



(*)Facultade de Ciencias da Educación e do Deporte

Grado en Ciencias de la Actividad Física y del Deporte

Subjects

Year 3rd

Code	Name	Quadmester	Total Cr.
P02G050V01501	Teaching of the teaching-learning processes in physical activity and sport 1	1st	6
P02G050V01502	Planning and methodology in sports training 1	1st	6
P02G050V01503	Evaluation and prescription of physical exercise for health	1st	6
P02G050V01504	Sporting system management and organisation 1	1st	6
P02G050V01601	Physical activity and adapted sports	2nd	6
P02G050V01602	Physical activity and recreational sports	2nd	6
P02G050V01603	Teaching of the teaching-learning processes in physical activity and sport 2	2nd	6
P02G050V01604	Planning and methodology in sports training 2	2nd	6
P02G050V01901	Fitness activities	1st	6
P02G050V01902	Gerontology and physical activity	1st	6
P02G050V01903	Biomechanics of sports techniques	2nd	6
P02G050V01904	Water sports	2nd	6
P02G050V01912	Lifesaving and its teaching	1st	6

IDENTIFYING DATA**Teaching of the teaching-learning processes in physical activity and sport 1**

Subject	Teaching of the teaching-learning processes in physical activity and sport 1			
Code	P02G050V01501			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	1st
Teaching language	Galician			
Department				
Coordinator	Rey Cao, Ana Isabel			
Lecturers	Rey Cao, Ana Isabel			
E-mail	anacao@uvigo.gal			
Web				
General description	The didactic is the bouquet of the Sciences of the Education that has by object to the process teaching-learning (T-L). The fundamental objective of this subject is facilitated to the students the basic knowledges to develop with didactic rigour the programming of one process of teaching-learning through the driving expressions. The Didactic is an indispensable transversal content stop the professional practice of the graduated in Sciences of the Physical Activity and the Sport. It is present in all process of T-L, with independence of the field where develop : sportive performance, leiruse, education or health. In this initial approximation board the main elements of the system that constitutes an educational programming. The subject centers in the most instructive dimension of the processes of T-L. Reflective practice and collaborative work are the transversal axes of the subject.			

Training and Learning Results

Code	
B1	Conceptualization and identification of the object of study of the Sciences of the Physical Activity and the Sport.
B2	Knowledge and comprehension of the scientific literature of the area of the physical activity and the sport.
B11	Knowledge and comprehension of the ethical beginning necessary for the correct professional exercise.
B12	Application of the technologies of the information and communication (TIC) to the area of the Sciences of the Physical Activity and of the Sport.
B13	Habits of excellence and quality in the professional exercise.
B15	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical activity and of the sport, with attention to the individual and contextual characteristics of the persons.
B16	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of the physical activity and of the sport.
B18	Aptitude to apply the physiological beginning, biomechanics, behavioral and social, to the different fields of the physical activity and the sport.
B20	Aptitude to identify the risks that stem for the health of the practice of physical inadequate activities.
B21	Aptitude to plan, to develop and control the accomplishment of programs of sport activities.
B23	Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.

Expected results from this subject

Expected results from this subject	Training and Learning Results
Identify the different elements of the didactic act, as if it articulates the witnesses in the programming and understand the relation that exists go in they.	B15
Conceptualize a programming sistemic, the fundamental didactic models and the elements that constitute the ecology of the processes of teaching-learning.	B1 B2
Use the platform of teledocencia to supervise the teaching guide, the script of the work and realize the registration stop the work by projects/microteaching	B12
Employ the web 2.0 to evaluate the processes of T-L developed in the classroom.	
Assimilate that the realization of a good programation is a fundamental factor stop a good professional of the physical activity and the sport.	B11 B13
Comprise that the reflection that accompanies to the programming answers it a basic aspect of the professional deontology.	B11 B13

Select, secuenciar and express objective stop a programming of form sistemic and articulated in level of concrecion.	B15 B21
Select, secuenciar and explicitar contents stop a programming of sistemic form and articulated in levels of analysis epistemology and psicopedagogic.	B15 B16 B21
Select and apply the methods and didactic techniques more chords to the objective, contents, didactic model and strategy selected in the programming.	B13 B15 B16 B18 B20 B21 B23
Design sessions through the motricity realizing an election and ordinationof the didactic elements.	B15 B16 B18 B20 B21 B23 B26
Design tasks chords to the objective and contents.	B15 B18 B20 B23 B26
Realize in team a complete didactic programming stop a concrete intervention.	B2
Develop a didactic intervention in a context facilitated, rendering special attention to the communicative skills.	B12 B13
Accept the external evaluations and employ the how axes of reflection on it self didactic competition.	B25 B26
Be autocrítico/it with the didactic skills.	
Develop the capacity of didactic evaluation observing the development of the elements of the communicative act in the praxis of the processes of teaching-learning.	
Analyze the programming developed evaluating the strategic coherence.	

Contents

Topic	
1. Theoretical foundation of the Didactics of the teaching-learning processes through physical activity and sport.	1.1. The didactics. 1.2. The teaching-learning processes through physical activity and sport.
2. Basic elements in the programming of the teaching-learning processes through physical activity and sport.	2.1. Programming concept. 2.2. Programming models.
3. The coherence in the didactic programming.	2.3. Programming features.
4. Programming of the teaching-learning processes through physical activity and sport in the third level of specification or short-term programming. The programming units.	2.4. Components of programming. 3.1. Ecological conception of E-A processes in physical activity and sport. 4.1. Short-term programming.
5. Models for intervention through physical activity and sport in the elements present in the third level of specificity or short-term programming.	5.1. Types of objectives. 5.1.1. Tasks of the teaching staff linked to the objectives. 5.2. The content. Types of content. 5.2.1. Contents in education through motor skills. 5.2.1.1. Abstract or epistemologic content. 5.2.1.2. Psychopedagogical content. 5.2.2. Tasks of the teaching staff linked to the content. 5.3. Methodology of E-A processes in physical activity and sport. 5.3.1. Concepts and elements. 5.3.2. Practice methods. 5.3.3. Methods for organizing the session. 5.3.4. Methods for spatial and material organization. 5.3.5. Methods for the formation and distribution of groups. 5.4. Discipline management methods.

6. The didactic task.

6.1. The didactic task.

6.2. Method of presentation of the task.

6.3. Formulation of tasks.

6.4. Didactic analysis of the driving tasks.

7. Skills of the/the @docente in the processes of teaching-learning through the physical activity and the sport.

7.1. Reflexive practice.

7.2. Collaborative learning.

7.3. Skills of communication.

7.4. Feedback.

Planning			
	Class hours	Hours outside the classroom	Total hours
Lecturing	10	20	30
Problem solving	10	10	20
Mentored work	1	12	13
Seminars	3	21	24
Case studies	12	0	12
Workshops	2	6	8
Laboratory practical	13	13	26
Collaborative Learning	2	11	13
Oral exam	1	3	4

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

Methodologies	
	Description
Lecturing	Master sessions in that explain the theoretical bases. The students assimilates and takes aim. It poses doubt and complementary questions.
Problem solving	Individual and group work of task resolution in classes C. The teacher presents and exemplifies the task and the students solve and expose doubts.
Mentored work	Students design, teach and analyze different teaching methods and tasks. Design and development of a didactic intervention through physical activity and sport. Micro-teaching application. Each group will develop a session according to the basic characteristics determined in the option assigned to it. In each of them a didactic method is specifically addressed. This session should be taught to your classmates in the practical classrooms.
Seminars	Students are obliged to keep informed of possible changes in the practice calendar. It is mandatory to do a minimum of two tutorials (seminar) before the session. One of them will be in class time. The students presents the development of their tutoring works in a minimum of threee tutories.
Case studies	Didactic analysis and discussion of the practical session realized in the kind laboratory realized in practice B. The students will owe to take part actively and realize the entrusted tasks.
Workshops	Teaching intervention. The students give a session to a group of students / those that were programmed in the supervised work and in the seminars. The session is evaluated by themselves, their classmates and the teacher. Synchronous and diachronic observation tools are used through audiovisual recording.
Laboratory practical	In the laboratory classrooms the proposed motor interventions are experimented. Participation in micro-education and reflection-analysis at the end of the session.
Collaborative Learning	The students will design a collaborative programming. This process of collaborative work will be documented in one daily individual and with the register of the meetings of work developed.

Personalized assistance	
Methodologies	Description
Mentored work	Supervision, discussion and correction of the tutored work
Workshops	Supervision and evaluation of the teaching intervention.
Collaborative Learning	

Assessment			
	Description	Qualification	Training and Learning Results
Mentored work	Microteaching programming and development of an educational intervention through physical activity and sport. The criteria are : - Deliver the draft of the session and the final report by the deadline set . - Develop a work meeting the formal requirements and content required . - Bring the practice session designed . - To attend two sessions for prior review of the session , and the class that explains the method corresponding to that session . - Design and explain tasks meeting the required criteria (application specific methods) . - Required for all students .	20	B1 B2 B11 B12 B13 B15 B16 B18 B20 B21 B23 B25 B26
Seminars	Support group tutorials for the supervision and discussion of labor ward . - Students must attend tutorials with control tasks undertaken that are specified in the script work . - Only if the students qualify to attend.	05	B2 B11 B12 B25 B26
Case studies	Assistance and active participation in the reflection and didactic analysis that will realize in the the practical session developed in the B class. Execution and delivery of the tasks proposed.	10	B12 B13 B15 B20 B25 B26
Workshops	Development of a didactic intervention in group. Students will assume the teaching of a minimum of one teaching-learning activity. The criteria are: - Organize the pre-active phase. - Properly manage material and spatial resources during the development of the session. - Implement discipline strategies and passive participation. - Develop the reflective phase with didactic criteria. - Adopt a positive teaching attitude. - Organize and develop the post-active phase together with the students (reflection and analysis of the session).	5	B11 B23 B25 B26
Collaborative Learning	Daily Collaborative learning process. Register and delivery of the sessions of grupal work developed.	20	B12 B13 B15 B25 B26
Oral exam	Oral defense of written work. The students will answer the questions made by the teacher about the scheduling of the session developed in the supervised work. In specific cases, by prior negotiation with the teacher, this assessment tool may be replaced by a written development exam.	40	B1 B2 B11 B13 B15 B16 B18 B20 B21 B23 B26

Other comments on the Evaluation

In order to be able to access the continuous assessment modality, it is necessary to develop all the tests explained above (supervised work, seminar, case study, workshops, collaborative learning and oral exam). Students who do not develop these methods will not be able to access the continuous assessment. In these cases you will only be eligible for the global assessment. **Continuous assessment system (the methodologies detailed in the teaching guide): - The works will have to deliver in the dates determined by the professor. - In case of not passing the subject in the first call, the competences not acquired will be evaluated in the call of June / July. The qualifications obtained in the passed assessment tools will be kept in the calls corresponding to the same academic year. It will be necessary to repeat the necessary tools to get a minimum of 5 points. - There is no possibility of keeping parts of the subject approved from previous academic years. - Students who are in special and / or justified circumstances for which they cannot perform any of the assessment tools, must communicate at the**

beginning of the course in order to adapt the assessment to their case. In the event of the exceptional circumstance during the course, you must communicate at least two months before the official date of the exam. - The same criteria will be maintained for approval in successive calls.

