Universida_{de}Vigo

Subject Guide 2023 / 2024

IDENTIFYIN	G DATA				
Physical ac	tivity and adventure in the	natural environment			
Subject	Physical activity				
	and adventure in				
	the natural				
	environment				
Code	P02G050V01801				
Study	Grado en Ciencias				
programme	de la Actividad				
	Física y del				
	Deporte				
Descriptors	ECTS Credits		Choose	Year	Quadmester
	6		Mandatory	4th	2nd
Teaching	Spanish				
language	Galician				
Department		·			
Coordinator	Prieto Lage, Iván				
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General	The subject "Physical and adv	venture activities in the i	natural environme	ent" is taught in	the second guarter of

description the fourth year of the Degree in Physical Activity and Sport Sciences.

This course provides an overview of activities and sports in nature. From a theoretical perspective, the most significant current conceptions regarding the field of activities and sports in nature are approached, and from a practical perspective, a tour through the most representative activities 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 activities and sports in the natural environment, 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

- B9 Knowledge and comprehension of the foundations of the physical exercise, motive game, dance, movement and activities in the nature.
- B13 Habits of excellence and quality in the professional exercise.
- 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.
- B18 Aptitude to apply the physiological beginning, biomechanics, behavioral and social, to the different fields of the physical activity and the sport.
- 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.
- C22 Aptitude to know and apply the juridical frame of the professional area
- C25 Aptitude to plan, to develop and control the accomplishment of physical sports recreative activities
- C26 Aptitude to select the material and sports equipment adapted for every type of physical sports recreative activity

C29 Aptitude to identify the risks that stem for the health, of the practice of physical inadequate activities in the medical instructors of physical - sports recreative activity

Expected results from this subject		
Expected results from this subject	Train	ing and Learning Results
1. The students will be able to know and understand the factors fisiolóxicos and biomecánicos that condition the practice of the physical activity and the sport.	: B18	
2. The students will be able to know and apply the juridical frame of the professional field of the activities in the half natural	B13	C22
3. The students will be able to identify and value the risks that can derive of the use of the equipments and sportive installations of the activities in the half natural		C25 C26
4. The students will be able to know and understand the fundamentos of the activities in the nature	B26	
5. The students will be able to identify the risks that derive stop the health of the practice of inappropriate physical activities in the natural surroundings	-	C26 C29
6. The students will be able to design, develop and evaluate the processes of ensino-aprendizaxe relative to the physical activity and when deposing you, with attention to the individual characteristics and contextuales of the people	B15	C25
7. The students will be able to select and know use the material and appropriate sportive equipment stop each type of activity in the half natural	B9	C26 C29
8. The students will be able to act within the ethical principles necessary for the correct professional practice.	B24	
9. The students will be able to show skill of leadership, capacity of relation interpersoal and work in team	n B25	
10. The students will be able to adapt the new situations, the resolution of problems and the autonomous learning	B26	
Contents		
Topic		

1. Theoretical foundations of the physical	1.1. Theoretical fundament
activities in the half natural: orientation and	1.1.1. Concept of Physical Activities in the Natural Environment
cartographic bases, planning of itineraries,	1.1.2. General
security, and other theoretical foundations	1.1.2.1. What are the AFMN
related.	1.1.2.2. Organization and regulation of the AFMN

2. Sportive physical activities in the half natural: 2.1. Hiking and mountaineering activities of permanence, hiking, sport of orientation, climbing and other sports of adventure.

