pinfuvote</li> <li>2.3.5 Frisbee</li> </ul> </li> <li>2.4. Games and traditional sports <ul style="list-style-type: none"> <li>2.4.1 Calva</li> <li>2.4.2 Tanga</li> <li>2.4.3 Chave</li> <li>2.4.4 Frog</li> <li>2.4.5 Petanque</li> <li>2.4.6 Kurling</li> </ul> </li> <li>2.5 Other games and alternative sports (based in traditional sports) <ul style="list-style-type: none"> <li>2.5.1 Indiacca</li> <li>2.5.2 Korfbal</li> <li>2.5.3 Tchoukball</li> <li>2.5.4 Wallyball</li> </ul> </li> <li>2.6 Other games and alternative sports (no based in traditional sports) <ul style="list-style-type: none"> <li>2.6.1 360ball</li> <li>2.6.2 Ballneto</li> <li>2.6.3 Trangleball</li> </ul> </li> <li>2.7 Didactic of the recreational physical activities</li> </ul>
3. Organisation and planning of activities of leisure and free time.	<ul style="list-style-type: none"> <li>3.1 Systems of organisation of sportive competitions <ul style="list-style-type: none"> <li>3.1.1 By elimination</li> <li>3.1.2 By points or league</li> <li>3.1.3 By extension</li> <li>3.1.4 Combinations</li> </ul> </li> <li>3.2 Organisation of sportive events</li> </ul>

<b>Planning</b>			
	Class hours	Hours outside the classroom	Total hours
Lecturing	16	0	16
Laboratory practical	30	0	30
Autonomous problem solving	0	42	42
Mentored work	6.5	30	36.5
Objective questions exam	0.5	25	25.5

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

<b>Methodologies</b>	
	Description
Lecturing	Exhibition by part of the professor of the contents on the matter object of study.
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).
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	Work related with the didactic of the recreational sports that makes in the classroom under the supervision of the professor
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### 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 1252 - Prof. Alfonso Gutiérrez Santiago / 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 as later in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutiérrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Autonomous problem solving	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 1252 - Prof. Alfonso Gutiérrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Mentored work	The personalised attention of the student will make in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutiérrez Santiago / Go out 2067 - Prof. Iván Prieto Lage) and 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 qualification in said activity.  The following expected results from this subject will be assessed: 1,2,6,9,10 and 11.	7	B7 B10 B13 B17 B21 B23 B24 B26
Laboratory practical	Assistance and realisation of the 14 practical classes of the matter. The student that have 4 faults or more will lose the continuous evaluation (and therefore has to examine by means of the procedure of GLOBAL EVALUATION -NO CONTINUOUS-).  The following expected results from this subject will be assessed: 1,2,3,4,5,6,8,9,10,11 and 12.	28	B7 B10 B13 B16 B17 B21 B23 B24 B25 B26
Autonomous problem solving	There will be 14 interactive questionnaires in Moovi. Each questionnaire has to approve with a minimum note of a 8,5 so that it consider surpassed and compute in the final note. After making all the questionnaires, if there are 4 faults or more (by no realisation or by not surpassing the minimum note) the punctuation of this section will be of 0 points.  The following expected results from this subject will be assessed: 1,2,6 and 9.	28	B7 B10 B17 B21 B23 B26
Mentored work	Realisation of a work in small groups related with the didactic of a physical activity-sportive recreational.  The following expected results from this subject will be assessed: 1,3,6,7,8,9,10 and 11.	14	B7 B10 B16 B17 B21 B26
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.  The following expected results from this subject will be assessed: 1,2,4,6,,9 and 12.	23	B7 B10 B13 B16 B17 B21 B23 B24 B26

### 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 QUADRAMESTER (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 7% of the final grade.
- **Interactive quizzes in Moovi.** The qualification of the questionnaires accounts for 28%. There will be 14 questionnaires. After completing all the questionnaires, if the student has an average of less than 7.5 points, this section will count for 0 points.
- **Attendance and PERFORMANCE of the practical classes in the pavilion.** The qualification of the same ones supposes a 28%. 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 (there is no possibility of justifying a lack of attendance, hence there can be up to three 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 in principle there are 14 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 28% would be reduced by 2% for each practice that there were not, passing that percentage to the exam of objective questions.
- **Supervised work** on a didactic unit of a recreational physical-sports activity to be drawn by lot. The qualification of this work supposes 14%. It will be a work in groups of four people.
- **Examination of objective questions.** The grade is 23%. 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 quadrimester call (May-June), a student loses the global evaluation (non-continuous), he/she will have to take the global evaluation procedure.

