



(*)Facultade de Ciencias da Educación e do Deporte

Grado en Ciencias de la Actividad Física y del Deporte

Subjects			
Year 1st			
Code	Name	Quadmester	Total Cr.
P02G051V01101	Motor control and learning	1st	6
P02G051V01102	Exercise physiology 1	1st	6
P02G051V01103	Sociology and history of physical activity and sport	1st	6
P02G051V01104	Human anatomy for movement	1st	6
P02G051V01105	Physical education and sport pedagogy	1st	6
P02G051V01106		2nd	6
P02G051V01107		2nd	6
P02G051V01108	Basics of combat activities	2nd	6
P02G051V01109	Physical activity and sport psychology	2nd	6
P02G051V01110	Research methodology and statistics in physical activity and sport	2nd	6

IDENTIFYING DATA				
Motor control and learning				
Subject	Motor control and learning			
Code	P02G051V01101			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	1st
Teaching language	Spanish			
Department				
Coordinator	Novo Carballal, Antonio Figueira Rodríguez, Alberto			
Lecturers	Figueira Rodríguez, Alberto Novo Carballal, Antonio Romo Pérez, Vicente			
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Web				
General description				

Training and Learning Results

Code	
B1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B3	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
B9	6.1 To know and understand the bases of the methodology of scientific work.
B10	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
C1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
C2	1.2 To design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or diffusion in different contexts and in all sectors of professional intervention in physical activity and sport.
C3	1.3. Communicate and interact appropriately and efficiently in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
C4	1.4. To adapt the educational intervention to the individual characteristics and needs of the entire population, with emphasis on special populations such as: schoolchildren, the elderly, people with reduced mobility and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C7	2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.

- C8 2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
- C9 2.5 Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.
- C10 2.6 Develop an advanced level in the planning, implementation, control and evaluation of physical and sports training processes.
- C16 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations
- C18 5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- C23 6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
- D1 1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
- D2 1.2. To design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or diffusion in different contexts and in all sectors of professional intervention in physical activity and sport.
- D3 1.3 Communicate and interact appropriately and efficiently in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- D4 1.4. To adapt the educational intervention to the individual characteristics and needs of the entire population, with emphasis on special populations such as: schoolchildren, the elderly, people with reduced mobility and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- D5 2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
- D7 2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
- D8 2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
- D9 2.5 Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.
- D16 4.1 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, processes, activities, resources and techniques that make up the basic motor skills, physical activities, sports skills, play, expressive body and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
- D18 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations.

D23 5.5 Articulate and deploy technical-scientific advice, certification, and evaluation of physical activity and sport activities and resources in all physical activity and sport services, contexts, environments and sectors of professional intervention in physical activity and sport as well as in the design and elaboration of technical reports in all physical activity and sport services.

D24 6.1 To know and understand the bases of the methodology of scientific work.

D25 6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.

Expected results from this subject

Expected results from this subject	Training and Learning Results		
New	B1	C1	D1
	B2	C2	D2
	B3	C3	D3
	B9	C4	D4
	B10	C6	D5
		C7	D7
		C8	D8
		C9	D9
		C10	D16
		C16	D18
		C18	D23
		C23	D24
			D25

Contents

Topic	
(*)1. Fundamentos, característica e estrutura da aprendizaxe e control motor na Educación Física	(*)1.1. Comportamento motor: fundamentos, características, estrutura da aprendizaxe. 1.2. Evolución dos campos de estudo da aprendizaxe e control motor. 1.3. Perspectivas teóricas da aprendizaxe motora.
(*)2. A práctica motriz como elemento de aprendizaxe na Educación Física.	(*)2.1. Tipos de práctica. 2.2. Distribución da práctica. 2.3. Transferencia na práctica. 2.4. Variabilidade na práctica.
(*)3. Control motor no ámbito da actividade física e o deporte.	(*)3.1. Bases teóricas do control motor. 3.2. Fisioloxía do control motor. 3.3. Receptores e movemento.
(*)4. Procesos de adquisición da habilidade motora.	(*)4.1. Característica e estrutura da habilidade motriz. b. Dificultade e complexidade. 4.2. Etapas de adquisición da habilidade motriz. 4.3. Atención e aprendizaxe motora. 4.4. Memoria motriz, codificación e esquecemento. 4.5. Transferencia.
(*)5. Mecanismos na aprendizaxe motora.	(*)5.1. Modelos do comportamento motor. 5.2. A información na aprendizaxe motora (FB). 5.3. Percepción. 5.4. Decisión. 5.5. Execución.
(*)6. Avaliación da aprendizaxe motora.	(*)6.1. Avaliación da Aprendizaxe motora
(*)7. O programa motor.	(*) 7.1. Estrutura da programación motora. 7.2. Programa motor e patrón neuromuscular. 7.3. A complexidade motora. 7.4. Tipos de programa motor

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	28	60	88
Seminars	7	12	19
Laboratory practical	15	24	39
Objective questions exam	1	0	1
Essay questions exam	1	0	1

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

Methodologies

Description

Lecturing	(*)O profesor exporá os contidos da materia, aclarando conceptos, clasificacións, técnicas de aplicación, fundamentos, etc
Seminars	(*)Realizaranse seminarios para profundar na análise dos mecanismos de feedback, tipos de práctica e o control motor. O alumnado terá que realizar traballos sobre os temas tratados.
Laboratory practical	(*)Análise de vídeos. Prácticas onde se analizan os mecanismos de aprendizaxe. Prácticas sobre percepción e decisión.

Personalized assistance

Methodologies	Description
Lecturing	
Laboratory practical	
Seminars	

Assessment

	Description	Qualification	Training and Learning Results
Seminars	(*)Avaliarase: A calidade dos traballos. A participación activa.	15	
Laboratory practical	(*)Avaliarase: A calidade dos traballos. A participación activa.	10	
Objective questions exam	(*)Sobre os temas tratados nas sesións de clase, en calqueira das súas modalidades.	40	
Essay questions exam	(*)Questións a desenvolver sobre os temas da teoría.	35	

Other comments on the Evaluation

Sources of information

Basic Bibliography

Schmidt & Amp, Lee, **Motor Control and Learning**, HK,

Complementary Bibliography

Magill, R.A. & Anderson D.I., **Motor Learning and Control**, Macgraw-Hill,

Recommendations

Subjects that continue the syllabus

Human anatomy for movement/P02G051V01104

Exercise physiology 1/P02G051V01102

(*)Fundamentos da competencia motriz/P02G051V01106

(*)Kinesiología do movemento humano/P02G051V01107

Subjects that are recommended to be taken simultaneously

Human anatomy for movement/P02G051V01104

Exercise physiology 1/P02G051V01102

IDENTIFYING DATA				
Exercise physiology 1				
Subject	Exercise physiology 1			
Code	P02G051V01102			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	1st
Teaching language	Spanish			
Department				
Coordinator	González Matías, Lucas Carmelo			
Lecturers				
E-mail				
Web				
General description				

Training and Learning Results

Code	
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B3	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C8	2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
C11	3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
C14	3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
C15	3.5 Organize the promotion of policies, strategies and educational programs on aspects of public health, in relation to physical activity and sport (for the prevention of risk factors and diseases); as well as cooperate with other agents involved in the same: in any sector of professional intervention of physical activity and sport.
C22	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
C23	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
D5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.

- D6 2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
- D8 2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
- D11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
- D14 3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
- D15 3.5 Organize the promotion of policies, strategies and educational programs on aspects of public health, in relation to physical activity and sport (for the prevention of risk factors and diseases); as well as cooperate with other agents involved in the same: in any sector of professional intervention of physical activity and sport.
- D24 6.1 To know and understand the bases of the methodology of scientific work.
- D25 6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
- D26 6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.