Overall evaluation: - Students who have not opted for continuous assessment, will make a global assessment on the official dates.

- The tests will be a written exam on the contents of the subject (70%), and the delivery of a programming assignment (30%). The programming work will include the design and practical development of a minimum of three practice sessions of physical-sports activity. The didactic interventions must be accompanied by an audiovisual recording of them.

- The official dates of the exams can be consulted on the faculty website at the link

<http://fcced.uvigo.es/es/docencia/examenes/>

Sources of information

Basic Bibliography

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Galera, A., **Manual de didáctica de la Educación Física I. Una perspectiva constructivista moderada. Funciones de impartición.**, 1ª ed., Paidós, 2001

Galera, A., **Manual de didáctica de la Educación Física II. Una perspectiva constructivista moderada. Funciones de programación.**, 1ª ed., Paidós, 2001

Rey Cao, Ana, **Didáctica de los procesos de enseñanza-aprendizaje en la actividad física y el deporte I. Apuntes de la asignatura.**, Pontevedra, 2017

Seners, P., **La lección de Educación Física. Inde.**, 1ª ed., Inde, 2001

Complementary Bibliography

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Contreras, Onofre, **Didáctica de la Educación Física. Un enfoque constructivista.**, 1ª ed., Inde, 1998

Devís Devís, J. & Peiró Velert, C., **Nuevas perspectivas curriculares en Educación Física: la salud y los juegos modificados.**, 1ª ed., Inde, 1992

Famose, J.P., **Aprendizaje motor y dificultad de la tarea.**, 1ª ed., Paidotribo, 1992

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López Pastor, V. (Coord.), **La sesión en Educación Física: los diferentes modelos y los planteamientos educativos que subyacen.**, 2001

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Pérez, A.I. & Gimeno, J., **Pensamiento y acción en el profesor: de los estudios sobre la planificación al pensamiento práctico. Infancia y aprendizaje**, 42, 37-63,

Pérez-Pueyo, A.; Hortigüela-Alcalá, D., Fernández-Río, J., **Los modelos pedagógicos en educación física: qué, cómo, por qué y para qué**, Universidad de León, 2021

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Recommendations

Subjects that continue the syllabus

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

Subjects that it is recommended to have taken before

Education: Epistemology of physical activity, sport and physical education science/P02G050V01301

Free body expression and dance/P02G050V01402

Other comments

Recommended:

Attending continuously the classes.

The completion of the ongoing evaluation activities .

Paying attention to the timing of the activities and course work .

IDENTIFYING DATA				
Planning and methodology in sports training 1				
Subject	Planning and methodology in sports training 1			
Code	P02G050V01502			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	1st
Teaching language	Spanish Galician			
Department				
Coordinator	García García, Óscar			
Lecturers	García García, Óscar			
E-mail	oscargarcia@uvigo.es			
Web				
General description				

Training and Learning Results	
Code	
B1	Conceptualization and identification of the object of study of the Sciences of the Physical Activity and the Sport.
B2	Knowledge and comprehension of the scientific literature of the area of the physical activity and the sport.
B5	Knowledge and comprehension of the effects of the practice of the physical exercise on the structure and function of the human body.
B8	Knowledge and comprehension of the structure function and development of the different manifestations of the motricity humanizes.
B11	Knowledge and comprehension of the ethical beginning necessary for the correct professional exercise.
B13	Habits of excellence and quality in the professional exercise.
B14	Managing of the scientific basic information applied to the physical activity and to the sport in his different manifestations.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.
C7	Aptitude to plan, to develop and control the process of training in the different levels
C8	Aptitude to apply the physiological biomechanical, comportamental and social principles, during the process of the sports training
C9	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practical physical and sports activity in the population who realizes sports training
C10	Aptitude to identify the risks, which stem for the health of the sportsmen, of the inadequate practice of physical activities in the context of the sports training
C11	Aptitude to plan, to develop and to control the accomplishment of programs of sports training
C12	Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity of sports training

Expected results from this subject		
Expected results from this subject	Training and Learning Results	
The student will be able to propose the development of the different conditional capacities adecuándolas to the needs of the sportsman, and establish the control of the load inside the process of training to achieve a concrete effect	B5 B8 B14	C7 C11
The student will be able to apply the physiological principles, biomechanics, cognitive and social, to justify the effect that causes the sportive training	B2 B5 B8 B14	C8
The student will be able to identify the risks, that derive for the health of the sportsmen, of the unsuitable practice of exercises and methods of sportive training	B5 B8 B14 B26	C7 C9 C10
The student will be able to select and know use the material and felicitous sportive equipment to develop each conditional capacity inside the process sportive training	B2 B5 B26	C12

The student will be able to propose and execute exercises or tasks with his indicators of control of the load inside each conditional capacity to guarantee in the sportsmen a determinate effect of the training	B5 B14 B26	C7 C11
The student will be able to act inside the necessary ethical principles for the correct professional exercise	B1 B11 B13	

Contents

Topic

FOUNDATIONS OF THE SPORTIVE TRAINING	Subject 1. The sportive form Concept of form factors that determine the characteristic sportive performance of the sportive form Types of sportive form Phases of the state of form *Sintomas of the state of form Evaluation of the sportive form Subject 2. The adaptation in the sport: The effect of the sportive training Concept of sportive training Concept of adaptation in him depose you He process of sportive adaptation general Mechanism of adaptation *Sindrome general of Dynamic adaptation of the process of sportive training: I stimulate, fatigue, recovery, *supercompensación, adaptation sensitive Phases in the adaptation Fear 3. The load of training Concept of load of training Typology of loads of training Appearances that determine the load of training: content, magnitude, organisation of loads it concurrent Training and interferences in the training Fear 4. The principles of the Sportive Training Concept and classification biological Principles pedagogical principles principles of planning and organisation
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FOUNDATIONS, STRUCTURE And METHODS OF THE TRAINING OF THE CONDITIONAL CAPACITIES

Subject 5. Foundations, Structure and Methods of the Training of Forces it
 Concept
 factors that determine the production of strength
 processes of adaptation in the training of the strength: structural, neuromuscular, mechanical, etc.
 Demonstrations of the strength: active and reactive.
 Methods of training of the demonstrations of forces it
 sensitive Phases for the development of the strength

Fear 6. Foundations, Structure and Methods of the Training of the Speed
 Concepts
 factors of which depends the speed
 demonstrations of the speed: reaction, *aceleración and *deceleración, speed of an isolated movement, speed of a continuous movement *cíclico, speed of a movement *continuo acyclic.
 The resistance to the speed
 The resistance to the maximum speed
 Methods of training of the demonstrations of the speed
 Develop of the potential of speed
 The barrier of speed
 the agility

Fear 7. Foundations, Structure and Methods of the Training of the Resistance
 Concept
 Factors that determine the resistance
 Processes of adaptation to the training of aerobic resistance
 Processes of adaptation to the training of anaerobic resistance
 Demonstrations of the resistance
 Methods of the training of the resistance

Fear 8. Foundations, Structure and Methods of the Training of the Flexibility
 Concept
 factors that determine the articular mobility
 Typology of articular mobility
 Profits of the training of the flexibility with regard to other conditional capacities
 Methods of the training of the flexibility

Planning

	Class hours	Hours outside the classroom	Total hours
Case studies	3	7	10
Laboratory practical	22.5	45	67.5
Project based learning	3	3	6
Flipped Learning	2	8	10
Lecturing	22	33	55
Essay questions exam	1	0	1
Laboratory practice	0.25	0	0.25
Objective questions exam	0.25	0	0.25

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

Methodologies

	Description
Case studies	Analysis of cases related with the sportive training to know them, interpret them, and propose alternative solutions.
Laboratory practical	Acquisition of basic skills and of procedures related with the sportive training. They develop in spaces with equipment skilled (track of athletics. Sportive pavilion, straight of speed, fitness room)
Project based learning	Will formulate problems or concrete exercises related with the selection of conditional capacities, his methods to develop them like this as the due effect in each case. The student has to develop the most felicitous solution and justify it
Flipped Learning	The student will receive through the platform of MOOVI documentation so that it can work on her and later can pose to the professor doubt or problems of learning related with these contents
Lecturing	Exhibition by part of the professor of the contents on the matter object of study, theoretical bases and scientific knowledge updated.

Personalized assistance	
Methodologies	Description
Lecturing	In the schedule of tutorías will resolve concrete doubts on the exercises, cases and explanations made during the theoretical classes. The tutorías will be able to resolve by means of face-to-face modality or by means of virtual modality, well through the virtual dispatches of the professors (1006, prof. Dr. Oscar García García), or of email or by means of the forums of the MOOVI platform.
Laboratory practical	In the schedule of tutorías will resolve concrete doubts on the exercises, cases and explanations made during the practical classes. The tutorías will be able to resolve by means of face-to-face modality or by means of virtual modality, well through the virtual dispatches of the professors (1006, prof. Dr. Oscar García García), or of email or by means of the forums of the MOOVI platform.
Project based learning	In tutorías collective tackled the most adapted solutions to the problems posed so that the students can contrast and argue his solutions with the proposals by the professor. The tutorías will be able to resolve by means of face-to-face modality or by means of virtual modality, well through the virtual dispatches of the professors (1006, prof. Dr. Oscar García García), or of email or by means of the forums of the MOOVI platform.

Assessment				
	Description	Qualification	Training and Learning Results	
Essay questions exam	It is the development of 5 ask referents to the theoretical and practical contents developed in the subject. Its necessary approve it to be able to surpass the subject	40	B1 B2 B5 B8 B11 B14 B26	C7 C8 C9 C11
Laboratory practice	The proof is the resolution and practical execution of exercises of training linked to the contents realised in the practices of the subject. It is necessary approve it to be able to surpass the subject	40	B5 B8 B11 B13 B14 B26	C7 C10 C12
Objective questions exam	It will consist in a battery of 20 ask type test of only answer on 5 possible. It will be necessary to approve it to be able to surpass the subject	20	B1 B2 B5 B8 B14	C7 C9 C10 C11

Other comments on the Evaluation

Failure to perform the laboratory practice evaluation or the part of exams will result in a final grade of no-show (NP). In case of not having passed the subject in the first call, the competences will be evaluated again in the July call in the same way. The evaluation in successive calls will be carried out again in the same way as the one initially proposed with theoretical tests and practical test, being necessary the overcoming of all the parts. The official dates of the exams can be consulted on the website of the Faculty of Education and Sports Sciences <http://fcced.uvigo.es>

Sources of information

Basic Bibliography

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- Gonzalez Ravé, J.M., Pablos Abellá, C. y Navarro Valdivielso, F., **Entrenamiento Deportivo: Teoría y práctica**, 1, Medica panamericana, 2014
- Nacleiro, F., **Entrenamiento deportivo. Fundamentos y aplicaciones**, 1, Medica panamericana, 2011
- Legaz Arrese, A., **Manual de Entrenamiento Deportivo**, 1, Paidotribo, 2012
- Weineck, J., **Entrenamiento total**, 2, Paidotribo, 2016