- 2.1.1. Mountaineering and trekking: concept and place in the evolution of mountain sports
- 2.1.2. Mountain environment
- 2.1.3. Meteorology
- 2.1.4. Technical formation
- 2.1.5. Preparation and development of an activity
- 2.1.6. Orientation and mapping
- 2.1.7. Camping and bivouac techniques
- 2.1.8. Security
- 2.1.9. Professional development
- 2.2. Orientation
- 2.2.1. Orientation Introduction: Overview
- 2.2.2. Graphical representation and interpretation of drawings or diagrams
- 2.2.3. Mapping. introduction to the interpretation of elaborated maps
- (topographic and / or orientation).
- 2.2.4. Using the compass
- 2.2.5. Orientation.
- 2.2.6. Application in the educational field
- 2.2.7. Organization of orientation and security activities.
- 2.3. Outdoors techniques
- 2.3.1. Physical activities in Natural environment. General
- 2.3.2. Scope of application of outdoor activities
- 2.3.3. Application to the school environment
- 2.3.4. AFMN. Professional environment
- 2.3.5. Organization of activities and security
- 2.4. Climbing and rope techniques
- 2.4.1. Introduction to climbing: General (types)
- 2.4.2. Technical aspects of climbing
- 2.4.3. Cabochons.
- 2.4.4. Safety: basic rules
- 2.4.5. Application in the school environment
- 2.5. Organization of activities
- 2.5.1. Organization of a project of activities in the natural environment
- 2.5.2. Organization of a hiking trail. Security
- 2.5.3. AFAMN organization in non-formal education
- 2.5.4. AFAMN organization in formal education
- 2.6. Mountain bike
- 2.6.1. Bicycle and cycling
- 2.6.2. Driving and cycling. Safety rules
- 2.6.3. Adjustment and maintenance of the bicycle
- 2.6.4. Bicycle Mechanics
- 2.6.5. Mountain bike routes. Security
- 2.6.6. Mountain bike recreational activities. Organization and security

2.7. Other adventure activities in the natural environment

- 2.7.1. Introduction to archery
- 2.7.2. Introduction to surfing
- 2.7.3. Safety: basic rules

Planning

. iaining				
	Class hours	Hours outside the classroom	Total hours	
Lecturing	21	0	21	
Autonomous problem solving	0	24	24	
Mentored work	1.5	31.5	33	
Laboratory practical	27	0	27	
Objective questions exam	3	42	45	
*The information in the planning table is for	or quidance only and does no	t take into account the het	erogeneity of the stu	dents

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

Methodologies

Description

Lecturing	Exhibition by part of the professor of the contents on the matter object of study that will combine with interactive activities in big group for the students that assist to class.
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	Register and analysis by couples or small groups (to decision of the teacher) of a route by Galicia/Spain. Export of the routes to Wikiloc, analysis measures and assessment of the energetic and conditional requests. Preparation of a report of the route.
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 or external).

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 50 - Prof. Diego Alonso Fernández / 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 or in the outsides of the Faculty), as later in the physical or virtual dispatch (Room 50 - Prof. Diego Alonso Fernández / Room 2067 - Prof. Iván Prieto Lage) and of emails.	
Mentored work	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 50 - Prof. Diego Alonso Fernández / Room 2067 - Prof. Iván Prieto Lage) and of emails.	
Autonomous problem solving	The personalised attention of the student will make in the physical or virtual dispatch (Room 50 - Prof. Diego Alonso Fernández / Room 2067 - Prof. Iván Prieto Lage) or through emails.	

Assessment				
	Description	Qualification	Trair Lea Re	ning and arning esults
Lecturing	During some theoretical classes will make interactive exercises in big group where will concede points of the final note in function of the position in said activity.	5	B9 B13 B15 B18 B24	C22 C25 C26 C29
Autonomous	There will be 12 guizzes/tasks in Moovi. After completing all the proposed	24	B26 B9	C22
problem solving	activities, if the average is lower than 7.5 points, the score for this section will be 0 points.		B13 B15 B18	C25 C26 C29
Mentored work	Realisation of a work in small groups related with the creation of a route in the open air by means of the application of Wikiloc.	22	B26 B18 B25 B26	C26
Laboratory practical	They will evaluate the following results of learning: 1,4,5,9 and 10 Assistance and realisation of the 12 practical classes of the matter. The student that have 3 faults or more will lose the continuous evaluation (and therefore has to examine by means of the procedure of GLOBAL EVALUATION -NO CONTINUOUS-). They will evaluate the following results of learning: 1,3,4,5,6,8,9 and 10	24	B9 B15 B18 B24 B25 B26	C25 C26 C29
Objective question exam	The student will have to take out a minimum of 4 on 10 so that the punctuation of the examination compute in final qualification.	25	B9 B13 B15 B18 B26	C22 C25 C26 C29
	They will evaluate the following results of learning: 1,2,3,4,5,6,7 and 10			