Expected results from this subject

Expected results from this subject		Training and Learning Results	
New		C22	D24
		C23	D25
			D26
New	B2	C5	D5
	B3	C6	D6
		C22	D24
New	B3	C6	D6
		C11	D11
			D25
			D26
New		C11	D11
		C14	D14
		C22	D25
New	B3	C6	D6
		C14	D14
		C15	D15
New	B2	C5	D5
		C8	D8
		C11	D11
		C14	D14
New	B2	C5	D5
	B3	C6	D6
		C8	D8
		C15	D15
New	B2 B3	C5	D5
		C6	D6
		C8	D8
		C11	D11
		C14	D14
		C15	D15
New	B2 B3	C5	D5
		C6	D6
		C8	D8
		C11	D11
		C14	D14
		C15	D15

Contents

Topic

(*)1. Fisioloxía celular e do sistema nervioso.	(*)1) Introducción, historia e aspectos xerais. Significado da Fisioloxía. 2) Membrana plasmática. Características funcionais e transporte. Fenómenos eléctricos de membrana. 3) Fisioloxía da neurona. Organización funcional do sistema nervioso. Comunicación Neuronal: a sinapsis. Neurotransmisores e neurotransmisión 4) Control motor. Sistema nervioso autónomo ou vexetativo
(*)2. Fisioloxía do músculo.	(*)5) Estrutura e función do músculo estriado. 6) Mecánica da contracción muscular
(*)3. Fisioloxía do sistema endocrino e metabolismo.	(*)7) Sistema endocrino. Neuroendocrinoloxía. 8) Control endocrino do metabolismo
(*)4. Sistemas enerxéticos e valoración fisiolóxica do exercicio.	(*)9) Metabolismo enerxético 10) Valoración fisiolóxica do exercicio

Planning

	Class hours	Hours outside the classroom	Total hours
Laboratory practical	30	30	60
Autonomous problem solving	0	18	18
Lecturing	19	48	67
Objective questions exam	1.5	0	1.5
Report of practices, practicum and external practices	0	1	1
Objective questions exam	1.5	0	1.5
Report of practices, practicum and external practices	0	1	1

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

Methodologies

	Description
Laboratory practical	(*)Aplicación práctica dos temas estudados a nivel teórico. Realizaranse diversas prácticas en grupo, para unha maior fixación dos conceptos relacionados co sistema nervioso, a contracción muscular, as vías metabólicas e o control hormonal do exercicio, así como distintas probas de valoración do exercicio. As prácticas de simulación de procesos fisiolóxicos realizaranse na aula de informática. As prácticas e valoración Fisiolóxica do exercicio realízanse no laboratorio de fisioloxía do exercicio, nas pistas de atletismo ou noutras dependencias ou exteriores da Facultade
Autonomous problem solving	(*)Formulación, análise, resolución e debate dun problema ou exercicio relacionado cos temas teóricos vistos na aula. E o seu seguimento poderá realizarse a través da plataforma de teledocencia da Universidade.MOOVI: https://moovi.uvigo.gal/login/index.php/
Lecturing	(*)Exposición por parte do profesor dos contidos sobre a materia obxecto de estudo, bases teóricas e/ou directrices dun traballo, exercicio ou proxecto a desenvolver polo estudante

Personalized assistance

Methodologies	Description
Laboratory practical	
Lecturing	

Assessment

	Description	Qualification	Training and Learning Results		
Objective questions exam	(*)Parcial A. Probas para a avaliación das competencias adquiridas, que inclúen preguntas pechadas con diferentes alternativas de resposta (verdadeiro/falso, elección múltiple, emparellamento de elementos, etc.). Os alumnos seleccionan unha resposta entre un número limitado de posibilidades	40	B2 B3	C5 C6 C8 C11 C14 C15 C22 C23	D5 D6 D8 D11 D14 D15 D24 D25 D26

Report of practices, practicum and external practices	(*)O estudante presenta o resultado obtido na elaboración dun documento sobre a temática da materia. Elaboración dun documento por parte do alumno no que se reflicten as características do traballo levado a cabo. Os alumnos deben describir as tarefas e procedementos desenvolvidos, mostrar os resultados obtidos ou observacións realizadas, así como a análise e tratamento de datos	10	B3	C6 C8 C22 C23	D6 D8 D25 D26
Objective questions exam	(*)Parcial B. Probas para a avaliación das competencias adquiridas, que inclúen preguntas pechadas con diferentes alternativas de resposta (verdadeiro/falso, elección múltiple, emparellamento de elementos, etc.). Os alumnos seleccionan unha resposta entre un número limitado de posibilidades	40	B2 B3	C5 C6 C8 C11 C14 C15 C22 C23	D5 D6 D8 D11 D14 D15 D24 D25 D26
Report of practices, practicum and external practices	(*)O estudante presenta o resultado obtido na elaboración dun documento sobre a temática da materia. Elaboración dun documento por parte do alumno no que se reflicten as características do traballo levado a cabo. Os alumnos deben describir as tarefas e procedementos desenvolvidos, mostrar os resultados obtidos ou observacións realizadas, así como a análise e tratamento de datos	10	B3	C6 C8 C22 C23	D6 D8 D25 D26

Other comments on the Evaluation

Sources of information

Basic Bibliography

- Berne, Robert M.; Koeppen, Bruce M.; Stanton, Bruce A.; Levy, Matthew N., **Fisiología**, 978-84-9113-258-5, 7ª, Elsevier, 2018
- Boron, Walter F.; Boulpaep, Emile L., **FISIOLOGÍA MÉDICA**, 978-84-9113-125-0, 3ª, Elsevier, 2017
- McArdle, W. D. Katch, F. I. & Katch, V. L., **Fisiología del ejercicio : nutrición, rendimiento y salud**, 978-84-1600-470-6, 8ª, Wolters Kluwer Health, 2020
- Powers, Scott K. (Scott Kline), and Edward T. Howley., **Fisiología del ejercicio: teoría y aplicación a la forma física y al rendimiento**, 978-84-9910-435-5, 1ª, Paidotribo, 2014
- MacDougall, J. Duncan, Howard A. Wenger, and Howard J. Green, **Evaluación fisiológica del deportista**, 8480192364, 1ª, Paidotribo, 2015
- Guyton, Arthur C., John E. Hall, and John E. (John Edward) Hall., **Tratado de fisiología médica**, 978-84-9113-024-6, 13ª, Elsevier, 2016
- Benardot, Dan, **Nutrición deportiva avanzada ; cómo ajustar la ingesta de alimentos y líquidos para conseguir un entrenamiento y rendimiento óptimos**, 978-84-7902-947-0, 2ª, Tutor, 2013

Complementary Bibliography

- López Chicharro, José, Almudena Fernández Vaquero, and Francisco José Amaro Gahete., **Fisiología del ejercicio**, 978-84-9110-749-1, 4ª, Editorial Médica Panamericana, 2023
- Kenney, W. Larry, Jack H. Wilmore, and David L. Costill., **Fisiología del deporte y el ejercicio**, 978-0-7360-8772-8, 5ª, Editorial Médica Panamericana, 2012
- Wilmore, Jack H., and David L. Costill, **Fisiología del esfuerzo y del deporte**, 978-84-8019-916-2, 6ª, Paidotribo, 2010
- Pocock, Gillian, and Christopher D. Richards, **Fisiología humana: la base de la medicina**, 84-458-1479-6, 2ª, Masson, 2005
- Bear, Mark F. et al., **neurociencia;: la exploración del cerebro**, 978-84-16353-61-3, 4ª, Wolters Kluwer, 2016
- Schwartz, James H., Eric R. Kandel, and Thomas M. Jessell, **Principios de neurociencia**, 84-486-0311-7, 4ª, McGraw-Hill - Interamericana, 2001

Recommendations

Subjects that are recommended to be taken simultaneously

- Human anatomy for movement/P02G051V01104
- (*)Kinesioloxía do movemento humano/P02G051V01107

IDENTIFYING DATA				
Sociology and history of physical activity and sport				
Subject	Sociology and history of physical activity and sport			
Code	P02G051V01103			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	1st
Teaching language	Spanish Galician			
Department				
Coordinator	Pérez Freire, Silvia Velasco Martínez, Luis			
Lecturers	Pérez Freire, Silvia Velasco Martínez, Luis			
E-mail	silviapf@uvigo.gal luis.velasco.martinez@uvigo.es			
Web				
General description	<p>(*)Desde o punto de vista da historia, os obxectivos xerais que se pretenden alcanzar nesta materia consisten en achegar ao alumno/á o coñecemento dos fundamentos, conceptos, métodos, técnicas de traballo e ferramentas empregados pola ciencia histórica aplicados aos obxectos concretos que representan a actividade física e o deporte, de modo que sexan capaces de comprender que ambos constitúen unha forma específica de práctica que evoluciona ao longo do tempo e en relación coa sociedade concreta na que se desenvolve. A actividade física e o deporte son conceptos diferentes, pero conectados. Actualmente o deporte constitúe un "frito social total", caracterizado por unha complexa rede de relacións con outros subsistemas (cultural, económico, político, etc.). Por iso o deporte non é só unha actividade física, senón que está determinado polos significados sociais que a sociedade lle atribúe a esas prácticas. A Socioloxía, como ciencia do social, ofrece unha serie de teorías e metodoloxías útiles para explicar as relacións entre prácticas físicas, deporte e contorna sociocultural.</p>			

Training and Learning Results	
Code	
B1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
B4	3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).
B6	5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
B11	7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
B12	7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
B13	7.3 Comprender, saber explicar y difundir las funciones, responsabilidades e importancia de un buen profesional Graduado en Ciencias de la Actividad Física y del Deporte así como analizar, comprender, identificar y reflexionar de forma crítica y autónoma sobre su identidad, formación y desempeño profesional para conseguir los fines y beneficios propios de la actividad física y deporte de forma adecuada, segura, saludable y eficiente en todos los servicios físico-deportivos ofrecidos y prestados y en cualquier sector profesional de actividad física y deporte.

