



## IDENTIFYING DATA

### Basics of combat activities

Subject	Basics of combat activities			
Code	P02G050V01205			
Study programme	(*)Grao en Ciencias da Actividade Física e do 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.

## Competencies

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.
B14	Managing of the scientific basic information applied to the physical activity and to the sport in his different manifestations.
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.
B16	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of the physical activity and of the sport.
B18	Aptitude to apply the physiological beginning, biomechanics, behavioral and social, to the different fields of the physical activity and the sport.
B20	Aptitude to identify the risks that stem for the health of the practice of physical inadequate 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.

## Learning outcomes

Expected results from this subject	Training and Learning Results
Knowledge and understanding of the foundations, structures and functions of the skills motrices basic of the activities of fight.	B7
Knowledge and understanding of the foundations of the judo and the activities of fight.	B10
Application of the technologies of the information and communication (TIC) to the field of the activities of fight.	B12
Adaptation to new situations, resolution of problems and autonomous learning.	B26
Skill of leadership, capacity of interpersonal relation and work in team.	B25
Habits of excellence and quality in the professional exercise.	B13
Performance inside the necessary ethical principles for the correct professional exercise.	B24
Capacity to design, develop and evaluate the processes of education-relative learning to the activities of fight, with attention to the individual and contextual characteristics of the people.	B15
Capacity to promote and evaluate the training of habits perdurables and autonomous of practice of the activities of fight.	B16
Capacity to apply the physiological principles, biomecánicos, comportamentales and social, to the field of the judo and of the activities of fight.	B18
Capacity to identify the risks that derive for the health of the practice of activities of fight of unsuitable form.	B20
Capacity to select and know use the material and sportive equipment adapted for the activities of fight.	B23
Utilisation of the basic scientific information applied to the field of the judo and of the activities of fight.	B14

## 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-.

**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 and no 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 and no formal contexts

<b>Planning</b>			
	Class hours	Hours outside the classroom	Total hours
Lecturing	11.5	4.75	16.25
Autonomous problem solving	7	21	28
Collaborative Learning	4	8	12
Laboratory practical	30	45	75
Seminars	0	15	15
Objective questions exam	1	1.5	2.5
Laboratory practice	0.5	0.75	1.25

\*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.
Autonomous problem solving	Activity in which they formulate exercises related with the subject. The students has to develop the exercises of autonomous form.
Collaborative Learning	It comprises a group of procedures of education that split of the organisation of the class in small mixed and heterogeneous groups where the students works of form coordinated between yes to develop academic tasks and deepen in his own 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).
Seminars	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.

### 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.
Seminars	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.
Collaborative Learning	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.

<b>Assessment</b>			
	Description	Qualification	Training and Learning Results
Lecturing	Assistance to 80% of the classes of classroom. The one who do not fulfil this criterion will have to make the final examination.	AVALIACIÓN CONTINUA. DOCENCIA TEÓRICA	B7 B10 B12 B13 B14 B15 B16 B18 B20 B23 B24 B25 B26

Autonomous problem solving	Realisation of 80% of the exercises. The one who have not assisted to the theoretical class will not have option of continuous evaluation in said exercises. The one who do not fulfil this criterion will have to make the final examination. The students will make in time and forms the exercises assigned weekly. It will describe him in base to the results obtained in each one of the exercises (the criteria of qualification appear reflected in each one of the exposed activities in FAITIC).	AVALIACIÓN CONTINUA. DOCENCIA TEÓRICA	B7 B10 B12 B13 B14 B15 B16 B18 B20 B23 B24 B25 B26
Collaborative Learning	Realisation of 80% of the exercises. The one who have not assisted to the theoretical class will not have option of continuous evaluation in said exercises. The one who do not fulfil this criterion will have to make the final examination. The students will make in time and forms the exercises assigned weekly. It will describe him in base to the results obtained in each one of the exercises (the criteria of qualification appear reflected in each one of the exposed activities in FAITIC).	AVALIACIÓN CONTINUA. DOCENCIA TEÓRICA	B7 B10 B12 B13 B14 B15 B16 B18 B20 B23 B24 B25 B26
Laboratory practical	Assistance and realisation of 80% of the practices. The one who do not fulfil this criterion will have to make the final examination.	AVALIACIÓN CONTINUA. DOCENCIA PRÁCTICA	B7 B10 B12 B13 B14 B15 B16 B18 B20 B23 B24 B25 B26
Seminars	Assistance to the practical seminars in the tatami (hours out of the classroom). For the students of CONTINUOUS EVALUATION	AVALIACIÓN CONTINUA. DOCENCIA PRÁCTICA	B7 B10 B12 B13 B14 B15 B16 B18 B20 B23 B24 B25 B26
Objective questions exam	Examination type test or true/false.  For the students that does not fulfil the criteria of the continuous evaluation and that, therefore, has to do the FINAL EXAMINATION.	42	B7 B10 B12 B13 B14 B15 B16 B18 B20 B23 B24 B25 B26

For the students that does not fulfil the criteria of the continuous evaluation and that, therefore, has to do the FINAL EXAMINATION.