Complementary Bibliography

- García Manso, JM., **La Resistencia desde la óptica de las ciencias aplicadas al entrenamiento deportivo**, 1, GRADA Sport Books, 2006
- Roosen, M y Dawes, J., **desarrollo de la agilidad y de la velocidad**, 1, Paidotribo, 2017
- García Manso, JM., **Alto rendimiento: la adaptación y la excelencia deportiva**, 1, Gymnos, 1999
- Verkhoshansky, Y., **Teoría y metodología del entrenamiento deportivo**, 2, Paidotribo, 2016
- Cometti, Gilles., **El Entrenamiento de la velocidad**, 2, Paidotribo, 2016

Recommendations

Subjects that continue the syllabus

Planning and methodology in sports training 2/P02G050V01604

Specialisation in group sports/P02G050V01906

Specialisation in individual sports/P02G050V01907

Subjects that are recommended to be taken simultaneously

Evaluation and prescription of physical exercise for health/P02G050V01503

Subjects that it is recommended to have taken before

Physiology: Exercise physiology 2/P02G050V01401

IDENTIFYING DATA				
Valoración e prescripción do exercicio físico para a saúde				
Subject	Valoración e prescripción do exercicio físico para a saúde			
Code	P02G050V01503			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3	1c
Teaching language	Castelán Galego			
Department				
Coordinator	Varela Martínez, Silvia			
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Web				
General description				

Resultados de Formación e Aprendizaxe	
Code	
B1	Conceptualización e identificación do obxecto de estudo das Ciencias da Actividade Física e do Deporte.
B2	Coñecemento e comprensión da literatura científica do ámbito da actividade física e o deporte.
B11	Coñecemento e comprensión dos principios éticos necesarios para o correcto exercicio profesional.
B13	Hábitos de excelencia e calidade no exercicio profesional.
B14	Manexo da información científica básica aplicada á actividade física e ao deporte nas súas diferentes manifestacións.
B16	Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica da actividade física e do deporte.
C8	Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, durante o proceso do adestramento deportivo
C13	Capacidade para avaliar a condición física e prescribir exercicio físico orientado cara á saúde
C15	Capacidade para identificar os riscos que se derivan para a saúde do desenvolvemento das actividades físicas inadecuadas entre a poboación que realiza práctica física orientada á saúde
C17	Capacidade para planificar, desenvolver e controlar a realización de programas de actividades físico-deportivas orientada á saúde
C18	Capacidade para seleccionar e saber utilizar o material e equipamento deportivo adecuado, para cada tipo de actividade que practique a poboación de adultos, maiores e discapacitados

Resultados previstos na materia		
Expected results from this subject	Training and Learning Results	
Coñecer e identificar o obxecto de estudo das Ciencias da Actividad Física e do Deporte.	B1	
Saber buscar e interpretar a literatura científica do ámbito da actividade física e o deporte.	B2 B13 B14	
Coñecer e utilizar os principios éticos necesarios para o correcto exercicio profesional.	B11 B13	
Ser capaz de elaborar propostas para promover e avaliar a formación de hábitos perdurables e autónomos de práctica da actividade física e do deporte.	B16	
Ser capaz de avaliar a condición física e prescribir exercicio físico orientado cara á saúde en diferentes poboacións.	B16	C13 C17
Coñecer e saber aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais ao campo da actividade física e a saúde.		C8 C13 C17
Saber identificar os riscos que se derivan para a saúde do desenvolvemento das actividades físicas inadecuadas entre a poboación que realiza práctica física orientada á saúde.	B13	C15 C17 C18
Ser capaz de seleccionar e saber utilizar o material e equipamento deportivo adecuado, para cada tipo de actividade que practique a poboación de adultos, maiores e discapacitados.		C18

Contidos

Topic

I. Beneficios e riscos asociados ao exercicio: relación entre actividade física, saúde, lonxevidade e calidade de vida.	I. Epidemioloxía da actividade física. Diferentes conceptos e factores que determinan a actividade física.
II. Prescrición de exercicio físico: xestión de adestramento para a saúde.	II. Exercicio físico para a saúde en nenos/as, adolescentes e adultos sans.
III. Deseño dun proxecto de adestramento para a saúde: a planificación da actividade física.	III. Principios do adestramento no ámbito da saúde. Variables etipos de adestramento.
IV. Avaliación da condición física no contexto da práctica da actividade física para a saúde.	IV. Avaliación mediante baterías e test (probos de campo) da condición física saudable en diferentes grupos de idade.
V. Prescrición da actividade física para a prevención e o tratamento de enfermidades crónicas e de lesións derivadas da práctica deportiva.	V. Actividade física en grupos especiais

Planificación

	Class hours	Hours outside the classroom	Total hours
Lección maxistral	18	0	18
Traballo tutelado	2.5	0	2.5
Prácticas de laboratorio	30	15	45
Traballo	0	30	30
Exame de preguntas obxectivas	1	37.5	38.5
Presentación	1	5	6
Resolución de problemas e/ou exercicios	0	10	10

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

Metodoloxía docente

	Description
Lección maxistral	Ensinanza baseada en proxectos de aprendizaxe. Aprendizaxe baseada en problemas (ABP). Metodoloxías baseadas en investigación. Aprendizaxe colaboradora.
Traballo tutelado	Supostos prácticos para resolver en grupos reducidos.
Prácticas de laboratorio	Actividades de aplicación dos coñecementos a situacións concretas e de adquisición de habilidades básicas e procedimentais relacionadas coa materia obxecto de estudo. Desenvólvense en espazos especiais con equipamento especializado (laboratorios, aulas informáticas, etc).

Atención personalizada

Methodologies	Description
Prácticas de laboratorio	Atenderase as peculiaridades do alumnado, adaptando a metodoloxía empregada en función das súas necesidades ou características.
Lección maxistral	A pesar de que se tratan de sesións maxistras, o alumnado participará activamente nas clases, xa que se lle fará partícipe continuamente, ben mediante preguntas, ben mediante a resolución de problemas de forma persoal ou en grupos pequenos, o que permitirá unha atención máis persoal.
Traballo tutelado	Propónse traballos en grupos reducidos que facilita de por si a atención individualizada.
Tests	Description
Traballo	A través das tirorías, e por medio do correo electrónico.

Avaliación

Description	Qualification	Training and Learning Results
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Traballo	Realizar un traballo teórico-práctico exposto polo profesor/a vinculado co desenvolvemento dos contidos da materia. A guía para a realización do traballo será publicada na plataforma da materia.	30	B1 B2 B11 B13 B14 B16	C8 C13 C15 C17 C18
Exame de preguntas obxectivas	Realizarase unha proba teórico-práctica: test, resposta curta e/ou resolución de supostos prácticos.	40	B1 B2 B11 B13 B14 B16	C8 C13 C15 C17 C18
Presentación	Realizar unha exposición e defensa dos contidos teórico-prácticos do traballo.	10	B1 B2 B11 B13 B14 B16	C8 C13 C15 C17 C18
Resolución de problemas e/ou exercicios	Realizarase unha análise, interpretación e reflexión de textos científicos vinculados ós contidos da materia.	20	B1 B2 B11 B13 B14 B16	C8 C13 C15 C17 C18

Other comments on the Evaluation

Avaliación continua

Este método de avaliación implica a realización das seguintes probas:

- Realizar o traballo exposto polo profesor/a vinculados co desenvolvemento dos contidos - 30%.
- Realizar unha presentación oral do traballo teórico-práctico - 10%
- Realizar un exercicio de análise de textos científicos - 20%
- Realizar o exame de preguntas obxectivas - 40%.

Requisitos para superar a materia:

- É necesario sacar un 5 no exame para poder aprobar a materia. As notas das demais probas de avaliación soamente se sumarán no caso de que o exame estea aprobado.
- É **obligatorio presentar todos os traballos**, en caso de non facelo se suspenderá a avaliación continua e, por tanto, a materia.
- É obrigatorio cumprir co 80% de asistencia ás clases prácticas. Aqueles/as alumnos/as que non alcancen o mínimo de asistencia indicado, deberán realizar un exame de contidos prácticos na 1ª convocatoria cuxa valoración será de "apto" ou "non apto". Se resulta non apto, se suspenderá a materia.

Recuperación

- Se non se aproba o exame, se gardarán as notas do resto de probas realizadas só para a 2ª convocatoria (xuño/xullo).
- Se non se presenta algún dos traballos requiridos, **se suspenderá a avaliación continua** e deberá presentarse o mesmo na 2ª convocatoria (xuño/xullo). Se conservarán as notas das partes presentadas/superadas só para a 2ª convocatoria (xuño/xullo).
- Se non se alcanza unha valoración de "apto" no exame práctico (persoas que non alcanzaron o mínimo de asistencia esixida) deberán presentarse ao exame práctico da 2ª convocatoria (xuño/xullo).

Avaliación global

Este método de avaliación implica a realización das seguintes probas:

- Realizar o traballo exposto polo profesor/a vinculados co desenvolvemento dos contidos (40%).
- Realizar o exame de preguntas obxectivas (60%).

Requisitos para superar a materia

- É necesario sacar un 5 no exame para superar a materia. A nota do traballo soamente se sumará no caso de que o exame estea aprobado.
- Se só supérase unha das dúas probas, se gardará a nota da parte aprobada soamente para a 2ª convocatoria (xuño/xullo).
- A **realización do traballo é obrigatoria**. En caso de non presentalo, se suspenderá a materia.
- É obrigatorio cumprir co 80% de asistencia ás clases prácticas. Aqueles/as alumnos/as que non alcancen o mínimo de asistencia indicado, deberán realizar un exame de contidos prácticos na 1ª convocatoria cuxa valoración será de "apto" ou "non apto". Si resulta non apto, se suspenderá a materia.

Recuperación

- Se non se aproba o exame, se gardará a nota do traballo (en caso de ser presentado) só para a 2ª convocatoria (xuño/xullo). Se non se presentou o traballo requirido, deberá realizarse o mesmo e entregalo na 2ª convocatoria (xuño/xullo).
- Se non se alcanza unha valoración de "apto" no exame práctico (persoas que non alcanzaron o mínimo de asistencia esixida) deberán presentarse ao exame práctico da 2ª convocatoria (xuño/xullo).

Convocatoria Extraordinaria Para a convocatoria extraordinaria realizárase un exame cuxo valor será o 100% da nota.