Expected results from this subject	
Expected results from this subject	Training and Learning Results
New	B1 B4 B12
New	B1 B4 B12
New	B1 B4 B12
New	B4 B6 B11 B12 B13
New	B4 B6 B11 B12 B13

Contents

Topic	
Theoretical and methodological introduction	The physical activity and the sport like objects of study of the History and of the Sociology. Time and historical time. Perspective and sociological methodology.
The physical activity through the time	Physical Activity and culture. Physical activity in the Classical Antiquity. From the pre-sport practices to the sport.
Génesis and development of the sport	industrial Society and sport. The sportive model English. International diffusion of the sport.
The Olympic Movement.	The period of the positivism. The phenomenon of themundialisation and the international associations. The work of the Baron of Coubertain. The configuration of the Olympic Movement. Ideology of the olympic movement.
Society, culture, political and communication	Society, cultural and normative socialisation. Phenomena sociocultural. Politics and ideology. Media.
Institutions, structure, processes and deviation.	Power, control and deviation. Gender, masculinity and femininity. Meanings of the body. Structure of the physical practice-sportive. Groups, networks and organisations.
social change and new values in postmodern society	Social change. Modernity and postmodernity. Globalization. New values and new physical and sports practices. Social opening of physical and sports activities.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	30	15	45
Problem solving	7	14	21
Seminars	15	22.5	37.5
Essay questions exam	1	18	19
Report of practices, practicum and external practices	0	8.5	8.5
Objective questions exam	1	18	19

*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, theoretical bases and/or guidelines of a work, exercise or project that will have to develop the student.
Problem solving	Activity in which they formulate problems and/or exercises related with the matter. The student has to develop the suitable or correct solutions by means of the exercise of routines, to application of formulas or algorithms, the application of procedures of transformation of the available information and the interpretation of the results. It is used to use as I complement of the master sessions.
Seminars	Activities focused to the work on a specific subject, that allow to deepen or complement the contents of the matter. Can employ as I complement of the theoretical classes.

Personalized assistance

Methodologies Description

Seminars	Resolution of doubts on the subject explained in master classes, on recommended for the preparation of practical classes and seminars texts. Resolution of doubts and problems that may arise as the development work evolves. Any other questions or problems that may make the students.
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Assessment

	Description	Qualification	Training and Learning Results
Essay questions exam	Examination in essay form on the contents of the subject.	30	B1 B4 B12
Report of practices, practicum and external practices	Reports, memories or exercises realised in the practical classes and seminars that will have to be delivered in the following days to his realisation.	40	B4 B6 B11 B12 B13
Objective questions exam	Examination test on the contents of the subject.	30	B1 B4 B12

Other comments on the Evaluation

Continuous evaluation through the follow-up of the students and the exhibition of works. Global evaluation of the learning process and acquisition of competence and knowledge.

The quality of the activities performed and the degree of participation and involvement will be assessed. Specifically, conceptual precision, level of elaboration of ideas, grounded criticism, personal organization of ideas and contents, coherence in discourse, expository clarity, care in formal academic and presentation aspects and the use of Meteorological resources and materials.

In the case of students not attending, they must adequately justify the cause at the beginning of the semester. They must carry out the same tests, but individually, and their presence and participation will not be taken into account for their qualification.

If the subject does not pass in the first call, the skills not acquired will be evaluated in the July call. To pass the subject must obtain at least a 5 (approved) in the two parts of which it consists (History and Sociology). In the case of suspending a part in the July summons, in the following course the whole subject must be re-studied.

The official dates of the examinations can be consulted in the page of the faculty, in the section "Organización Académica".

Sources of information

Basic Bibliography

García Ferrando, M.; Puig Barata, N.; Lagardera Otero, F. et al, **Sociología del deporte**, 4ª, Alianza, 2017

Mandell, R.D., **Historia cultural del deporte**, 1ª, Bellaterra, 2006

Salvador, J, **El deporte en Occidente. Historia, Cultura y Política**, 1ª, Cátedra, 2006

Coakley & Dunning, **Handbook of Sport Studies**, 1ª, Sage, 2016

Giulianotti, R., **Sport: A critical sociology**, 2ª, John Wiley & Sons, 2016

Complementary Bibliography

García Ferrando, M. y Llopis, R., **La popularización del deporte en España. Encuestas de hábitos deportivos 1980-2015**, 1ª, CSD y CIS, 2017

Elias, N. y Dunning, E., **Deporte y ocio en el proceso de civilización**, 1ª, Fondo de Cultura Económica, 1991

Mason, T., **El deporte en Gran Bretaña**, 1ª, Aranzadi, 1994

Recommendations

Subjects that continue the syllabus

Research methodology and statistics in physical activity and sport/P02G051V01110

Subjects that are recommended to be taken simultaneously

Physical activity and sport psychology/P02G051V01109

IDENTIFYING DATA				
Human anatomy for movement				
Subject	Human anatomy for movement			
Code	P02G051V01104			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	1st
Teaching language	#EnglishFriendly Spanish			
Department				
Coordinator	Diz Gómez, José Carlos			
Lecturers				
E-mail				
Web				
General description				

Training and Learning Results

Code	
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B3	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
B4	3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).
B9	6.1 To know and understand the bases of the methodology of scientific work.
B10	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
B11	7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
B12	7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
C5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C7	2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
C9	2.5 Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.

- C11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
- C12 3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).
- C13 3.3 Articulate and deploy programs of promotion, guidance, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on populations of special character, with the presence of a professional or carried out autonomously by the citizen, in different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; management of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and greater and adequate practice of physical activity and sport.
- C14 3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
- C22 6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
- C23 6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
- C24 6.4 Articulate and deploy procedures, processes, protocols, own analysis, with rigor and scientific attitude on issues of social, legal, economic, scientific or ethical nature, when necessary and relevant in any professional sector of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; physical activity and sport management).
- C25 7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
- C26 7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
- D5 2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
- D6 2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
- D7 2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
- D8 2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
- D11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
- D12 3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).

- D13 3.3 Articulate and deploy programs of promotion, guidance, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on populations of special character, with the presence of a professional or carried out autonomously by the citizen, in different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; management of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and greater and adequate practice of physical activity and sport.
- D14 3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
- D24 6.1 To know and understand the bases of the methodology of scientific work.
- D25 6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
- D26 6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
- D27 6.4 Articulate and deploy procedures, processes, protocols, own analysis, with rigor and scientific attitude on issues of social, legal, economic, scientific or ethical nature, when necessary and relevant in any professional sector of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; physical activity and sport management).
- D28 7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
- D29 7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.

Expected results from this subject

Expected results from this subject	Training and Learning Results			
Performance inside the necessary ethical principles for the correct professional exercise.		B2 B11 B12	C25 C26	D28 D29
Adaptation to new situations, resolution of problems and autonomous learning.	A2	B3 B7 B9	C6 C14	D24 D25 D26
Knowledge and understanding of the scientific literature of the field of the anatomy.		B3 B4 B4 B9	C6 C8 C14 C22 C23	D5 D5 D6 D6 D7
Knowledge and compression of the physiological and biomechanical factors that condition the practice of the physical activity and the sport.		B2 B3 B9 B10	C5 C7 C9 C11 C12 C13 C22 C24	D5 D6 D7 D8 D11 D12 D13 D14 D24 D25 D27
Knowledge and understanding of the necessary ethical principles for the correct professional exercise.	A1	B11 B12	C25 C26	D28 D29
Habits of excellence and quality in the professional exercise.	A1	B2 B4 B9 B10 B11 B12	C11 C12 C14 C22 C25 C26	D12 D13 D14 D24 D25 D26
Management of the basic scientific information applied to the physical activity and to the sport in his different demonstrations.	A1	B9	C5 C22 C23	D24 D25 D26

Knowledge and understanding of the foundations, structures and functions of the skills and patterns of movement human.

