



IDENTIFYING DATA

Physical activity and recreational sports

Subject	Physical activity and recreational sports			
Code	P02G050V01602			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Gutierrez Santiago, Alfonso Prieto Lage, Iván			
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General description	<p>(*)A materia «Actividade física e deporte recreativo» impártese no segundo cuadrimestre do terceiro curso do Grao en Ciencias da Actividade Física e do Deporte.</p> <p>Nesta materia dáse unha visión xeral dos deportes e xogos recreativos. Desde unha perspectiva teórica abórdanse as diferentes concepcións actuais máis significativas referentes ao ámbito dos deportes e xogos recreativos, e desde unha perspectiva práctica realízase un percorrido a través dos deportes e xogos recreativos máis representativos.</p> <p>Así mesmo, esta materia é fundamental dentro do plan de estudos da titulación impartida na Universidade de Vigo, posto que é a única, dentro deste, onde o alumnado ten a oportunidade de obter os coñecementos necesarios sobre o ámbito dos deportes e xogos recreativos, imprescindibles na formación dun Graduado en Ciencias da Actividade Física e do Deporte.</p>			

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.
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 biomechanical, comportamental and social principles, in the physical - sports recreative activities

Learning outcomes

Expected results from this subject	Training and Learning Results
Capacity to schedule, develop and control the realisation of activities físicodeportivas recreational.	B17 B21

Capacity to select and know use the material and sportive equipment adapted for each type of physical activity- sportive recreational.	B23
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
Capacity to apply the physiological principles, biomecánicos, comportamentales and social, in the physical activities-sportive recreational.	B13 B16 B23 B24
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
Knowledge and understanding of the foundations of the physical activities and recreational sports.	B7 B10
Application of the technologies of the information and communication (TIC) to the field of the physical activities and recreational sports.	B12
Skill of leadership, capacity of interpersonal relation and work in team.	B25
Adaptation to new situations, the resolution of problems and the autonomous learning.	B26
Habits of excellence and quality in the professional exercise.	B13
Performance inside the necessary ethical principles for the correct professional exercise.	B24
New	C28

Contents

Topic	
Theoretical foundations of the leisure, the free time and the recreation.	Theoretical foundations of the leisure, the free time and the recreation.
Technical foundations-tactical and didactic of the physical activities-recreational.	Frisbee Badminton Tennis of table Floorball Intercrosse Mazaball Ballnetto Kinball Other physical activities and recreational sports Traditional Games
Organisation and planning of activities of leisure and free time.	Organisation and planning of activities of leisure and free time.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	14.5	29	43.5
Autonomous problem solving	8	24	32
Laboratory practical	30	30	60
Objective questions exam	2	12.5	14.5

*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.
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).

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 pavilion 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 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.
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Assessment				
	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 theoretical examination end.	0	B7 B10 B12 B13 B16 B17 B21 B23 B24 B25 B26	C28
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).	40	B7 B10 B12 B13 B16 B17 B21 B23 B24 B25 B26	C28
Laboratory practical	Assistance to 80% of the practical classes of the pavilion. The one who do not fulfil this criterion will have to make the practical examination end.	30	B7 B10 B12 B13 B16 B21 B23 B24 B25 B26	C28
Objective questions exam	Theoretical proof. Examination type test or true/false. Optional for that students that make continuous evaluation. Practical proof. Examination of development on the practical part of the matter. Only it is compulsory for which do not assist and make 80% of the practices of laboratory.	30	B7 B10 B12 B13 B16 B17 B21 B23 B24 B25 B26	C28

Other comments on the Evaluation

In the announcement of the second quarter (May-June) there will be different itineraries of evaluation.

The percentages indicated previously correspond to the itinerary A.

ITINERARY A. Continuous evaluation theoretical and practical part.

It will be that students that have assisted at least to 80% of the practices (the first practice already explains) and to 80% of the theorists (the presentation explains) making and presenting the activities posed in time and form. It does not justify any type of absence in this itinerary. Therefore, the faults are not justifiable.

- Evaluation of the theoretical part (70% of the final note). 40% will be the assistance to class with the realisation of the activities. The another 30% will be the realisation of a final examination no compulsory type test and/or of short questions with assessment of 0 to 10. To improve the note that obtained in the others parts at least is necessary to take out a 5 on

10.

- Evaluation of the practice (30% of the final note). The students will be described in base to the assistance and realisation of the practical class.

ITINERARY B. Continuous evaluation practical part. Evaluation no continuous theoretical part.

- Evaluation of the theoretical part (70% of the final note). The students will have to obtain a five on ten in the examination type test and/or of short questions. This qualification will suppose 70% of the global qualification.

- Evaluation of the practice (30%). The students will be described in base to the assistance and realisation of the practical class.

ITINERARY C. Continuous evaluation theoretical part. Evaluation no continuous practical part.

- Evaluation of the theoretical part (70%). 40% of the qualification of this part will be the assistance to class with the realisation and presentation of the activities in time and form. The another 30% will be the realisation of a final examination no compulsory type test and/or of short questions with assessment of 0 to 10. To improve the note that obtained in the others parts at least is necessary to take out a 5 on 10 in this examination.