Datas de exames

As datas dos exames se poderán consultar na páxina web da Facultade de Ciencias da Educación e do Deporte na seguinte ligazón: http://fcced.uvigo.es/*gl/docencia/*exames

Bibliografía. Fontes de información

Basic Bibliography

ACSM, **ACSM's Guidelines for exercise testing and Prescription**, 11, Wolters Kluwer, 2021
Vivian H. Heyward, **Evaluación de la aptitud física y prescripción del ejercicio**, Panamericana, 2008
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Machado, Alexandre F, **Manual de Avaliação Física**, Icone Editora, 2010

Complementary Bibliography

ACSM, **Manual de consulta para el control y la prescripción de ejercicio.**, Paidotribo, 2000
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López, E.J.M., **Pruebas de aptitud física**, Paidotribo, 2002
George, Fisher, Vehrs, **Test y Pruebas Físicas**, Paidotribo, 2001
Baechle, T & Earle, R., **Essentials of strength training and conditioning.**, Human Kinetics., 2000
Sharkey, B.J., **Fitness and Health.**, Human Kinetics, 2002

Recomendacións

Subjects that continue the syllabus

Metodoloxía e planificación do adestramento deportivo I/P02G050V01502
Metodoloxía e planificación do adestramento deportivo II/P02G050V01604

Subjects that are recommended to be taken simultaneously

Biomecánica da técnica deportiva/P02G050V01903

IDENTIFYING DATA				
Xestión e organización dos sistemas deportivos I				
Subject	Xestión e organización dos sistemas deportivos I			
Code	P02G050V01504			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3	1c
Teaching language	Castelán			
Department	Didácticas especiais			
Coordinator	Martínez Lemos, Rodolfo Ivan			
Lecturers	Martínez Lemos, Rodolfo Ivan			
E-mail	ivanmartinez@uvigo.es			
Web	http://https://login.campusremotouvigo.gal/cas/login?service=https%3A%2F%2Fcampusremotouvigo.gal%2Flogin%2F%3Fforce_sso%3Dtrue%26_%3D1244183002			
General description				

Resultados de Formación e Aprendizaxe	
Code	
B2	Coñecemento e comprensión da literatura científica do ámbito da actividade física e o deporte.
B4	Coñecemento e comprensión dos factores comportamentais e sociais que condicionan a práctica da actividade física e o deporte.
B12	Aplicación das tecnoloxías da información e comunicación (TIC) ao ámbito das Ciencias da Actividade Física e do Deporte.
B13	Hábitos de excelencia e calidade no exercicio profesional.
B14	Manexo da información científica básica aplicada á actividade física e ao deporte nas súas diferentes manifestacións.
B21	Capacidade para planificar, desenvolver e controlar a realización de programas de actividades físicodeportivas.
B23	Capacidade para seleccionar e saber utilizar o material e equipamento deportivo axeitado para cada tipo de actividade.
B24	Actuación dentro dos principios éticos necesarios para o correcto exercicio profesional.
B25	Habilidade de liderado, capacidade de relación interpersoal e traballo en equipo.
B26	Adaptación a novas situacións, a resolución de problemas e a aprendizaxe autónoma.
C19	Capacidade para planificar, desenvolver e controlar programas para a dirección de organizacións, entidades e instalacións deportivas

Resultados previstos na materia	
Expected results from this subject	Training and Learning Results
Habilidade de liderado, capacidade de relación interpersoal e traballo en equipo	B25
Adaptación a novas situacións, á resolución de problemas e á aprendizaxe autónoma	B26
Capacidade para planificar, desenvolver e controlar programas para a dirección de organizacións, entidades e instalacións deportivas	C19
Coñecemento e comprensión da literatura científica do ámbito da actividade física e o deporte.	B2
Coñecemento e comprensión dos factores *comportamentais e sociais que condicionan a práctica B4 da actividade física e o deporte.	B4
Aplicación das tecnoloxías da información e comunicación (TIC) ao ámbito das Ciencias da Actividade Física e do Deporte.	B12
Hábitos de excelencia e calidade no exercicio profesional.	B13
Manexo da información científica básica aplicada á actividade física e ao deporte na súa diferentes B14 manifestación	B14
Actuación dentro dos principios éticos necesarios para o correcto exercicio profesional.	B24
Capacidade para planificar, desenvolver e controlar a realización de programas de actividades *físicodeportivas.	B21 B23
Capacidade para seleccionar e saber utilizar o material e equipamento deportivo adecuado para cada tipo de actividade.	

Contidos
Topic

1. O Sistema Deportivo	1.1. Estudo comparativo dos modelos de deporte en Europa (metodoloxía, resultados..) 1.2. O modelo de deporte en España (diagnóstico, rendemento deportivo, estrutura financeira, estrutura organizativa, integración social...)
2. O Servizo Deportivo	2.1. Prestación dun servizo (oferta, demanda, competencia, viabilidade, calidade, boas prácticas) 2.2. Concepto de servizo público no Deporte 2.3. Indicadores específicos de xestión (actividade, orzamentarios, custos, contorna) 2.4. Carta de servizos deportivos (concello, deputación, comunidade autónoma, universidade...) 2.5. Atención ao cliente
3. As formas de Xestión Deportiva	3.1. Xestión pública 3.2. Xestión privada 3.3. Xestión mixta 3.4. O xestor deportivo: rol e funcións
4. Xestión e Organización no Deporte	4.1. Sector público 4.2. Sector privado 4.3. Terceiro sector
5. Ordenamento Xurídico do Deporte	5.1. Normas xerais dos poderes públicos que inciden no ámbito deportivo 5.2. Normas específicas para o deporte emanadas dos poderes públicos 5.3. Normas emanadas das entidades privadas que integran a organización deportiva 5.4. Marco xurídico da protección dos menores no deporte.

Planificación

	Class hours	Hours outside the classroom	Total hours
Lección maxistral	22.5	30.5	53
Prácticas con apoio das TIC	0	30	30
Traballo tutelado	0	64	64
Exame de preguntas obxectivas	0	1	1
Resolución de problemas e/ou exercicios	0	1	1
Proxecto	0	1	1

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

Metodoloxía docente

	Description
Lección maxistral	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.
Prácticas con apoio das TIC	Actividades de aplicación dos coñecementos a situacións concretas e de adquisición de habilidades básicas e procedimentais relacionadas coa materia obxecto de estudo. Desenvolveranse a través do TIC de forma autónoma.
Traballo tutelado	Actividade na que se formulan problemas e/ou exercicios relacionados coa materia. O alumno debe desenvolver a análise e resolución dos problemas e/ou exercicios de forma autónoma.

Atención personalizada

Methodologies	Description
Traballo tutelado	En función das circunstancias, o alumnado recibirá atención individualizada en modo presencial (horario de titorías previa cita) ou non presencial (correo electrónico).
Prácticas con apoio das TIC	En función das circunstancias, o alumnado recibirá atención individualizada en modo presencial (horario de titorías previa cita) ou non presencial (correo electrónico).

Avaliación

Description	Qualification	Training and Learning Results

Exame de preguntas obxectivas	Proba obxectiva (test) con 4 opcións de resposta. Para anular o efecto do azar cada resposta incorrecta resta. Corresponde á avaliación do Grupo-A.	30	B2 B4 B12 B13 B14 B21 B23 B24 B25 B26	C19
Resolución de problemas e/ou exercicios	O alumnado resolverá problemas/exercicios de forma presencial, individual e autónoma seguindo as indicacións do profesor. Os exercicios deberán estar cumprimentados e entregados a través de Moovi dentro do prazo establecido. Non serán válidos a efectos da avaliación os exercicios entregados fóra de prazo. Corresponde á avaliación de Grupos-C.	40	B2 B4 B12 B13 B14 B21 B23 B24 B25 B26	C19
Proxecto	O alumnado organizado en equipos traballará durante todo o cuadrimestre nun PROXECTO COLABORATIVO, seguindo as indicacións do profesor e alternando exercicios presenciais e non presenciais. O proxecto estrutúrase en exercicios que deberán estar cumprimentados e entregados a través de Moovi dentro do prazo establecido. Non serán válidos a efectos da avaliación os exercicios entregados fóra de prazo. Corresponde á avaliación de Grupos-B.	30	B2 B4 B12 B13 B14 B21 B23 B24 B25 B26	C19

Other comments on the Evaluation

PRIMEIRA CONVOCATORIA:

- Modalidade de **AVALUACION CONTINUA** consta de 3 probas:
 - Exame (Grupo-A)
 - Resolución de problemas e/ou exercicios de forma individual (Grupo-*C)
 - Proxecto colaborativo en equipo (Grupo-B)
 - Para superar a materia nesta modalidade de avaliacion sera requisito imprescindible:
 - A asistencia presencial ao 80% das sesións practicas (Grupos-B e C)
 - Obter un mínimo de 6 puntos sobre 10 en cada unha do tres probas.
 - A calificación da materia resultara da suma e ponderacion do resultado das 3 probas.
- Modalidade de ***EVALUACION GLOBAL*** consta de 1 proba global (exame) que consta de 3 partes:
 - Preguntas obxectivas (test) cun peso do 30% sobre a calificación final (Grupo-A)
 - Preguntas de resposta curta cun peso do 40% sobre a calificación final (Grupos-C)
 - Preguntas de desenvolvemento cun peso do 30% sobre a calificación final (Grupos-B)
 - Para superar a materia nesta modalidade de avaliacion sera requisito imprescindible:
 - Obter un mínimo de 6 puntos sobre 10 en cada unha das 3 partes.

SEGUNDA CONVOCATORIA E SEGUINTE:

- Modalidade de **AVALIACIÓN GLOBAL (Idem 1ª convocatoria)**

** A elección dá modalidade de avaliacion global supón a renuncia ao dereito de seguir avaliándose das actividades da modalidade de avaliacion continua que resten e a cualificación obtida ata ese momento en calquera das probas que xa tiveron lugar (Art. 19, Regulamento sobre a avaliacion, calificación e a calidade da docencia (aprobado non claustro do 18 de*

abril de 2023).

Bibliografía. Fontes de información

Basic Bibliography

Llopis-Goig, R., **Participación Deportiva en Europa. Políticas, culturas y prácticas**, UOC, 2016

Blanco,E.;Burriel,J.C.;Camps,A.;J.L.; Landaberea,J.A.;Montes,V., **Manual de la Organización Institucional del Deporte**, Paidotribo, 1999

Celma, J., **ABC del Gestor Deportivo**, INDE, 2004

Millán Garrido, A, **Legislación Deportiva**, Reus, 2016

www.csd.gob.es, **Consejo Superior de Deportes**,

www.iusport.com, **Portal Jurídico del Deporte**,

<http://www.munideporte.com>, **Portal del Deporte Municipal en España**,

<https://www.fagde.org>, **Federación de Asociaciones de Gestores del Deporte de España**,

<http://deporte.xunta.gal/>, **Deporte Galego. Xunta de Galicia**,

www.boe.es, **Boletín Oficial del Estado**,

Complementary Bibliography

Recomendacións

Subjects that continue the syllabus

Emprendemento e innovación nas ciencias do deporte/P02G050V01913

Xestión e organización dos sistemas deportivos II/P02G050V01702

Lecer e turismo deportivo/P02G050V01701

Other comments

Para un mellor aproveitamento recoméndase ler previamente os textos correspondentes aos temas a tratar na aula, así como ampliar a información acudindo á biblioteca e consultando outras fontes, (bases de datos, artigos científicos, actas de congresos, manuais, etc.).