B2 C5 D5
B3 C6 D6
C31 D11
C32

Contents

Topic	
1. Anatomical terminology	Generalities: cytology, histology and human embryology. Locomotor
2. General structure of the human body	System: head, neck, trunk and extremities. Heart and great vessels.
3. Anatomy of the locomotor system.	Digestive. Respiratory. Genito-urinary. Cranial Peripheral nervous system.
4. Neuroanatomy and splanchnology.	Nervous system of the autonomous life. Central nervous system.
Practice.	Practices of cytology and histology. Practices of dissection and study of the distinct fabrics. Identification of structures in anatomical models.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	22.5	38	60.5
Laboratory practical	30	30	60
Objective questions exam	1	14	15
Objective questions exam	1	13.5	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 of the contents of the program. The students will have available in FAITIC the slides of the presentations used in clases and complementary material in digital version or paper.
Laboratory practical	Application to practical level of the theory of a field of knowledge in a determinate context. Practical exercises in the Laboratory of Morphological Sciences

Personalized assistance

Methodologies	Description
Laboratory practical	Doubt solving and explanations to reduced groups of specific subjects. Tutorized management of sources of information.

Assessment

	Description	Qualification	Training and Learning Results
Laboratory practical	Practices: Assistance and quality of the activities made in the practices will be evaluated. We will evaluate the tasks performed, individually or in group. The final marks (NF) will be calculated through the marks of practices and continuous evaluation (NEC) and the marks of the examinations of objective questions (NEF), by means of the following formula (taken from Bardina and Liz): $NF = NEC \times 0.3 + (10 - NEC \times 0.3) \times (NEF / 10)$	30	B11 C5 D28 B12 C6 D29 C7 C9 C11 C12 C13 C14 C22 C23 C24 C25 C26
Objective questions exam	Theoretical examination: Questions with five options, only one correct answer, without penalization for wrong answers. To pass it will be necessary to answer correctly 70% of the questions.	35	B2 C25 D5 B3 C26 D6 B4 D7 B9 D8 B10 D11 B11 D12 B12 D13 D14 D24 D25 D26 D27

Objective questions exam	Theoretical examination: Questions with five options, only one correct answer, without penalization for wrong answers. To pass it will be necessary to answer correctly 70% of the questions.	35	B2 B3 B4 B10 B11 B12	C25 C26	D5 D6 D7 D8 D11 D12 D13 D14 D24 D25 D26 D27
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Other comments on the Evaluation

The **continuous evaluation** will include the laboratory practices and the objective questions exams. The final marks (NF) will be calculated through the marks of practices and continuous evaluation (NEC) and the marks of the examinations of objective questions (NEF), by means of the following formula (taken from Bardina and Liz): $NF = NEC \times 0.3 + (10 - NEC \times 0.3) \times (NEF / 10)$

The **global evaluation** will include only the objective questions exam. It uses the same formula of the previous paragraph, and if the alumn had not realized any practices, continuous evaluation mark (NEC) will be 0, hence $NF = NEF$.

If the student failed to pass the subject on first attempt, non-acquired competences will be evaluated in the July convocatory.

We will keep the same criteria in successive convocatories.

The official dates of examinations can be consulted in the web page of the School: <http://fced.uvigo.es/>

Sources of information

Basic Bibliography

DRAKE RL, VOGL A., **Gray: Anatomía para estudiantes**, 3ª ed, Elsevier, 2015
 GILROY AM., **Prometheus. Atlas de Anatomía**, 2ª ed, Panamericana, 2013
 LIPPERT H, **Anatomía. Texto y atlas**, 4ª ed, Marban SL, 1999
 MOORE KL, **Anatomía con orientación Clínica.**, 7ª ed, Lippincott Williams and Wilkins., 2013
 NETTER FH, **Atlas de Anatomía Humana**, 6ª ed., Masson S.A, 2015
 OLSON TR, **A.D.A.M. Atlas de Anatomía Humana**, Masson-Williams & Wilkins, 1997
 PAULSEN F. WASCHKE J., **Sobotta atlas de Anatomía Humana**, 23ª ed, Elsevier, 2012
 WILLIAMS PL, **Gray Anatomía**, Elsevier, 1998
 SCHÜNKE M, **Texto y Atlas de Anatomía**, 3ªed, Panamericana, 2015

Complementary Bibliography

FAWCETT DW, **Tratado de Histología**, 11ª ed, Interamericana McGraw Hill, 1989
 WELSCH U, **Sobotta. Histología**, Panamericana, 2014

Recommendations

IDENTIFYING DATA				
Physical education and sport pedagogy				
Subject	Physical education and sport pedagogy			
Code	P02G051V01105			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	1st
Teaching language	Spanish Galician			
Department				
Coordinator	Ferreiro González, María Isabel			
Lecturers	Ferreiro González, María Isabel			
E-mail	maferreiro@uvigo.es			
Web				
General description	<p>(*)A finalidade principal desta materia consiste en adquirir unha visión de conxunto sobre os principais fenómenos e problemas físico/educativos referidos ao quefacer profesional, para que o alumnado poida chegar a contemplar os procesos pedagóxicos como accións e feitos humanos que actúan coherentemente nun sistema social: analizar, relacionar e sintetizar os distintos elementos que constitúen estes procesos. Así mesmo preténdese que os alumnos e alumnas saiban interpretar, ao final de curso, a realidade da educación física e deportiva nas súas dimensións fundamentais: o desenvolvemento da razón e o sentido crítico ó estudar a actividade dos citados procesos e o saber intervir a nivel educativo sobre esa realidade, tendo claro o seu papel como profesionais.</p>			

Training and Learning Results	
Code	
B1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
B4	3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).
B6	5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
B9	6.1 To know and understand the bases of the methodology of scientific work.
B10	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
B11	7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
B12	7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
C1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
C2	1.2 To design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or diffusion in different contexts and in all sectors of professional intervention in physical activity and sport.
C3	1.3. Communicate and interact appropriately and efficiently in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.

- C4 1.4. To adapt the educational intervention to the individual characteristics and needs of the entire population, with emphasis on special populations such as: schoolchildren, the elderly, people with reduced mobility and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
-
- C11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
-
- C12 3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).
-
- C13 3.3 Articulate and deploy programs of promotion, guidance, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on populations of special character, with the presence of a professional or carried out autonomously by the citizen, in different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; management of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and greater and adequate practice of physical activity and sport.
-
- C18 5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
-
- C22 6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
-
- C25 7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
-
- C26 7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.
-
- D1 1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
-
- D2 1.2. To design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or diffusion in different contexts and in all sectors of professional intervention in physical activity and sport.
-
- D3 1.3 Communicate and interact appropriately and efficiently in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
-
- D4 1.4. To adapt the educational intervention to the individual characteristics and needs of the entire population, with emphasis on special populations such as: schoolchildren, the elderly, people with reduced mobility and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
-
- D11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
-
- D12 3.2 Know how to promote, advise, design, apply and evaluate technically and scientifically appropriate and varied physical activity, physical exercise and sport programs, adapted to the needs, demands and individual and group characteristics of the entire population, with emphasis on the elderly, women and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician).
-

- D13 3.3 Articulate and deploy programs of promotion, guidance, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on populations of special character, with the presence of a professional or carried out autonomously by the citizen, in different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; management of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and greater and adequate practice of physical activity and sport.
- D20 5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- D24 6.1 To know and understand the bases of the methodology of scientific work.
- D25 6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
- D28 7.1 To know and know how to apply ethical and deontological principles and social justice in the performance and professional involvement, as well as to have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with the aim of improvement, excellence, quality and efficiency.
- D29 7.2 To know, elaborate and know how to apply the ethical-deontological, structural-organizational, professional performance and regulations of the professional practice of Graduates in Physical Activity and Sport Sciences, in any professional sector of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management); as well as to be able to develop a multidisciplinary work.

Expected results from this subject

Expected results from this subject		Training and Learning Results	
New	B1	C1	D1
	B4	C2	D2
	B6	C3	D3
	B9	C4	D4
	B10	C11	D11
	B11	C12	D12
	B12	C13	D13
		C18	D20
		C22	D24
		C25	D25
		C26	D28
			D29
New	B1	C1	D1
	B4	C2	D2
	B6	C3	D3
	B9	C4	D4
	B10	C11	D11
	B11	C12	D12
	B12	C13	D13
		C18	D20
		C22	D24
		C25	D25
		C26	D28
			D29

Contents

Topic	
(*)1. A Pedagogía da Actividade Física e o Deporte. Concepto e relacións cos diferentes ámbitos.	(*)- As Ciencias da Actividade Física e do Deporte como ámbito de coñecemento. - Pedagogía da Educación Física e do Deporte.
(*)2. Principios pedagóxicos nos procesos de ensino-aprendizaxe e na actividade física e o deporte.	(*)- Coñecementos nos que se apoia a docencia en Educación Física. - Ámbitos e contidos da Pedagogía Deportiva.
(*)3. Procesos pedagóxicos de interacción na actividade física e deportiva.	(*)- Aspectos pedagóxicos da actividade física e deportiva.
(*)4. A función docente na educación física.	(*)- Competencias docentes en Educación Física. - Modelos de ensino-aprendizaxe.