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 QUADRAMETER CALL (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 5% of the final grade.
- Questionnaires/tasks in Moovi. The marking of the questionnaires/tasks accounts for 24%. There will be 12 quizzes/tasks. After completing the proposed activities, if the student has an average of less than 7.5 points, this section will count 0 points.
- Attendance and PERFORMANCE of the practical classes. The qualification of the same ones supposes a 24%. The student who has 3 or more absences (you have to participate in at least 9) 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 an absence; hence there can be up to two 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 there are 12 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 24% would be reduced by 2% for each practice that there were not, passing that percentage to the exam of objective questions. The surfing practice is voluntary, therefore it is not considered as a failure if the student does not attend, but if the student does it, he/she will get a grade.
- **Tutored work** on the creation of an outdoor route using the Wikiloc application and under a series of parameters established by the teacher. The grade for this work is 22%. It will be a work in groups of four people.
- **Objective questions exam.** The grade is 25%. 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 four-month period (May-June), a student loses the continuous evaluation, he/she will have to take the noncontinuous evaluation procedure.

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

- **Examination of objective questions.** The grade is 33%. It consists of an exam of closed questions with different answer alternatives on the subject related to its theoretical part. The student must obtain a minimum of 5 out of 10 for the exam score to be included in the final grade.
- **Examination of objective questions.** The grade is 33%. It consists of an exam of closed questions with different answer alternatives on the subject related to its practical part. The student must obtain a minimum of 5 out of 10 for the exam score to be included in the final grade.
- **Supervised work.** The qualification represents 34%. Delivery of the work on the creation of outdoor routes. The student must obtain a minimum of 5 out of 10 for the work to be included in the final grade.

The final grade of the course will be obtained by adding the three parts. A student passes the course when he/she has obtained a minimum of five out of ten, as long as he/she has passed the three tests.

EXTRAORDINARY CALL (June-July)

It will be evaluated by means of the non-continuous evaluation procedure (the grades of the continuous evaluation of the first call -May-June- will be kept).

END OF CAREER (September)

It will be evaluated by means of the non-continuous evaluation procedure (the grades of the continuous evaluation of other exams 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".

urces of information	
sic Bibliography	

VIGO, M., Manual para dirigentes de campamentos organizados, Stadium, 2005 BERNAL RUIZ, J., Organización de campamentos en la escuela, Wanceulen, 2002 COLORADO, J, Montañismo y Trekking. Manual completo, Manuales Desnivel, 2010 SANTOS PASTOR, M. L., Las actividades en el medio natural en la educación física escolar, Wanceulen, 2002 MURCIA, M., Prevención, seguridad y autorescate, Desnivel editorial, 2001 VARIOS, Señalización de Senderos, FEDME, 2009 EEAM, Escuela Española de alta montaña. Certificado de iniciación al montañismo, Barrabés editorial, 2001 MILSON, F., El libro de la bicicleta de montaña: mantenimiento y reparación, OMEGA, 2009 Granero Gallegos, A.,Baena Extremera, A., Actividades físicas en el medio natural: Teoría y práctica para la

Granero Gallegos, A.,Baena Extremera, A., **Actividades físicas en el medio natural: Teoria y práctica para la Educación Física**, Wanceulen, 2010

Complementary Bibliography

Rojas Pedregosa, P., La bicicleta y su desarrollo práctico en Educación Secundaria, Wanceulen, 2016

Recommendations

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 throughout the four-month period. In the first week of the course, guidelines will be given as to 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://afamnuvigo.blogspot.com/