IDENTIFYING DATA				
Actividade física e deporte adaptado				
Subject	Actividade física e deporte adaptado			
Code	P02G050V01601			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3	2c
Teaching language	Galego			
Department				
Coordinator	Ayan Perez, Carlos Luis			
Lecturers				
E-mail				
Web				
General description				

Resultados de Formación e Aprendizaxe	
Code	
B2	Coñecemento e comprensión da literatura científica do ámbito da actividade física e o deporte.
B3	Coñecemento e comprensión dos factores fisiolóxicos e biomecánicos que condicionan a práctica da actividade física e o deporte.
B4	Coñecemento e comprensión dos factores comportamentais e sociais que condicionan a práctica da actividade física e o deporte.
B5	Coñecemento e comprensión dos efectos da práctica do exercicio físico sobre a estrutura e función do corpo humano.
B6	Coñecemento e comprensión dos efectos da práctica do exercicio físico sobre os aspectos psicolóxicos e sociais do ser humano.
B10	Coñecemento e comprensión dos fundamentos do deporte.
B14	Manexo da información científica básica aplicada á actividade física e ao deporte nas súas diferentes manifestacións.
B15	Capacidade para deseñar, desenvolver e avaliar os procesos de ensino- aprendizaxe relativos á actividade física e do deporte, con atención ás características individuais e contextuais das persoas.
B18	Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, aos diferentes campos da actividade física e o deporte.
B20	Capacidade para identificar os riscos que se derivan para a saúde da práctica de actividades físicas inadecuadas.
B23	Capacidade para seleccionar e saber utilizar o material e equipamento deportivo axeitado para cada tipo de actividade.
B26	Adaptación a novas situacións, a resolución de problemas e a aprendizaxe autónoma.
C9	Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica actividade físico-deportiva na poboación que realiza adestramento deportivo

Resultados previstos na materia		
Expected results from this subject	Training and Learning Results	
Coñecemento e comprensión da literatura científica do ámbito da actividade física e o deporte.	B2 B4 B20	
Coñecemento e comprensión dos factores comportamentais e sociais que condicionan a práctica da actividade física e do deporte.	B4 B10	
Manexo de la información científica básica aplicada á actividade física e ao deporte nas súas diferentes manifestacións.	B14	
Capacidade para avaliar a condición física e prescribir exercicio físico orientado cara á saúde.	B3	
Capacidade para promover e avaliar a formación de hábitos *perdurables e autónomos de práctica de actividade física e deporte entre a poboación adulta, maiores e discapacitados.	B10 B26	C9
Capacidade para identificar os riscos que se derivan para a saúde do desenvolvemento das actividades físicas inadecuadas entre a poboación que realiza práctica física orientada á saúde.	B20	
Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais ao campo da actividade física e a saúde.	B18	
Capacidade para seleccionar e saber utilizar o material e equipamento deportivo adecuado, para cada tipo de actividade que practique a poboación de adultos, maiores e discapacitados.	B23	
Coñecemento e comprensión dos efectos da práctica de actividade física e deporte adaptado sobre a estrutura e función do corpo humano.	B5	

Coñecemento e comprensión dos efectos da práctica de actividade física e deporte adaptado sobre B6

os aspectos psicolóxicos e sociais do ser humano.

Coñecemento e comprensión dos fundamentos do deporte adaptado	B2 B3 B5 B15 B18	C9
Adaptación ás novas situacións, á resolución de problemas e o aprendizaxe autónomo.	B26	
Capacidade para deseñar, desenrolar e avaliar os procesos de ensino-aprendizaxe relativos á actividade física e o deporte adaptado con atención ás características individuais e contextuais das persoas.	B15	

Contidos

Topic	
1. Conceptualización da Actividade Física Adaptada.	1.1. AFA Evolución Histórica e Contextualización. 1.2. A Discapacidade, Orixe, Evolución e Situación Actual.
2. Ámbitos de Intervención da Actividade Física Adaptada: educativo, recreativo, terapéutico.	2.1 A Lexislación Educativa e o alumno con discapacidade. 2.2 EFA e ACNEE: Posibilidades e Aplicacións na Educación Física e o tempo libre. 2.3. As profesións sanitarias
3. Actividade Física Adaptada e persoas con diversidade funcional.	3.1. AFA e Rehabilitación Cardiovascular. 3.2. AFA e Trastornos do Sistema Respiratorio. 3.3. AFA e Cancro. 3.4. AFA e Alteracións Metabólicas. 3.5. AFA e Trastornos do Sistema Nervioso. 3.6. AFA e Patoloxías Neuromusculares. 3.7. AFA e Patoloxías Autoinmunes. 3.8. AFA Como medio Inclusión Social.
4. Deporte Adaptado	4.1. O Deporte Adaptado: Orixe, Evolución e Situación Actual. 4.2. Aspectos técnicos, tácticos e regulamentarios do deporte adaptado.

Planificación

	Class hours	Hours outside the classroom	Total hours
Lección maxistral	22.5	33.75	56.25
Resolución de problemas	0	7.5	7.5
Resolución de problemas de forma autónoma	0	7.5	7.5
Traballo tutelado	29	43.5	72.5
Exame de preguntas obxectivas	1	1	2
Traballo	1	1	2
Presentación	1	1.25	2.25

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

Metodoloxía docente

	Description
Lección maxistral	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
Resolución de problemas	Entrevistas que o alumno mantén co profesorado da materia para asesoramento/desenvolvemento dos traballos propostos.
Resolución de problemas de forma autónoma	Resolución de problemas e/ou exercicios de forma autónoma
Traballo tutelado	Actividades de aplicación dos coñecementos a situacións concretas e de adquisición de habilidades básicas e procedimentais relacionadas coa materia obxecto de estudo.

Atención personalizada

Methodologies	Description
Traballo tutelado	Sesións desenroladas no aula e no pavillón deportivo na que se porán en práctica os contidos relacionados co deporte adaptado.
Lección maxistral	Sesións teóricas desenroladas no aula co apoio das novas tecnoloxías.

Resolución de problemas Actividades de petición voluntaria a desenrolar no despacho 230 en horario de tutoría adicadas a supervisar o traballo a realizar nas sesión prácticas. Contémplase a posibilidade de emplear o correo electrónico e o despacho virtual como medios telemáticos que faciliten a atención personalizada do alumnado.

Avaliación				
	Description	Qualification	Training and Learning Results	
Exame de preguntas obxectivas	Examen de opción múltiple con resposta única.	40	B3 B4 B5 B6 B10 B15 B18 B20	C9
Traballo	Traballo práctico sobre os contidos teóricos da materia, propostos polo profesor. Deberá ser exposto durante as prácticas de laboratorio	30	B2 B5 B14 B15 B18 B20 B23 B26	
Presentación	Presentación teórica sobre os contidos teóricos da materia, propostos polo profesor.	30	B2 B5 B14 B15 B18 B20 B23 B26	

Other comments on the Evaluation

O sistema de avaliación dividírase en dous grandes grupos ou modalidades: métodos de avaliación continua e métodos de avaliación global. Na avaliación continua, o alumno deberá realizar unha exposición (30%), un traballo práctico (30%) e un exame teórico (40%).

Os alumnos que, seguindo o sistema de avaliación continua, non asistisen polo menos ao 80% das prácticas da materia, deberán realizar un exame práctico sobre os aspectos técnicos, tácticos e regulamentarios descritos no Tema 4 e obter a cualificación de "Apto". no meso para poder superar a parte práctica da mesma, sempre que se fixesen tanto a presentación como o traballo correspondinte. A cualificación final será a suma aritmética das puntuacións obtidas en cada unha das tres actividades, sempre que se alcance polo menos o 50% da puntuación asignada a cada unha delas. En caso contrario, o sistema de avaliación continua se considerará como non superado. Na avaliación global, o alumno deberá realizar un traballo práctico (30%) e un exame teórico (70%). Para a superación da materia é preciso obter, como mínimo, unha cualificación de 1,5 puntos sobre 3 posibles na exposición e de 3,5 puntos sobre 7 posibles no exame. A nota final será a suma aritmética de ambas partes sempre que se superen. O alumnado que non superase o sistema de avaliación continua ou o sistema de avaliación global, deberá examinarse na segunda quenda daquelas actividades nas que non acadase unha cualificación igual ou superior ao 50%. As datas e horarios dos ámenes pódense localizar na ligazón da Organización Académica "<http://fcced.uvigo.es/gl/docencia/exames>", na web da Facultade.

As datas e horarios dos ámenes pódense localizar na ligazón da Organización Académica "<http://fcced.uvigo.es/gl/docencia/exames>", na web da Facultade.

Bibliografía. Fontes de información

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- Sanz, D., y Reina, R., **Actividad Física y Deportes Adaptados para Personas con Discapacidad**, Primera, Paidotribo, 2015
- Sirmard, C., Caron, F., y Skrotzky, K., **Actividad Física Adaptada**, Primera, Inde, 2003

Complementary Bibliography

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- Bassedas, E., **Alumnado con Discapacidad Intelectual y Retraso del Desarrollo**, Primera, Graó, 2010
- Bernal, J., **El profesor de Educación Física y el Alumno Sordo**, Primera, Wanceulen, 2001
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- Climent, J., **Historia de la Rehabilitación Médica**, Primera, Edika Med, 2001
- Escribá, A., **Síndrome de Down: Propuestas de Intervención**, Primera, Gymnos, 2002
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- Font, M., **Baloncesto en Silla de Ruedas: manual para el entrenador**, Primera, Consejo Superior de Deportes, 2004
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- Garrison, S., **Manual de Medicina Física y Rehabilitación**, Primera, McGraw Hill, 2003
- Gutiérrez, A., **La Iniciación Deportiva para Personas con Ceguera y Deficiencia Visual**, Primera, Aljibe, 2011
- Hardman, A., y Stensel, D., **Physical Activity and Health**, Primera, Routledge, 2003
- Ríos, M., Blanco, A., Bonany, T., y Carol, N., **El Juego y los Alumnos con Discapacidad.**, Primera, Paidotribo, 2004
- Sanz, D., **El Tenis en Silla de Ruedas**, Primera, Paidotribo, 2003
- Torralba, M., **Atletismo Adaptado: para personas ciegas y deficientes visuales**, Primera, Paidotribo, 2003

Recomendacións

Subjects that continue the syllabus

Valoración e prescripción do exercicio físico para a saúde/P02G050V01503

Subjects that it is recommended to have taken before

Xerontoloxía e actividade física/P02G050V01902

Other comments

Desaconséllase matricularse nesta materia sen teres superado os dous primeiros cursos da titulación.

IDENTIFYING DATA**Physical activity and recreational sports**

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

This course provides an overview of sports and recreational games. From a theoretical perspective, the most significant current concepts related to the field of sports and recreational games are approached, and from a practical perspective, a tour through the most representative sports and recreational games is made.

Also, this subject is essential within the curriculum of the degree given at the Universidade de Vigo, since it is the only one, within this, where students have the opportunity to obtain the necessary knowledge about the field of sports and recreational games, essential in the formation of a Graduate in Physical Activity and Sport Sciences.

This teaching guide has been developed in full compliance with the provisions of the memory of the degree and the specific regulations of the university and the center.