(*)5. O educando	(*)- Elementos constituíntes da educación. Concepto, finalidades e características. - Dimensións e pilares da educación. - A educación formal, non formal e informal.
(*)6. Teorías, paradigmas e correntes pedagóxicas en relación aos procesos de ensino-aprendizaxe na actividade física e o deporte.	(*)- Paradigmas do movemento humano. - Correntes pedagóxicas.
(*)7. Os estudos do currículo e a súa relación coa actividade física e o deporte.	(*)- O currículo da Educación Física. Marco lexislativo. - Competencias e taxonomías.
(*)8. Interdisciplinariedade e transversalidade.	(*)- Axentes educativos. - Outros axentes educativos en contextos non formais.
(*)9. Pedagogía dos valores e a súa implicación na actividade física e deportiva.	(*)- Os valores na educación. Marco conceptual e consideracións iniciais. - A Educación Física como contexto específico na pedagogía dos valores. - Técnicas para educar en valores. A súa aplicación á Educación Física.
(*)10. Deporte e educación.	(*)- Bases pedagóxicas para unha Educación Deportiva. - Deporte e cambio social no século XXI.
(*)11. Atención á diversidade no deporte.	(*)- Atención á diversidade individual e social na Educación Física.
(*)12. Reflexión e innovación sobre o acto educativo a través da actividade física e o deporte na sociedade actual. NNTT	(*)- Aplicacións socioeducativas da actividade física e do deporte: saúde, turismo e benestar, reinserción social, actividades de tempo libre e de lecer, etc. - NNTT na actividade física e o deporte.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	23	42	65
Presentation	2	0	2
Mentored work	14	20	34
Seminars	2	7	9
Problem solving	5	10	15
Studies excursion	0	4	4
Introductory activities	2	1	3
Collaborative Learning	1	6	7
Research based methodologies	2	4	6
Design Thinking	1	4	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	(*)As leccións que conforman o temario desta materia serán elaboradas e presentadas de forma expositiva ao grupo clase. A docente centrará a súa intervención, preferentemente, nos aspectos nucleares de cada tema, procurando ofrecer de xeito condensado a información esencial que posibilite obter unha visión panorámica, delimitando os conceptos, as ideas e os argumentos nel implicados e relacionándoos cos outros temas da guía docente.
Presentation	(*)A exposición por parte do alumnado consiste na presentación dun traballo incluído nos contidos. O recurso principal será a linguaxe oral, aínda que tamén pode estar acompañado de texto escrito. Esta presentación expositiva permitirá extraer os puntos máis importantes dunha ampla gama de información.
Mentored work	(*)Os traballos monográficos de aula terán como cometido a iniciación á investigación. Serán realizados de xeito individual ou en pequeno grupo, mediante o uso das TICs, documentos proporcionados pola docente, entrevistas ou reunións con profesionais ... A súa finalidade consiste na aplicación práctica de diferentes aspectos que constitúen os contidos da materia.
Seminars	(*)Elaboración dun traballo, voluntario, relacionado coas actividades prácticas desta materia, en grupos e seguindo as directrices expostas na plataforma dixital Moovi.
Problem solving	(*)O citado traballo final da materia será especificado pola docente ao inicio do curso, unha vez feitas as propostas de varias temáticas relacionadas coa actividade física e deportiva e despois das oportunas orientacións, fontes documentais, bibliográficas e de webgrafía.
Studies excursion	(*)Realizarase unha saída de estudos relacionada coa temática da materia, que clarificará aspectos teóricos tratados na aula. Dita saída está supeditada á aprobación, por parte da Xunta de Centro e a dotación económica correspondente.
Introductory activities	(*)Actividades encamiñadas a tomar contacto e transmitir información ó alumnado sobre os contidos e o desenvolvemento da materia.
Collaborative Learning	(*)Traballo en pequenos grupos, mixtos e heteroxéneos, que permitan ó alumnado traballar de forma conxunta e coordinada para a consecución das tarefas académicas asignadas e afondar na aprendizaxe.

Research based methodologies	(*)A través do traballo de investigación sobre unha entidade relacionada co campo de acción das persoas graduadas en CAFYD, valorar o grao de adaptación á realidade da contorna.
Design Thinking	(*)Busca de solucións a problemas e retos propostos na aula, empregando a creatividade, a multidisciplinariade e o traballo en equipo.

Personalized assistance

Methodologies	Description
Lecturing	
Problem solving	
Mentored work	
Seminars	
Introductory activities	
Collaborative Learning	
Research based methodologies	
Design Thinking	

Assessment

	Description	Qualification	Training and Learning Results
Lecturing	(*)As sesións maxistrais serán avaliadas mediante unha proba obxectiva que inclúe preguntas directas sobre algún aspecto concreto do temario. Deste 50% que lle correspondería á cualificación global da parte teórica da materia, un 40% pódese obter a través da proba escrita e o 10% restante podería gardar relación cos procesos de avaliación continua (traballos de aula; preguntas orais, comentarios e participación sobre as explicacións da clase; actividades alternativas ou traballos específicos que faciliten a avaliación ao longo de todo o período lectivo; saída de estudos).	40	B1 B4 B6 B9 B10 B11 B12
Presentation	(*)Avaliarase a claridade, profundidade e capacidade expositiva oral coa que se presente o traballo, diante da clase, así como a participación e actitude.	5	C1 D1 C2 D2 C3 D3 C4 D4 C11 D11 C12 D12 C13 D13 C18 D20
Mentored work	(*)Traballos monográficos a modo de iniciación á investigación, en grupos reducidos ou a nivel individual, que versarán sobre aspectos relevantes da Pedagogía da Educación Física e do Deporte. Deberán ter requisitos de calidade académica e serán abordados ao inicio do cuadrimestre pola docente. Avaliarase o contido e a preparación dos materiais pertinentes que aporten calidade á materia, o formato axustado ós estándares científicos, a orixinalidade, a presentación ...	20	B1 C1 D1 B4 C2 D2 B6 C3 D3 B9 C4 D4 B10 C11 D11 B11 C12 D12 B12 C13 D13 C18 D24 C25 D25 C26 D28 D29
Seminars	(*)Avaliarase a súa realización/participación/actitude en relación á elaboración do traballo voluntario, por grupos ou a nivel individual, así como a implicación dos distintos membros na realización das tarefas a desenvolver ao longo do curso.	10	B1 C1 D1 B9 C2 D2 C3 D3 C4 D4 C11 D11 C12 D12 C13 D13 C18 D20

Problem solving	(*)Traballos sobre contidos específicos que aporten actualidade e reflexión crítica ás temáticas traballadas na aula. Estes traballos deberán ter uns requisitos de calidade académica e serán abordados pola docente ao inicio do curso.	5	B6 C1 D1 B10 C2 D2 B11 C3 D3 C4 D4 C11 D11 C12 D12 C13 D13 C18 D20 C22 D24 C25 D25 C26 D28 D29
Introductory activities	(*)Non available.	0	B1 B4 B6 B9 B10 B11 B12
Collaborative Learning	(*)Traballo monográfico, en grupos reducidos ou a nivel individual, que versará sobre aspectos relevantes da Pedagogía da Educación Física e do Deporte.	5	B1 C22 D25 B4 C26 D29 B6 B9 B10 B11 B12
Research based methodologies	(*)Traballos monográficos a modo de iniciación á investigación, en grupos reducidos ou a nivel individual, que versarán sobre aspectos relevantes da Pedagogía da Educación Física e do Deporte. Deberán ter requisitos de calidade académica e serán abordados ao inicio do cuadrimestre pola docente. Avaliarase o contido e a preparación dos materiais pertinentes que aporten calidade á materia, o formato axustado ós estándares científicos, a orixinalidade, a presentación ...	10	B1 C1 D1 B4 C2 D2 B6 C3 D3 B9 C4 D4 B10 C11 D11 B11 C12 D12 B12 C13 D13 C18 D20 C22 D24 C25 D25 C26 D28 D29
Design Thinking	(*)Aplicación da creatividade e a multidisciplinariedad ós distintos traballos propostos ó longo da materia	5	B11 C26 D29

Other comments on the Evaluation

So much the qualification of the works derived of the resolution of problems, that is to say, contents *especcíficos (Dossier) like the qualification of the works of classroom&*nbsp; (monographic work) done in his moment during the course,&*nbsp; they will follow valid in the second announcement or extraordinary announcement.&*lt;*/p&*gt;

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Recommendations

IDENTIFYING DATA				
(*)Fundamentos da competencia motriz				
Subject	(*)Fundamentos da competencia motriz			
Code	P02G051V01106			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	1st	2nd
Teaching language				
Department				
Coordinator	Rey Eiras, Ezequiel García Ordóñez, Enrique			
Lecturers	Barcala Furelos, Roberto Jesús García Ordóñez, Enrique Novo Carballal, Antonio Rey Eiras, Ezequiel			
E-mail	zequirey@uvigo.es kikewp@uvigo.es			
Web				
General description				

Training and Learning Results

Code	
D16	4.1 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, processes, activities, resources and techniques that make up the basic motor skills, physical activities, sports skills, play, expressive body and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
D17	4.2 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical fitness and physical exercise in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport.
D18	4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations.
D24	6.1 To know and understand the bases of the methodology of scientific work.
D25	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
D26	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.