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### Other comments on the Evaluation

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**CONTINUOUS EVALUATION** student body (criteria to meet continuous evaluation):

- **Theoretical teaching.** Continuous assessment by attending the theory classes and successfully completing all the assigned exercises. Students who successfully complete (in time and form) 80% of the exercises and have attended 80% of the classes will not have to take the final exam. You will be graded based on the results obtained in each of the exercises (the qualification criteria are reflected in each of the exercises exposed in FAITIC). The overall rating of this section will be from zero to ten. This section will represent a 42% final grade.
  - **Practical teaching.** Continuous assessment through ATTENDANCE and REALIZATION of practical classes. In addition, all the assigned exercises must be carried out satisfactorily (in time and form). Students who successfully complete 80% of the exercises and have attended and completed 80% of the classes will not have to take the final exam. You will be graded based on the results obtained in each of the exercises (the grading criteria are reflected in each of the activities exposed in FAITIC) and based on the classes taken. The overall rating of this section will be from zero to ten. This section will suppose a 58% of final qualification.
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The final grade will be obtained by making a weighted average of the two parts passed. In the event that only one of the parts is passed, you will have to take the final exam of the part not passed. The positive rating will remain only until the next June-July call.

**FINAL EXAM** students (for students who do not meet the criteria of continuous assessment):

- **Theoretical teaching.** The evaluation will be carried out by means of a final written test corresponding to the subjects taught during the course: test type test or true / false. Students will have to obtain a five out of ten on the exam. This rating will represent 42% of the overall rating.
- **Practical teaching.** The evaluation will be carried out by means of a final practical test (theoretical-practical exam oral and on the mat with a partner) corresponding to the subjects taught during the course. Students will have to obtain a five out of ten on the exam. This rating will represent 58% of the overall rating.

The final grade will be obtained by making a weighted average of the two exams passed. In the event that only one of the two exams is passed, the positive grade (of the passed exam) will be kept only until the next call in June-July.

**Publication of the qualifications:** The qualifications of each call will be published in FAITIC, where the exam review dates will be indicated.

The official dates of the exams can be consulted on the website of the faculty in the section "Teaching. Exams. Course 2020-2021".

The same evaluation criteria will be applied for the REST OF CALLS. If the subject is not passed, the skills not acquired will be assessed in the July call.

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## Recommendations

## Contingency plan

### Description

=== EXCEPTIONAL MEASURES SCHEDULED ===

In front of the uncertain and unpredictable evolution of the sanitary alert caused by the \*COVID-19, the University of Vigo establishes an extraordinary planning that will activate in the moment in that the administrations and the own institution determine it attending to criteria of security, health and responsibility, and guaranteeing the teaching in a no face-to-face stage or partially face-to-face. These already scheduled measures guarantee, in the moment that was prescriptive, the development of the teaching of a more agile and effective way when being known in advance (or with a wide \*antelación) by the students and the techers through the tool normalised and institutionalised of the educational guides.

=== ADAPTATION OF THE METHODOLOGIES ===

\* educational Methodologies that keep

Resolution of problems of autonomous form

\* educational Methodologies that modify

Master lesson: If the teaching is not face-to-face, the educational activity will develop through the Remote Campus and the platform of teledocencia Fatic.

Collaborative learning: If the teaching is not face-to-face, the educational activity will develop through the Remote Campus and the platform of teledocencia Fatic.

Practices of laboratory: If the teaching is not face-to-face, the educational activity will develop through the Remote Campus and the platform of teledocencia Fatic.

Seminar: If there is not face-to-face teaching is not possible to develop this methodology. They will substitute by queries to the techers through the virtual dispatch of the Remote Campus or emails for advice/develop of activities of the matter and of the process of learning.

\* Mechanism no face-to-face of attention to the students(tutorships)

In all the methodologies posed the personalised attention of the studentes will make through of the virtual dispatch of the Remote Campus (Room 1252 - Prof. Alfonso Gutierrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.

\* Modifications (if they proceed) of the contents to give

Without modification.

\* Additional bibliography to facilitate the car-learning

Without modification. The material that needs the studentes is available in FAITIC.

\* Other modifications

=== ADAPTATION OF THE EVALUATION ===

The evaluation remains the same, except for the following aspect:

- In continuous assessment: when teaching is online, the concept of physical attendance will be replaced by online attendance.

- In the continuous evaluation: when the teaching is mixed, the physical and online presentality will alternate depending on the specific situation of each student (if a student's teaching was online, the online presentality will be requested, if the classroom teaching was will request physical presence in the classroom).