Training and Learning Results

Code	
B7	Knowledge and comprehension of the foundations, structures and functions of the skills and bosses of the motricity humanizes.
B10	Knowledge and comprehension of the foundations of the sport.
B12	Application of the technologies of the information and communication (TIC) to the area of the Sciences of the Physical Activity and of the Sport.
B13	Habits of excellence and quality in the professional exercise.
B16	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of the physical activity and of the sport.
B17	Aptitude to plan, to develop and control the process of training in his different levels.
B21	Aptitude to plan, to develop and control the accomplishment of programs of sport activities.
B23	Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity.
B24	Action inside the ethical beginning necessary for the correct professional exercise.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.
C28	Aptitude to apply the physiological biomechanical, comportamental and social principles, in the physical - sports recreative activities

Expected results from this subject

Expected results from this subject	Training and Learning Results
1. Capacity to schedule, develop and control the realisation of activities físicodeportivas recreational.	B17 B21
2. Capacity to select and know use the material and sportive equipment adapted for each type of physical activity- sportive recreational.	B23
3. Capacity to promote and evaluate the training of habits perdurables and autonomous of practice of the physical activities-sportive recreational for all the population.	B16

4. Capacity to apply the physiological principles, biomecánicos, comportamentales and social, in the physical activities-sportive recreational.	B13 B16 B23 B24	C28
5. Capacity to identify the risks that derive for the health, of the practice of unsuitable physical activities in the practitioners of physical activity-sportive recreational.	B10 B23 B25	
6. Knowledge and understanding of the foundations of the physical activities and recreational sports.	B7 B10	
7. Application of the technologies of the information and communication (TIC) to the field of the physical activities and recreational sports.	B12	
8. Skill of leadership, capacity of interpersonal relation and work in team.	B25	
9. Adaptation to new situations, the resolution of problems and the autonomous learning.	B26	
10. Habits of excellence and quality in the professional exercise.	B13	
11. Performance inside the necessary ethical principles for the correct professional exercise.	B24	

Contents

Topic

1. Theoretical foundations of the leisure, the free time and the recreation.	1.1. Theoretical foundations of the leisure, the free time and the recreation.
2. Technical foundations-tactical and didactic of the physical activities-recreational.	2.1 Sports of racket 2.1.1 Tennes of table 2.1.2 Pickleball 2.1.3 Badminton 2.1.4. Crossminton 2.1.5. Shuttleball 2.2 Sports of implement 2.2.1 Floorball 2.2.2 Mazaball 2.2.3 Intercrosse 2.2.4 Softball 2.2.5 Kickball 2.3 Sports of mobile 2.3.1 Datchball 2.3.2 Kinball 2.3.3 Colpbol 2.3.4 Pinfuvote 2.3.5 Frisbee 2.4. Games and traditional sports 2.4.1 Calva 2.4.2 Tanga 2.4.3 Chave 2.4.4 Frog 2.4.5 Petanque 2.4.6 Kurling 2.5 Other games and alternative sports (based in traditional sports) 2.5.1 Indiacca 2.5.2 Korfbal 2.5.3 Tchoukball 2.5.4 Wallyball 2.6 Other games and alternative sports (no based in traditional sports) 2.6.1 360ball 2.6.2 Ballneto 2.6.3 Trangleball 2.7 Didactic of the recreational physical activities
3. Organisation and planning of activities of leisure and free time.	3.1 Systems of organisation of sportive competitions 3.1.1 By elimination 3.1.2 By points or league 3.1.3 By extension 3.1.4 Combinations 3.2 Organisation of sportive events

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

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

Methodologies	
	Description
Lecturing	Exhibition by part of the professor of the contents on the matter object of study.
Laboratory practical	Activities of application of the knowledges to concrete situations and of acquisition of basic skills related with the matter object of study. They develop in special spaces with skilled equipment (pavilion of the faculty).
Autonomous problem solving	Activity in which they formulate exercises related with the subject. The student has to develop the exercises of autonomous form.
Mentored work	Work related with the didactic of the recreational sports that makes in the classroom under the supervision of the professor

Personalized assistance	
Methodologies	Description
Lecturing	The personalised attention of the student will make so much during the development of the sessions of classroom as later in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutiérrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Laboratory practical	The personalised attention of the student will make so much during the development of the sessions of laboratory in the pavilion as later in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutiérrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Autonomous problem solving	The personalised attention of the student will make so much during the development of the sessions of classroom as later in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutiérrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Mentored work	The personalised attention of the student will make in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutiérrez Santiago / Go out 2067 - Prof. Iván Prieto Lage) and through emails.

Assessment			
	Description	Qualification	Training and Learning Results
Lecturing	During some theoretical classes, will make interactive exercises in big group where will concede points of the final note in function of the qualification in said activity. The following expected results from this subject will be assessed: 1,2,6,9,10 and 11.	7	B7 B10 B13 B17 B21 B23 B24 B26
Laboratory practical	Assistance and realisation of the 14 practical classes of the matter. The student that have 4 faults or more will lose the continuous evaluation (and therefore has to examine by means of the procedure of GLOBAL EVALUATION -NO CONTINUOUS-). The following expected results from this subject will be assessed: 1,2,3,4,5,6,8,9,10,11 and 12.	28	B7 B10 B13 B16 B17 B21 B23 B24 B25 B26

Autonomous problem solving	There will be 14 interactive questionnaires in Moovi. Each questionnaire has to approve with a minimum note of a 8,5 so that it consider surpassed and compute in the final note. After making all the questionnaires, if there are 4 faults or more (by no realisation or by not surpassing the minimum note) the punctuation of this section will be of 0 points.	28	B7 B10 B17 B21 B23 B26	
	The following expected results from this subject will be assessed: 1,2,6 and 9.			
Mentored work	Realisation of a work in small groups related with the didactic of a physical activity-sportive recreational.	14	B7 B10 B16 B17 B21 B26	C28
	The following expected results from this subject will be assessed: 1,3,6,7,8,9,10 and 11.			
Objective questions exam	Examination of enclosed questions with different alternative of answer.	23	B7 B10 B13 B16 B17 B21 B23 B24 B26	C28
	The student will have to take out a minimum of 4 on 10 so that the punctuation of the examination compute in final qualification.			
	The following expected results from this subject will be assessed: 1,2,4,6,,9 and 12.			

Other comments on the Evaluation

All students, whether or not they attend the classrooms, have the right to be evaluated (by exam or as established in the teaching guide).

2nd QUADRAMESTER (May-June)

CONTINUOUS EVALUATION STUDENTS (grades and CRITERIA to fulfill the continuous evaluation):

- Performance of **interactive exercises in large group** during some theoretical classes through the app Kahoot, where points will be awarded in the final grade depending on the qualification in that activity. These exercises account for 7% of the final grade.
- **Interactive quizzes in Moovi.** The qualification of the questionnaires accounts for 28%. There will be 14 questionnaires. After completing all the questionnaires, if the student has an average of less than 7.5 points, this section will count for 0 points.
- **Attendance and PERFORMANCE of the practical classes in the pavilion.** The qualification of the same ones supposes a 28%. The student who has 4 or more absences will stop being evaluated by the continuous evaluation procedure and will automatically be evaluated by the non-continuous evaluation procedure (there is no possibility of justifying a lack of attendance, hence there can be up to three absences). The student who attends the practical, but does NOT perform it, will not be counted as a lack of attendance, but will have a grade of zero in that session (therefore, it does not increase the score). As in principle there are 14 practicals, each one will have a value of 2% of the final grade. In the case that, due to a holiday, there were a lower number of practices, that 28% would be reduced by 2% for each practice that there were not, passing that percentage to the exam of objective questions.
- **Supervised work** on a didactic unit of a recreational physical-sports activity to be drawn by lot. The qualification of this work supposes 14%. It will be a work in groups of four people.
- **Examination of objective questions.** The grade is 23%. It consists of an exam of closed questions with different answer alternatives of the subject. The student must obtain a minimum of 4 out of 10 for the exam score to be included in the final grade. Failing this exam (with less than a 4) does not imply losing the continuous evaluation.

A student passes the course when he/she has obtained a minimum of five out of ten in the sum of the previous sections.

If in the 2nd quadramester call (May-June), a student loses the global evaluation (non-continuous), he/she will have to take the global evaluation procedure.

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

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

in the final grade.

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

ESTRAORDINARY CALL (June-July)

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

END OF CAREER (September)

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

Publication of grades and official exams

The grades of each exam session will be published in Moovi, where the dates of revision of the exams will be indicated.

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

Sources of information

Basic Bibliography

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

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

Complementary Bibliography

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

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

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

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

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

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

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

Recommendations

Subjects that are recommended to be taken simultaneously

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

Subjects that it is recommended to have taken before

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

Other comments

1. Each week, students have in Moovi the contents that will be taught in the course, as well as the material (notes, readings, videos, etc.) to work on these contents. For a better use of the theoretical and practical classes, it is recommended to make use of this material before attending these classes.

2. Formalize as soon as possible the group in Moovi (four people) for the realization of the work of the subject.

3. To study and work on the course material continuously, both for the weekly quizzes and for the preparation of the exam.

4. To ask the professors of the subject all the questions/consultations that are considered necessary in every moment referred to the syllabus, practices, questionnaires, works, etc.

5. Communicate to the professors the suggestions for improvement of the subject.

6. To carry out the work of the subject related to the didactics of the physical-sports and recreational activities throughout the four-month period. In each theoretical class, guidelines will be given on how this work should be done. Therefore, attendance to the theoretical class is recommended.

7. It is recommended to consult the subject's blog for more information: <https://afdruvigo.blogspot.com/>

IDENTIFYING DATA**Teaching of the teaching-learning processes in physical activity and sport 2**

Subject	Teaching of the teaching-learning processes in physical activity and sport 2			
Code	P02G050V01603			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	2nd
Teaching language	Galician			
Department				
Coordinator	Rey Cao, Ana Isabel			
Lecturers	Carballo Afonso, María Rocío Rey Cao, Ana Isabel Vicente Vila, Pedro			
E-mail	anacao@uvigo.gal			
Web	http://www.portaleducacionfisica.es			
General description	(*)Materia que aborda a planificación, programación ejecución, posta en práctica e avaliación de procesos de ensino - aprendizaxe no eido das actividades físicas e deportivas			

Training and Learning Results

Code	
B1	Conceptualization and identification of the object of study of the Sciences of the Physical Activity and the Sport.
B2	Knowledge and comprehension of the scientific literature of the area of the physical activity and the sport.
B11	Knowledge and comprehension of the ethical beginning necessary for the correct professional exercise.
B12	Application of the technologies of the information and communication (TIC) to the area of the Sciences of the Physical Activity and of the Sport.
B13	Habits of excellence and quality in the professional exercise.
B15	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical activity and of the sport, with attention to the individual and contextual characteristics of the persons.
B16	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of the physical activity and of the sport.
B18	Aptitude to apply the physiological beginning, biomechanics, behavioral and social, to the different fields of the physical activity and the sport.
B20	Aptitude to identify the risks that stem for the health of the practice of physical inadequate activities.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.
C4	Aptitude to identify the risks that stem for the health of the students due to the practice of inadequate physical activities .
C6	Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity in the processes of education learning across the physical activity and sport.