Expected results from this subject

Expected results from this subject	Training and Learning Results
New	D16
	D17
	D18
	D24
	D25
	D26

Contents

Topic

(*)1. Fundamentos da competencia motriz:
Definición e clasificación.

2. Crecemento, desenvolvemento e maduración:
Evolución da competencia motriz e físico-motriz
durante a infancia e a adolescencia.

3. As habilidades motrices básicas: Definición,
clasificación, desenvolvemento e avaliación.

4. As capacidades perceptivo-motrices:
Definición, clasificación e evolución.

5. Desenvolvemento físico-motriz durante a
infancia e a adolescencia.

(*)1. Fundamentos de la competencia motriz:
Definición y clasificación.

2. Crecimiento, desarrollo y maduración:
Evolución de la competencia motriz y físico-
motriz durante la infancia y la adolescencia.

3. Las habilidades motrices básicas: Definición,
clasificación, desarrollo y evaluación.

4. Las capacidades perceptivo-motrices:
Definición, clasificación y evolución.

5. Desarrollo físico-motriz durante la infancia y la
adolescencia.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	22.5	19	41.5
Problem solving	12.5	0	12.5
Laboratory practical	30	10	40
Mentored work	0	30	30
Objective questions exam	0	1	1
Problem and/or exercise solving	0	15	15
Essay	0	10	10

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

Methodologies

Description
Lecturing
Problem solving
Laboratory practical
Mentored work

Personalized assistance

Assessment

Description	Qualification	Training and Learning Results
Objective questions exam	40	D16 D17 D18 D24 D25 D26

 Essay 40

Other comments on the Evaluation

Sources of information

Basic Bibliography

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Recommendations

IDENTIFYING DATA				
(*)Kinesiología do movemento humano				
Subject	(*)Kinesiología do movemento humano			
Code	P02G051V01107			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Viaño Santasmarinas, Jorge Juan			
Lecturers	Serrano Gómez, Virginia Viaño Santasmarinas, Jorge Juan			
E-mail	jorgeviano@uvigo.es			
Web				
General description				

Training and Learning Results	
Code	
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B3	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C7	2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
C8	2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
C16	4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations
D5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
D6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.

- D7 2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
- D11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
- D18 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations.

Expected results from this subject

Expected results from this subject		Training and Learning Results	
New	B2 B3	C5 C7 C8	D5 D6 D7
New	B2 B3		D6 D18
New	B3	C6	
New	B2	C5 C7	D5 D7 D18
New	B2	C5 C6	D6
New	B3	C6	D6
New	B3	C6 C8 C16	D6 D18
New	B3	C6	D6 D11

Contents

Topic	
Concepts, classifications and tendencies of the physical exercise	Subject 1. Foundations and mechanical of the realisation motriz. Subject 2. The corporal movement. Descriptores And approaches in the application of the exercise.
Ontogenetic Cinesiología	Subject 3. The skeletal system, functions and articular movements. Subject 4. Structure and muscular action in the exercises.
Mechanical analysis of the physical exercise.	Subject 5. Traditional analytical perspectives vs global of the body and of the movement and his implications kinesiológicas (e.g. muscular chains, anatomical roads, etcetera) Subject 6. Analysis of the posture and of the movements applying the different perspectives of the body and movement.
Systematic Kinesiology	Subject 7. The basic physical capacities and his implications kinesiológicas. Subject 8. The dependent capacities of the device locomotor and his implications kinesiológicas. Subject 9. The dependent capacities of the processes of obtaining and utilisation of energy and his implications kinesiológicas. Subject 10. The capacities psicomotrocies and his implications kinesiológicas.

Planning

	Class hours	Hours outside the classroom	Total hours
Laboratory practical	24	3	27
Problem solving	1	30	31
Presentation	1	1	2
Lecturing	16	18	34
Practices through ICT	4	1	5
Objective questions exam	0.5	30	30.5
Laboratory practice	0.5	20	20.5

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

Methodologies

	Description
Laboratory practical	In the schedule of practices of laboratories will develop tasks and exercises directed by the professor on appearances presented in the theoretical classes.
Problem solving	The theoretical concepts will be accompanied in the theoretical classes with exercises and resolution of problems.
Presentation	They will present studies of cases so that student can have references
Lecturing	It will use the exhibition by part of the professor like half main of education.
Practices through ICT	(*)Co apoio de plataforma de teleformación dispoñible deberanse realizar algunhas prácticas que axuden a asimilar os contidos teórico-prácticos.

Personalized assistance

Methodologies	Description
Lecturing	The student will have of a schedule of tutorias to be able to solve concrete doubts on the contents given in class.
Laboratory practical	The student will have of a schedule of tutorias to be able to solve concrete doubts on the practical contents given in class.
Problem solving	The student will have of a schedule of tutorias to be able to solve concrete doubts on the problems and exercises posed in class.

Assessment

	Description	Qualification	Training and Learning Results
Laboratory practical	It is compulsory to assist at least to 80% of the practices to be able to obtain a positive evaluation	0	D5 D6 D7
Problem solving	Will review the exercises realized by the students in the practices of laboratory and theoretical. It is compulsory to realize all the exercises proposed in the kinds	40	C5 D5 C6 D6 C7 D11 C16 D18
Practices through ICT	(*)É obrigatorio realizar e entregar en tempo e forma TODOS E CADA UN DOS CUESTIONARIOS *ONLINE propostos a través da plataforma de *eleformación. O profesorado determinará a data, os criterios de calidade e fará pública a nota mínima de cada exercicio para a súa superación e cómputo na nota final.	20	D5 D6 D7
Objective questions exam	It realised an examination type test of only answer, on 5 possible, taking into account that each 4 errors discounts a positive, or his proportional part	40	B2 B3

Other comments on the Evaluation

OTHER COMMENTS:

1. All the alumnado assist or no to the classrooms, has right to be evaluated (by means of examination or as it establish the guide docente).
2. The official dates of the examinations can consult in the web of the empower
3. It is compulsory to assist at least to 80% of the practices of laboratory to can obtain a positive evaluation. In the case of not achieving the minimum assistance indicated (80%) the student will have to realize a practical examination that will evaluate the competitions vinculadas to the same and that has to surpass with a 5 on 10 points.
4. It is compulsory to realize all the exercises proposed in the theoretical and practical kinds, delivering them in time

and form specified in his moment for each exercise/task/practical/problem, etcétera.

5. It will realize an examination type test of only answer, on 5 possible, having in account that each 4 erroneous answers will discount a positive, or his proportional part. In the examination type test will have to obtain a minimum punctuation of 5 (Scale of 0-10).
6. Of not having surpassed the subject in the first edition or announcement, the no purchased competitions will be evaluated in the 2nd edition or announcement.

2nd EDITION Or ANNOUNCEMENT (JULIO)

1. In this announcement or edition will maintain the same criteria that in the 1st edition or announcement.

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Recommendations

Subjects that continue the syllabus

Biomechanics of sports techniques/P02G050V01903

Planning and methodology in sports training 1/P02G050V01502

IDENTIFYING DATA				
Basics of combat activities				
Subject	Basics of combat activities			
Code	P02G051V01108			
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				
Coordinator	Gutierrez Santiago, Alfonso Prieto Lage, Iván			
Lecturers	Gutierrez Santiago, Alfonso Prieto Lage, Iván			
E-mail	ivanpriet@uvigo.es ags@uvigo.es			
Web	http://faluvigo.blogspot.com/			
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.			
	<p>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.</p> <p>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.</p> <p>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.</p>			

Training and Learning Results

Code	
B1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
C1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
C2	1.2 To design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or diffusion in different contexts and in all sectors of professional intervention in physical activity and sport.
C3	1.3. Communicate and interact appropriately and efficiently in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
C4	1.4. To adapt the educational intervention to the individual characteristics and needs of the entire population, with emphasis on special populations such as: schoolchildren, the elderly, people with reduced mobility and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C11	3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.