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

- **Examination of objective questions.** The grade is 50%. It consists of an exam of closed questions with different answer alternatives of the subject. The student must obtain a minimum of 5 out of 10 for the exam score to be included in the final grade.
- **Developmental questions exam.** The grade is 50%. It consists of a practical assumption on the didactics of physical recreational activities. The student must obtain a minimum of 5 out of 10 for the exam score to be included in the final grade.

The final grade of the course will be obtained by adding both exams. 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 exams.

## **ESTRAORDINARY CALL (June-July)**

The student will be evaluated by means of the global evaluation (non continuous). The grades of the continuous evaluation of the first call will not be kept.

## **END OF CAREER (September)**

The student will be evaluated by means of the global evaluation (non continuous). The grades of the continuous evaluation of the first call 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".

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### **Sources of information**

#### **Basic Bibliography**

Julio Litwin, **Administración de competiciones deportivas**, 1ª, Stadium, 2005

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Alberto Virosta, **Disco volador**, 1º, Gymnos, 1993

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### **Complementary Bibliography**

Oleguer Camerino Foguet, **Deporte recreativo**, 2ª, INDE, 2000

Oleguer Camerino; Marta Castañer, **1001 ejercicios y juegos de recreación**, 1º, Paidotribo, 2015

Antonio Méndez Giménez, **Nuevas propuestas lúdicas para el desarrollo curricular de educación física**, 1ª, Paidotribo, 2003

Carles Jordi Pinyol; Joan Rius Sant, **1000 ejercicios y juegos con material alternativo**, 1º, Paidotribo, 2004

Joan Ortí Ferreres, **La animación deportiva, el juego y los deportes alternativos**, 1ª, INDE, 2004

J. Gerardo Ruiz Alonso, **Juegos y Deportes Alternativos**, 2ª, Agonos, 1996

Oscar MARTÍN Andrés, **Manual práctico de organización deportiva**, 1º, Gymnos, 1996

Antonio Tinajas Ruiz, **Bádminton en la escuela: enseñar a jugar y a competir**, 1º, AUTOR EDITOR, 2010

Carlos Suari Rodrigue, **Juegos tradicionales : del currículum a la clase : teoría y práctica para la aplicación en Educación Física**, 1º, Wanceulen, 2005

Juan Carlos Martín Nicolás, **Juegos tradicionales y deportes autóctonos de Castilla y León**, 1º, Secretariado de Publicaciones y Medios Audiovisua, 2002

Ricardo Pérez y Verdes, Xaquín Alberto Tabernero Balsa, **Xogos populares en Galicia**, 1º, Lea, 1997

Marco Foyot, **La petanca**, 1º, Paidotribo, 1993

Francisco Pradas de la Fuente, **Fundamentos del tenis de mesa : aplicación al ámbito escolar**, 1º, Editum, 2015

José Luis Bermejo, Javier Quitano, Manuel Ramos, Zhang Don Ping, **Tenis de mesa**, 1º, Comité Olímpico Español, 1991

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### **Recommendations**

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#### **Subjects that are recommended to be taken simultaneously**

Teaching of the teaching-learning processes in physical activity and sport 2/P02G050V01603

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#### **Subjects that it is recommended to have taken before**

Teaching of the teaching-learning processes in physical activity and sport 1/P02G050V01501

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#### **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 related to the didactics of the physical-sports and recreational activities throughout the four-month period. In each theoretical class, guidelines will be given on 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://afdruvigo.blogspot.com/>