Expected results from this subject

Expected results from this subject	Training and Learning Results
*Conceptualización And identification of the object of study of the Didactic of the processes of education learning in the Physical Activity and of the Sport.	B1 B2 B15
Knowledge and understanding of the scientific literature of the field of the Didactic of the processes of education learning in the Physical Activity and of the Sport.	B2 B13 B15
Knowledge and understanding of the necessary ethical principles for the correct professional exercise.	B11 B13
Application of the technologies of the information and communication (TIC) to the field of the Sciences of the Physical Activity and the Sport.	B12 B26
Habits of excellence and quality in the professional exercise.	B13 B25 B26

Capacity to design, develop and evaluate the processes of education-relative learning to the physical activity and of the sport, with attention to the individual and contextual characteristics of the people.	B11 B15 B16 B20	
Capacity to promote and evaluate the training of habits *perdurables and autonomous of practice of the physical activity and sport between the school population.	B13 B25	
Capacity to apply the physiological principles, *biomecánicos, *comportamentales and social, to the different fields of the physical activity and the sport.	B18	C4
Capacity to identify the risks that derive for the health of the pupils because of the practice of unsuitable physical activities.	B13 B20	
Capacity to schedule, develop and evaluate the realisation of programs of sport and school physical activity.	B15 B16 B25 B26	
Capacity to select and know use the material and sportive equipment adapted for each type of activity in the processes of education-learning through the physical activity and of the sport.		C6
Skill of leadership, capacity of interpersonal relation and work in team.	B13 B25 B26	
Adaptation to new situations, the resolution of problems and the autonomous learning.	B26	

Contents

Topic	
Block 1. Planning of the processes of education-learning through the physical activity and the sport.	□ Evolution and concepts of planning and programming. Phases of the process programmer: previous analysis, preparation, execution and evaluation □ The process of education-learning in the frame of a planning. □ The didactic processes in the planning of the sportive education in the formative frame of the school sport or of the club of base.
Block 2. Levels of concretion and units of programming in the planning to half and long term.	□ Educational legislation in the physical education. Analysis and application. □ The levels of concretion *curricular and his elements constituents. □ The programming. Purposes, types and design.
Block 3. Evaluation and control in the processes of education-learning through the physical activity and of the sport.	□ The evaluation: concepts and definitions. □ Classes of evaluation. □ Instruments of evaluation. □ Legislative referents for the evaluation *curricular in physical education.
Block 4. The dimension researcher of the professor. The reflexive inquiry, base of the training of the *profesorado.	□ The professor of physical education like researcher. □ The investigation-action. □ Tools for the educational investigation.
Block 5. Resources and didactic materials in the physical activity and the sport. Analysis and *rentabilización educational.	□ Didactic resources for the education of the physical education and the sport. □ Didactic materials for the education of the physical education and the sport. □ Educational surroundings and organisation of the educational sportive space. □ Educational surroundings and adaptation to the diversity.
Block 6. Education in values and his didactic in the processes of teaching-learning through the physical activity and the sport.	□ The values and ethical principles in the physical education and the sport. □ Education stop the consumption. □ Sustainable physical education. □ Physical education from the intercultural perspective □ Physical education and health. □ Creativity. □ The perspective of gender through the physical activity and when depositing you
(*)Bloque 7. Perspectiva de xénero e educación a través da actividade física e o deporte.	(*)□ Xénero, corpo e sociedade. □ Estratexias didácticas para unha docencia sen prexuízos de xénero e non sexista.

Planning

	Class hours	Hours outside the classroom	Total hours
Laboratory practical	0	20	20
Presentation	3	7	10
Seminars	0	5	5
Studies excursion	6	0	6
Problem solving	11	10	21

Lecturing	22	21	43
Objective questions exam	1	0	1
Laboratory practice	3	20	23
Essay	1	20	21

*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	They will realise diverse practices linked to the contents and competitions of the process of didactic planning of the education of the physical education and of the sport.
Presentation	The students will witness and will realise of an active form presentations and/or exhibitions related with the contents of the matter and defence of the same in small and big group.
Seminars	The meeting in group will be a fundamental condition for the understanding and correct orientation of the presentations and exhibitions, as well as for to explain diverse appearances of the education/learning of the processes of didactic planning.
Studies excursion	It will establish an exit of field to realise an educational activity of first aids and lifesaving, linked to the block of contents of health of the official curriculum of physical education in secondary education.
Problem solving	Design, programming and of tasks about thema VI
Lecturing	The lesson intends to provide to the student of the conceptual tools of the contained of the subject.

Personalized assistance

Methodologies	Description
Presentation	Presentation/individual exhibition or grupal of the didactic units the educational projects designed and developed pole students in the process of didactic intervention.
Seminars	Tutelage and advice on the design and elaboration of didactic units, educational projects or didactic programming to be delivered. In these tutorials, students are encouraged to prepare the aforementioned documents. In no case these tutorials are part of the process of evaluation of these documents.
Studies excursion	The possibility of observation, or design and direction of teaching intervention processes is established in other spaces different from the own Faculty of Educational Sciences and Sports

Assessment			
	Description	Qualification	Training and Learning Results
Presentation	Exhibition of a practical session of a random didactic unit following the principles of the didactic.	20	B1 B2 B11 B12 B13 B15 B16 B20 B25 B26
Objective questions exam	It tests type test referred to the content of the matter.	40	B1 B2 B11 B12 B13 B15 B16 B20 B25 B26
Laboratory practice	Follow-up of the development of the practical sessions and the implication of the student in the practice, the participation in the discussion of the tasks and the commonplaces proposed in class.	10	B2 B25 B26

Essay	Presentation written of an annual programming of physical education or of a didactic planning	30	B1 B2 B11 B12 B13 B15 B16 B20 B25 B26
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Other comments on the Evaluation

It will be necessary to approve all the evaluation tools to pass the subject. The same criteria are maintained to pass in the successive convocatorias. Cualquier enrolled in the subject has the duty of compliance you have requirements to obtain a positive qualification me a misma. No There is no possibility to keep parts of the subject approved from previous academic courses. The students who do not attend the class have the right to be evaluated by means of identical assessment tools that the students with assistance.

The exam dates can be consulted on the faculty website www.fcced.uvigo.es

Sources of information

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Complementary Bibliography

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Recommendations

Subjects that it is recommended to have taken before

Education: Epistemology of physical activity, sport and physical education science/P02G050V01301

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

IDENTIFYING DATA				
Metodoloxía e planificación do adestramento deportivo II				
Subject	Metodoloxía e planificación do adestramento deportivo II			
Code	P02G050V01604			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3	2c
Teaching language	Castelán Galego			
Department				
Coordinator	Silva Alonso, Telmo			
Lecturers	Silva Alonso, Telmo			
E-mail	telmosilva@uvigo.es			
Web				
General description				

Resultados de Formación e Aprendizaxe	
Code	
B1	Conceptualización e identificación do obxecto de estudo das Ciencias da Actividade Física e do Deporte.
B2	Coñecemento e comprensión da literatura científica do ámbito da actividade física e o deporte.
B5	Coñecemento e comprensión dos efectos da práctica do exercicio físico sobre a estrutura e función do corpo humano.
B7	Coñecemento e comprensión dos fundamentos, estruturas e funcións das habilidades e patróns da motricidade humana.
B11	Coñecemento e comprensión dos principios éticos necesarios para o correcto exercicio profesional.
B13	Hábitos de excelencia e calidade no exercicio profesional.
B14	Manexo da información científica básica aplicada á actividade física e ao deporte nas súas diferentes manifestacións.
B26	Adaptación a novas situacións, a resolución de problemas e a aprendizaxe autónoma.
C7	Capacidade para planificar, desenvolver e controlar o proceso de adestramento nos seus distintos niveis
C8	Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, durante o proceso do adestramento deportivo
C9	Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica actividade físico-deportiva na poboación que realiza adestramento deportivo
C10	Capacidade para identificar os riscos, que se derivan para a saúde dos deportistas, da práctica de actividades físicas inadecuadas no contexto do adestramento deportivo
C11	Capacidade para planificar, desenvolver e controlar a realización de programas de adestramento deportivo
C18	Capacidade para seleccionar e saber utilizar o material e equipamento deportivo adecuado, para cada tipo de actividade que practique a poboación de adultos, maiores e discapacitados

Resultados previstos na materia	
Expected results from this subject	Training and Learning Results

- Conocer el obxeto de estudio	B1	C7
- Ser capaz de analizar a estrutura técnica, táctica e condicional das disciplinas deportivas	B2	C8
- Ser capaz de deseñar tarefas de adestramento aplicadas á mellora de factores craves do rendemento deportivo.	B5	C9
- Ser capaz de deseñar e organizar programas de adestramento específicos atendendo ás prioridades de rendemento en competición.	B7	C10
- Saber utilizar os medios tecnolóxicos básicos para o desenvolvemento do adestramento e a avaliación do rendemento.	B11	C11
- Saber diagnosticar e controlar o rendemento deportivo, así como utilizar unha metodoloxía científica para o adecuado uso deses datos	B13	C18
- Manexar operativamente as medidas de prevención de lesións relacionadas coa actividade física e ser capaz de deseñar programas preventivos específicos para cada deportista e modalidade.	B14	
- Comprender a literatura científica do ámbito da actividade física e o deporte.	B26	
- Coñecer e comprender os efectos da práctica do exercicio físico sobre a estrutura e función do corpo humano.		
- Comprender e coñecer os fundamentos, estruturas e funcións das habilidades e patróns da motricidade humana.		
- Coñecemento e comprensión os principios éticos necesarios para o correcto exercicio profesional.		
- Adquirir hábitos de excelencia e calidade no exercicio profesional.		
- Manexar información científica básica aplicada á actividade física e ao deporte nas súas diferentes manifestacións.		
- Adaptar a novas situacións, a resolución de problemas e a aprendizaxe autónoma.		

Contidos	
Topic	
1. Adestramento das capacidades coordinativas.	1.1 Conceptos clave. 1.2 Obxectivos. 1.3 Procedementos. 1.2 Sistemas de avaliación.
2. Adestramento da técnica deportiva.	2.1 Conceptos clave. 2.2 Obxectivos. 2.2 Métodos de adestramento. 2.3 Sistemas de avaliación.
3. Adestramento da táctica deportiva.	3.1 Conceptos clave. 3.2 Obxectivos. 3.3 Métodos de adestramento. 3.4 Sistemas de avaliación.
4. Planificación e organización do adestramento deportivo.	4.1 Modelos principais de planificación deportiva. 4.2 Unidades básicas de planificación. 4.3 Criterios e procedementos para o deseño de tarefas, sesións e ciclos de adestramento.
5. Avaliación da carga de competición.	5.1 Conceptos clave. 5.2 Carga física. 5.3 Carga fisiolóxica. 5.4 Perfís de rendemento para a competición deportiva.
6. Avaliación da carga de adestramento.	6.1 Conceptos clave. 6.2 Obxectivos. 6.3 Métodos de control.
7. Estrategias de recuperación para o control da fatiga.	7.1 Alimentación. 7.2 Sono e descanso. 7.3 Control do estrés. 7.4 Outras estratexias.
8. Seguridade do proceso de adestramento.	8.1 Sobreentrenamiento. 8.2 Conservación da saúde física. 8.3 Conservación da saúde mental.

Planificación			
	Class hours	Hours outside the classroom	Total hours
Lección maxistral	22	15	37
Resolución de problemas	10	10	20
Aprendizaxe baseado en proxectos	21	40	61
Exame de preguntas obxectivas	2	30	32

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

Metodoloxía docente	
Description	

Lección maxistral	Exposición na clase do coñecemento científico e empírico mais actual sobre os contidos da materia.
Resolución de problemas	Obter solucións baseadas no coñecemento e método científico de problemas comúns sobre planificación y organización do adestramento deportivo.
Aprendizaxe baseado en proxectos	Deseño de un proxecto de adestramento para un caso individual ou colectivo, real ou simulado.