- C14 3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
- C16 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations
- C20 5.4 Identify, organize, direct, plan, coordinate, implement and perform technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, in order to achieve safe, efficient and healthy physical and sports activities, adapted to development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis for populations of special character and ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
- D1 1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
- D2 1.2. To design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or diffusion in different contexts and in all sectors of professional intervention in physical activity and sport.
- D3 1.3 Communicate and interact appropriately and efficiently in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- D4 1.4. To adapt the educational intervention to the individual characteristics and needs of the entire population, with emphasis on special populations such as: schoolchildren, the elderly, people with reduced mobility and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- D6 2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
- D11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
- D14 3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
- D16 4.1 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, processes, activities, resources and techniques that make up the basic motor skills, physical activities, sports skills, play, expressive body and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
- D18 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations.
- D22 5.4 Identify, organize, direct, plan, coordinate, implement and perform technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, in order to achieve safe, efficient and healthy physical and sports activities, adapted to development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis for populations of special character and ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.

Expected results from this subject	Training and Learning Results			
1. Comprise, elaborate and know apply the procedures, strategies, activities, resources, technical and methods that take part in the process of education-learning with efficiency, developing all the course of the action in the activities of fight	A1 A3 A4	B1	C1 C1 C5 C11	D1 D2
2. Design and apply the methodological process integrated by the observation, reflection, analysis, diagnostic, execution, technical evaluation-scientific and/or diffusion in the activities of fight		B9 B13	C2	D1 D2
3. Communicate and *interactuar of suitable and efficient form, in the activities of fight, showing educational skills of conscious form, natural and continued	A2 A4		C3	D3 D4
4. Adapt the educational intervention of the activities of fight to the characteristics and individual needs for all the population, attending to the gender and to the diversity	A3 A4 A5	B4 B5	C4 C13 C14	D1 D4 D5
5. Identify, communicate and apply anatomical scientific criteria-physiological and *biomecánicos of skills in the development of the activities of fight; to warn, minimise and/or avoid a risk for the health in the practice of the activities of fight	A2 A3 A4 A5	B1 B5 B9	C6 C13 C19 C22 C25 C27 C28 C30 C32	D4 D5 D6 D6 D7 D8 D9 D10 D11 D14
6. Identify, promote and orient activities that boost the adhesion to an active lifestyle and the participation and regular and healthy practice of the activities of fight of suitable form, efficient and safe by part of the citizens with the purpose to improve his integral health, welfare and quality of life	A1 A5	B1 B4	C11 C15	D1 D3 D11
7. Promote the education, diffusion, information and constant orientation to the people on the profits, significance, characteristic and positive effects of the practical regulate of the activities of fight, of the risks and damages of an unsuitable practical and of the elements and criteria that identify his suitable execution, as well as the information, orientation and advice of the possibilities of the appropriate practice of the activities of fight in his surroundings	A1 A5	B6	C14 C26	D1 D2 D7 D14
8. Elaborate fluently procedures and protocols to resolve problems little structured, unpredictable and of increasing complexity, articulating and deploying a command of the elements, methods, processes, activities, resources and technical that compose the activities of fight of suitable form, efficient, systematic, varied and integrated *metodológicamente for all the population and with emphasis in the pupils, attending to the gender and to the diversity and in the formal and informal education of the activities of fight	A1 A2 A3 A4 A5	B1 B2 B4 B5 B6	C5 C12 C13 C14	D2 D3 D4 D5 D6 D16
9. Develop and implement the technical evaluation-scientific of the elements, methods, procedures, activities, resources and technical that compose the activities of fight; taking into account the development, characteristic, needs and context of the individuals, the different types of population and the spaces where make the activities of fight	A1	B2 B3 B5 B6	C8 C16	D3 D6 D18
10. Identify and make technical evaluation-scientific of the material resources and sportive installations, included his basic and functional design, as well as suitable selection and utilisation, for the activities of fight, with the purpose to make safe activities, efficient and healthy, guaranteeing the security, efficiency and professionalism in the activity exerted in the fulfillment of the valid rule		B4	C8 C20	D5 D6 D22

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	13.5	0	13.5
Autonomous problem solving	3	21	24
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 in the classroom and 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>The following expected results from this subject will be evaluated: 1,2,3,6,7,8,9 and 10.</p>	8	<p>B1 D1 D2 D3 D11 D14 D16 D18 D22</p>
Autonomous problem solving	<p>THEORETICAL PART.</p> <p>There will be 14 interactive quizzes in Moovi. After completing all the quizzes you must have an average of 7.5 points or more. Otherwise, the continuous assessment in the THEORETICAL PART will be lost.</p> <p>The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.</p>	14	<p>B1 D1 D2 D3 D4 D6 D11 D14 D16 D18 D22</p>
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 expected results from this subject will be evaluated: 1,2,3,4,6,7,8 and 9.</p>	5	<p>B1 D1 D2 D3 D4 D11 D14 D16 D18</p>
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 GLOBAL ASSESSMENT -NON CONTINUOUS-).</p> <p>The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.</p>	25	<p>C1 D1 C2 D2 C3 D3 C4 D4 C6 D6 C11 D11 C14 D14 C16 D16 C20 D18 D22</p>
Autonomous problem solving	<p>PRACTICAL PART.</p> <p>There will be 14 interactive quizzes in Moovi. After completing all the questionnaires you must have an average of 7.5 points or more. Otherwise, this section will count 0 points.</p> <p>The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.</p>	10	<p>C1 D1 C2 D2 C3 D3 C4 D4 C6 D6 C11 D11 C14 D14 C16 D16 C20 D18 D22</p>
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 GLOBAL ASSESSMENT -NON CONTINUOUS-.</p> <p>The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8 and 9.</p>	0	<p>C1 D1 C2 D2 C3 D3 C4 D4 C6 D6 C11 D11 C14 D14 C16 D16 C20 D18</p>
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 expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.</p>	13	<p>B1 D1 D2 D3 D4 D6 D11 D14 D16 D18 D22</p>

Objective questions exam	PRACTICAL PART.	10	C1	D1
			C2	D2
	Examination of questions with different answer alternatives.		C3	D3
			C4	D4
	The student must obtain a minimum of 4 out of 10 for the exam score to count towards the final qualification.		C6	D6
			C11	D11
			C14	D14
	The following expected results from this subject will be evaluated:		C16	D16
	1,2,3,4,5,6,7,8,9 and 10.		C20	D18
				D22
Oral exam	PRACTICAL PART.	15	C1	D1
			C2	D2
	Practical, procedural exam on the contents of the course on the tatami. Each student must bring a uke (partner) to the exam.		C3	D3
			C4	D4
	The student must get a minimum of 4 out of 10 for the exam score to be included in the final grade.		C6	D6
			C11	D11
			C14	D14
	The following expected results from this subject will be evaluated:		C16	D16
	1,2,3,4,5,6,7,8,9 and 10.		C20	D18
				D22

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".

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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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IDENTIFYING DATA				
Physical activity and sport psychology				
Subject	Physical activity and sport psychology			
Code	P02G051V01109			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Dosil Díaz, Joaquín Fariña Rivera, Francisca			
Lecturers	Dosil Díaz, Joaquín Fariña Rivera, Francisca			
E-mail	jdosil@uvigo.es francisca@uvigo.es			
Web	http://webs.uvigo.es/francisca/			
General description	This subject will show, of way very general, that is the Psychology and that can attach him to the *fisioterapeuta. Devoting special attention to the basic psychological processes and *psicosociais.			

Training and Learning Results

Code	
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B6	5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
B7	5.3 Identify, organize, direct, plan, plan, coordinate, implement and evaluate the professional performance of human resources, with emphasis on the direction, coordination, planning, supervision and technical-scientific evaluation of the activity, performance and provision of services by physical activity and sport professionals, in all types of services and in any type of organization, context, environment and with emphasis on special populations and in any sector of professional intervention of physical activity and sport, ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
B8	5.4 Identify, organize, direct, plan, coordinate, implement and perform technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, in order to achieve safe, efficient and healthy physical and sports activities, adapted to development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis for populations of special character and ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
C1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
C9	2.5 Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.