- Evaluation of the practice (30% of the final note). The students will have to obtain a five on ten in the practical examination. This qualification will suppose 30% of the global qualification. The practical examination will be a proof of questions to develop on the practical contents of the matter.

ITINERARY D. Evaluation no continuous theoretical and practical part.

- Evaluation of the theoretical part (50% of the final note). The students will have to obtain a five on ten in the examination type test and/or of short questions.

- Evaluation *dela practical (50% of the final note). The students will have to obtain a five on ten in the examination. The practical examination will be a proof of questions to develop on the practical contents of the matter.

Other important considerations:

Of not having surpassed the matter in the first announcement, the no purchased competitions will be evaluated in the announcement of June-July. In this announcement the theoretical examination will have an assessment of 50% and the practical 50%. If there is some student/to of the itinerary B, C or D May-June (with a part approved), will examine only of the part not approved keeping the percentages of qualification of his previous itinerary. The part approved only saves an announcement. If after the announcement of June-July do not approve both parts, does not save the approved of one of the parts for the following academic course.

In the announcement of end of career (September) the theoretical examination will have an assessment of 50% and the practical 50%.

The official dates of the examinations can consult in the web of the faculty: <http://fcced.uvigo.es/gl/docencia/exames/>

Sources of information

Basic Bibliography

Julio Litwin, **Administración de competiciones deportivas**, 950-531-218-0, 1º, Stadium, 2005

Alberto Virosta, **Disco volador**, 84-8013-001-6, 1º, Gymnos, 1993

Complementary Bibliography

Oleguer Camerino Foguet, **Deporte recreativo**, 8495114348, 2ª, INDE, 2000

Oleguer Camerino; Marta Castañer, **1001 ejercicios y juegos de recreación**, 84-86475-33-8, 1º, Paidotribo, 2015

Antonio Méndez Giménez, **Nuevas propuestas lúdicas para el desarrollo curricular de educación física**, 84-8019-699-8, 1ª, Paidotribo, 2003

Carles Jordi Pinyol; Joan Rius Sant, **1000 ejercicios y juegos con material alternativo**, 8486475538, 1º, Paidotribo, 2004

Joan Ortí Ferreres, **La animación deportiva, el juego y los deportes alternativos**, 8497290488, 1ª, INDE, 2004

J. Gerardo Ruiz Alonso, **Juegos y Deportes Alternativos**, 84-86774-05-5, 2ª, Agonos, 1996

Oscar Martín Andrés, **Manual práctico de organización deportiva**, 84-8013-0512, 1º, Gymnos, 1996

Antonio Tinajas Ruiz, **Bádminton en la escuela: enseñar a jugar y a competir**, 978-84-614-2427-6, 1º, AUTOR EDITOR, 2010

Carlos Suari Rodrigue, **Juegos tradicionales : del currículum a la clase : teoría y práctica para la aplicación en Educación Física**, 84-9823-022-5, 1º, Wanceulen, 2005

Juan Carlos Martín Nicolás, **Juegos tradicionales y deportes autóctonos de Castilla y León**, 84-7719-258-8, 1º, Secretariado de Publicaciones y Medios Audiovisua, 2002

Ricardo Pérez y Verdes, Xaquín Alberto Tabernero Balsa, **Xogos populares en Galicia**, 8488553250, 1º, Lea, 1997

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 *estudiantado and the *profesorado 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

Lesson *magistral: If the teaching is not face-to-face, the educational activity will develop through the Remote Campus and the platform Faitic.

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

*Mechanism no face-to-face of attention to the students

In all the methodologies posed the personalised attention of the students 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 students is available in FAITIC.

* Other modifications

=== ADAPTATION OF THE EVALUATION ===

In case of teaching no face-to-face, only there will be the possibility to follow the itinerary E or the itinerary F.

Itinerary E. Continuous evaluation of theoretical and practical part.
It will be that students that:

- a) it Have assisted at least to 80% of the theoretical classes (lesson *magistral).
 - b) And besides make and present in time and form at least 80% of the activities posed.
- If it breaks one of the two requirements, raise directly to the itinerary *F.

Criterion of qualification:

- a) The assistance to the theoretical class (lesson magistral) will have an assessment of 30%
- b) The resolution of problems of autonomous form will have an assessment of 40%
- c) The examination of objective questions will have an assessment of 30%. This examination is optional if with the others parts surpass the 5 points. Anyway, to go up the note of the previous parts has to take out at least a 5 on 10 in this examination.

Itinerary F. Evaluation no continuous. For that students that does not fulfil the criteria of continuous evaluation.

- Evaluation of the theoretical part (50% of the final note). The students will have to obtain a five on ten in the examination type test and/or of short questions.
- Evaluation of the practice (50% of the final note). The students will have to obtain a five on ten in the examination. The practical examination will be a proof of questions to develop on the practical contents of the matter.

In the case of mixed teaching, the evaluation remains the same with respect to the ordinary one, except for the following aspect:

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