Expected results from this subject

Expected results from this subject	Training and Learning Results
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New	B2 B6 B7 B8	C9
New		C1

Contents

Topic	
Introduction to the Psychology	¿*Qué It studies the Psychology? General concepts of the Main psychology paradigms of the Psychology.
Sport Development. Motor Control.	Sport Development. Cognitive Development. Socio-afectivo Development. Personality Development. Enviroment. Motor Control.
(*)Análise comportamental do deporte.	(*)Variables a analizar na conduta deportiva: motivación, nivel de activación, ansiedad e estrés, autoconfianza e concentración dos deportistas. Métodos de avaliación, análises e intervención.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	28	0	28
Mentored work	14	0	14
Seminars	11	0	11
Autonomous problem solving	17	7	24
Objective questions exam	2	20	22
Portfolio / dossier	0	20	20
Essay	10	10	20
Report of practices, practicum and external practices	9	2	11

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

Methodologies

	Description
Lecturing	(*)Actividades expositivas de profesor e estudantes. Exposicións, seminarios, presentación de exercicios, traballos ou proxectos a desenvolver
Mentored work	(*)Resolución de exercicios na aula baixa a dirección do profesor
Seminars	(*)Resolución de dúbidas, consulta e seguimento do traballo, en *tutorías obrigatorias en pequeno grupo
Autonomous problem solving	(*)Actividades para entregar que terán que facer de maneira individual

Personalized assistance

Methodologies	Description
Lecturing	
Seminars	
Autonomous problem solving	
Tests	Description
Essay	

Assessment

Description	Qualification	Training and Learning Results
Objective questions exam #Carry a proof type test to evaluate the theoretical contents.	40	B6 B7 B8 C9

Essay	(*)O alumnado terá que realizar entregar, de forma *grupal, un dossier coa revisión bibliográfica do tema obxecto de estudo. Cada membro integrante do grupo terá que entregar unha síntese do traballo, cunha extensión máxima de 1500 palabras	30	B2 B6 B7 B8	C9
Report of practices, practicum and external practices	(*)O alumnado fará traballos de aula, de forma periódica, de maneira individual e en grupo, que quedarán recollidos nun dossier de prácticas, que deberán entregar e depositar en *FAITIC.	30	B2 B6 B7 B8	C9

Other comments on the Evaluation

In the announcement of July, the students only will have to examine of the contained and *destrezas that did not arrive to surpass in the announcement of June, to the *conservarse the *calificación of the competitions purchased. The *calificación final will be resulted of the level of competition achieved, with relation to the objective of the subject, in the announcement of June and July.

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Recommendations

Other comments

It recommended:

- 1.-Read, with *anterioridade the explanation of the @docente, the material of the was afraid goes to treat in the session *maxistral; to be it case noting the doubts to resolve them in the session *maxistral.
 - 2.-Take part actively in the kinds *maxistrais, posing questions envelope the subjects treaties.
 - 3.-#Prpers posed to the professor *tódalas questions/queries that consider necessary to comprise the contents explained in the sessions *maxistrais, as well as the procedures involved in the *desenrolo of the works assigned teaching pole.
-

IDENTIFYING DATA				
Research methodology and statistics in physical activity and sport				
Subject	Research methodology and statistics in physical activity and sport			
Code	P02G051V01110			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Iglesias Pérez, María Carmen			
Lecturers	Iglesias Pérez, María Carmen			
E-mail	mcigles@uvigo.es			
Web				
General description				

Training and Learning Results	
Code	
B9	6.1 To know and understand the bases of the methodology of scientific work.
B10	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
C22	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
C23	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.
D24	6.1 To know and understand the bases of the methodology of scientific work.
D25	6.2 Analyze, review and select the effect and effectiveness of the practice of methods, techniques and resources of research and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
D26	6.3 Articulate and deploy with rigor and scientific attitude the justifications on which all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance are elaborated, supported, substantiated and justified in a constant and professional way.

Expected results from this subject				
Expected results from this subject		Training and Learning Results		
To know and understand the bases of the methodology of scientific work.		B9		D24
To understand the scientific literature in the field of physical activity and sport, focusing on the method and results sections: identify the methodology used, explain the design, assess validity, differentiate the statistical methods used, correctly interpret the results.		B10	C22	D25
Know, select and apply statistical methods in solving physical activity and sport problems, in particular: select samples, organize and refine data, represent and summarize variables, quantify correlations, measure association, compare groups, calculate statistical significance, assess statistical and practical significance, draw conclusions; rigorously justify the procedures used and the conclusions reached		B10	C22 C23	D25 D26
Apply new technologies in physical activity and sports, specifically manage statistical software and Internet resources.			C22	D25

Contents	
Topic	
Part 1-Introduction to scientific research in physical activity and sport. Steps and elements of the research process	1.1 The scientific method of resolution of problems. 1.2 Parts of a paper and a thesis. 1.3 Types of research: analytical, descriptive, experimental, qualitative. 1.4 Reliability and validity.

Part 2-Data analysis and applied statistics.

Lesson 2: An introduction to Statistics. One dimensional descriptive statistics.

2.1 Statistics and scientific research.

2.2 Basic concepts: population, sample, variables.

2.3 Tabulated and graphical description.

2.4 Measures of central tendency, spread, skewness, and kurtosis.

Lesson 3. Two dimensional descriptive statistics.

3.1 Qualitative data analysis: contingency tables, graphical description and dependency measures.

3.2 Box-plot diagram of a variable recorded by groups. Comparison of mean and variance.

3.3 Covariance and linear correlation.

3.4 Simple linear regression model.

Lesson 4: Introduction to Statistical Inference and probability models.

4.1. Introduction to statistical inference.

4.2. Probability: basic concepts.

4.3. The normal distribution. Applications.

4.4. Point estimation. The sample mean.

4.5. Calculation of the sample size.

4.6. Confidence intervals for mean and proportion

Lesson 5. Testing of Hypothesis.

5.1 Definition and classical methodology of testing: types of hypothesis, associated errors, significance level, critical region.

5.2 p-value.

5.3 Statement of hypotheses and interpretation of the main tests: normality tests, chi-square test of independence, t-test for comparison of means, Pearson correlation test.

Part 3- Information and communication technologies applied to data analysis

Lesson 6: Analysis of real data with Calc and R Commander.

6.1 One-dimensional descriptive analysis.

6.2 Two-dimensional descriptive analysis.

6.3 Hypothesis Testing and Confidence Intervals.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	11.25	11.25	22.5
Problem solving	11.25	11.25	22.5
Practices through ICT	26	12	38
Mentored work	1	20	21
Objective questions exam	2	15	17
Presentation	2	4	6

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

Methodologies

	Description
Lecturing	Professor explanation on theoretical concepts, that will have to study out of class. At the beginning of each lesson, students will be provided with material for a better comprehension of the class.
Problem solving	Resolution of exercises and activities proposed by the professor in a bulletin associated with each topic to reinforce the concepts of the master class.
Practices through ICT	Statistical software will be used for the analysis of data, mainly EXCEL, CALC and R Commander. With regard to Lesson 1, the practices will be focused on the analysis of research papers: type, schedule, hypothesis, methodologies, results and conclusions.
Mentored work	The students will make a work of analysis of data focused in the application and interpretation of the statistical concepts and models of the matter. The work will be carried out in a team group and a presentation will be made.

Personalized assistance

Methodologies	Description
Mentored work	Any questions will be resolved in the usual tutorials. Tutoring can be telematic by appointment. In the tutorials you can consult doubts about the team work or any part of the subject.

Assessment

	Description	Qualification	Training and Learning Results		
Practices through ICT	Two test (20%- 20%) about resolution/ interpretation of practical problems of statistical data analysis with software.	40	B10	C22 C23	D25
Objective questions exam	Test with objective questions and problems about concepts and models exposed and discussed in theoretical sessions.	40	B9 B10	C22 C23	D24 D25
Presentation	Evaluation of the team work. The content of the work and the presentation will be taken into account.	20	B9 B10	C22 C23	D24 D25 D26

Other comments on the Evaluation

Students can choose between a system of continuous assessment or a global assessment.
Continuous assessment is recommended.

CONTINUOUS ASSESSMENT

-First call:

Continuous evaluation consists of the following activities:

One test about concepts and problems studied in theoretical classes, two test with the computer and a group work with presentation.

In the 3 test a minimum grade of 4 (over 10) will be necessary to calculate the final average.

If a student does not work systematically in group activities, he or she may be expelled from the group.

There will also be theory self-assessment activities (optional).

-Second call:

The same structure of exams will be repeated as during the course, so that each student may retrieve the part that corresponds to him/her.

GLOBAL ASSESSMENT::

It consists of a final theory exam (50%) and a final computer exam (50%).

In each of the 2 exams, a minimum grade of 5 (over 10) will be necessary to calculate the final average.

Passed parts are not saved between first and second call.

Both in the continuous and global assesment, passed exams or parts of the subject are not saved from one course to another.

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Recommendations