Atención personalizada

Methodologies	Description
Lección maxistral	Resolución de dúbidas.
Resolución de problemas	Resolución de dúbidas.
Aprendizaxe baseado en proxectos	Titorización e resolución de dúbidas.
Tests	Description
Exame de preguntas obxectivas	Resolución de dúbidas.

Avaliación

	Description	Qualification	Training and Learning Results	
Lección maxistral	Participación activa e proactiva na realización das tarefas de aprendizaxe desenvoltas nas clases teóricas.	10	B1 B2 B5 B7 B11 B13 B14 B26	C7 C8 C9 C10 C11 C18
Resolución de problemas	Participación activa e proactiva das tarefas de resolución de problemas propostas nas clases prácticas.	20	B1 B2 B5 B7 B11 B13 B14 B26	C7 C8 C9 C10 C11 C18
Aprendizaxe baseado en proxectos	Elaboración e defensa dun proxecto de adestramento para un caso real ou simulado.	30	B1 B2 B5 B7 B11 B13 B14 B26	C7 C8 C9 C10 C11 C18
Exame de preguntas obxectivas	Proba escrita con respostas de opción múltiple e/ou verdadeiro/falso e/ou supostos prácticos.	40	B1 B2 B5 B7 B11 B13 B14 B26	C7 C8 C9 C10 C11 C18

Other comments on the Evaluation

- Modalidad avaliación continua en convocatoria ordinaria e extraordinaria:
 - Proba escrita con resolución de supostos prácticos e/ou preguntas con opción de resposta múltiple e/ou verdadeiro/falso (40%)
 - Proxecto de adestramento (30 %): documento (50 % do 30 %) + video (50 % do 30 %).
 - Participación activa e proactiva nas tarefas desenvolta nas clases teóricas (10 %) e nas clases prácticas (20 %). Este requisito aplicarase sempre e cando o alumnado asista a un mínimo de 10 clases teóricas e 10 clases

prácticas.

- Modalidad avaliación global en convocatoria ordinaria e extraordinaria:
 - O alumno ou alumna fará unha proba de coñecementos e procedementos correspondentes a materia, coa resolución de supostos prácticos e/ou respostas a preguntas con opción múltiple e/ou clasificación de afirmacións ou respostas como verdadeiras/falsas (100 %).

Bibliografía. Fontes de información

Basic Bibliography

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Miller, T, **Guía de pruebas y evaluaciones de la NSCA (Entrenamiento Personal)**, B01N7NAPNJ, 1, Editorial Paidotribo, 2016

Silva, T, **Entrena remo apoyándote en la ciencia**, 978-84-19668-09-7, 1, Editorial Uno, 2023

Complementary Bibliography

Recomendacións

Subjects that continue the syllabus

Especialización en deportes colectivos/P02G050V01906

Especialización en deportes individuais/P02G050V01907

Psicoloxía do adestramento deportivo/P02G050V01911

Subjects that are recommended to be taken simultaneously

Biomecánica da técnica deportiva/P02G050V01903

Subjects that it is recommended to have taken before

Fisioloxía: Fisioloxía do exercicio II/P02G050V01401

Metodoloxía e planificación do adestramento deportivo I/P02G050V01502

IDENTIFYING DATA				
Fitness activities				
Subject	Fitness activities			
Code	P02G050V01901			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3rd	1st
Teaching language	Spanish Galician			
Department				
Coordinator	Alonso Fernández, Diego			
Lecturers	Alonso Fernández, Diego			
E-mail	diego_alonso@uvigo.es			
Web				
General description	The course aims to provide students with an overview of one of the main professional options of the degree: fitness activities.			

Training and Learning Results

Code	
B2	Knowledge and comprehension of the scientific literature of the area of the physical activity and the sport.
B5	Knowledge and comprehension of the effects of the practice of the physical exercise on the structure and function of the human body.
B12	Application of the technologies of the information and communication (TIC) to the area of the Sciences of the Physical Activity and of the Sport.
B13	Habits of excellence and quality in the professional exercise.
B24	Action inside the ethical beginning necessary for the correct professional exercise.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.
C9	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practical physical and sports activity in the population who realizes sports training
C24	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical - sports recreative activity, with attention to the individual and contextual characteristics of the persons
C26	Aptitude to select the material and sports equipment adapted for every type of physical - sports recreative activity
C28	Aptitude to apply the physiological biomechanical, comportamental and social principles, in the physical - sports recreative activities
C29	Aptitude to identify the risks that stem for the health, of the practice of physical inadequate activities in the medical instructors of physical - sports recreative activity

Expected results from this subject

Expected results from this subject	Training and Learning Results	
The students will be able of *conocer *y comprise bases of the activities of *fitness.	B2 B5 B12 B13 B24	
The students will be able to design, develop and evaluate the processes of And-To relative the activities of *fitness, with attention to the individual characteristics and *contextuales of the people.	B5 B25	C9 C24 C26 C28 C29
The students will be able to comprise wool scientific literature of the field of the activities of *fitness.	B2 B5	
The students will be able to promote the training of frocks *perdurables and autonomous of practises of activity of *fitness.	B13 B24 B25	C9 C28 C29
The students will be *capacades to identify the risks that derive stop the health of the practice of the activities of *fitness.	B24	C9 C26 C28 C29
The students will be able to select and know use the material and suitable sportive equipment stop B26 the activities of *fitness.		C24 C26 C29

Contents

Topic

SUBJECT 1. Theory and practice of the physical exercise and welfare in collective classes	SUB-THEME I: Concept and evolution of the fitness Sub-theme I.1. Concept and evolution of the fitness Sub-theme I.2. The fitness in the actuality Sub-theme I.3. The sector of the services of fitness Sub-theme I.4. The users of the fitness SUB-THEME II: The polyvalent technician of fitness Sub-theme II.1. Characteristics and training Sub-theme II.2. Personal and social skills Sub-theme II.3. Guidelines for his professional development
SUBJECT 2. Tendencies of the fitness and physical analysis in collective classes	SUB-THEME III: Activities of fitness: the room [cardio-fitness] Sub-theme III.1. Equipment and operation of a room [cardio-fitness] current. Sub-theme III.2. Basic guidelines of training in room Sub-theme III.3. Security and prevention of injuries Sub-theme III.4. The functional training in the room cardio-fitness SUB-THEME IV: Activities of fitness: current tendencies Sub-theme IV.1. H.I.I.T. Sub-theme IV.2. Tono with musical support Sub-theme IV.3. Running Sub-theme IV.4. Cross fit Sub-theme IV.5. Eccentric training Sub-theme IV.6. Training in suspension: TRX Sub-theme IV.7. Core training Sub-theme IV.8. Training propioceptive Sub-theme IV.9. Stretching Global Active Sub-theme IV.10. F.N.P. Sub-theme IV.11. Method Pilates
SUBJECT 3. Didactic and methodological appearances of the physical exercise with musical support.	SUB-THEME IV: Activities of fitness: current tendencies Sub-theme IV.12. Tono with musical support

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	15	5	20
Mentored work	4	15	19
Laboratory practical	26	9	35
Presentation	4	15	19
Autonomous problem solving	5	10	15
Objective questions exam	2	4	6
Report of practices, practicum and external practices	2	8	10
Essay	6	20	26

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

Methodologies

	Description
Lecturing	Expository activities of teacher and student. Exhibitions, seminars, presentation of exercises, works or projects to be developed.
Mentored work	Resolution of exercises in the classroom/laboratory under the teacher's guidance.
Laboratory practical	Practical implementation of different fitness trends and development of basic sessions.
Presentation	Practical activity where the student must be responsible for its design, planning and approach.
Autonomous problem solving	Search for information based on a subsequent practical approach to the contents.

Personalized assistance

Methodologies	Description
Lecturing	In the classroom or by telematic means on the remote campus, the MOOVI platform or e-mail by prior arrangement.

Mentored work	In the practical classroom or during tutoring hours or by telematic means through the remote campus, the MOOVI platform or e-mail by prior arrangement.
Presentation	In the theoretical classroom and practical sessions or by telematic means on the remote campus, the MOOVI platform or e-mail by prior arrangement.
Autonomous problem solving	In the theoretical and practical sessions and during tutoring hours or by telematic means through the remote campus, the MOOVI platform or e-mail by prior arrangement.
Laboratory practical	In the practical classroom or during tutoring hours or by telematic means through the remote campus, the MOOVI platform or e-mail by prior arrangement.

Assessment

Description		Qualification	Training and Learning Results	
Lecturing	During some theory sessions there will be interactive group exercises where points will be awarded in the final grade depending on the final position obtained.	5	B2 B5 B12 B13 B24 B25 B26	C9 C24 C26 C28 C29
Presentation	The students will develop a session of fitness complete like responsible monitors.	25	B2 B5 B12 B13 B25 B26	C9 C24 C26 C28 C29
Objective questions exam	Overall evaluation of the learning process and acquisition of skills and knowledge: The theoretical exam may consist of short questions and/or multiple choice questions on the different contents of the course.	40	B2 B5 B12 B13 B25 B26	C9 C24 C26 C28 C29
Report of practices, practicum and external practices	The student must compile the sessions (contents, objectives and tasks) of the practical classes by critically analyzing each one of them. In order to do so, the student must attend at least 85% of the scheduled practical sessions.	15	B5 B13 B24 B26	C9 C26 C28 C29
Essay	The students will develop diverse tasks proposed through the platform of teledoc Moovi that will have a deadline of presentation to be able to be evaluated.	15	B2 B5 B12 B13 B25 B26	C9 C24 C26 C28 C29

Other comments on the Evaluation

All students, whether or not they attend classes, have the right to be evaluated (by means of an exam or in the manner established in the teaching guide).

Continuous evaluation:

a) Evaluation ATTENDING STUDENTS (attending at least 85% of the programmed practical sessions):

- It is essential to pass the theoretical exam with a minimum grade of 5 points to pass the course. If this is not the case, the rest of the grades will be kept for subsequent exams.
- If the subject is not passed in the first call, the competences not acquired will be evaluated in the July call.
- In the second call of the same academic year, the grades of the first call will be maintained.

Global evaluation:

b) Evaluation of NON-ATTENDING STUDENTS (attends less than 85% of practical sessions):

- In any case the evaluation criteria will be maintained and will be previously consulted with the teacher of the subject when students have not attended regularly during the course.
- The competencies of the subject will be evaluated in a single test of a theoretical (50%) and practical (50%) nature that

must be passed with a minimum grade of 5.

c) The official dates of the exams can be consulted on the web page of the Faculty of Education and Sport Sciences:
<http://fcced.uvigo.es/gl/>

Sources of information

Basic Bibliography

Salinas, N., **Manual para el técnico de sala de fitness.**, Paidotribo, 2005

Earle, R.W. y Baechle, T.R., **Manual NSCA. Fundamentos del entrenamiento personal.**, Paidotribo, 2008

Hoeger, W.W.K. y Hoeger, S.A., **Fitness and wellness**, 9a, Wadsworth, Cengage Learning., 2009

Thompson, W.R., **ACSM's guidelines to exercise testing and prescription.**, Lippincott, Williams & Wilkins., 2009

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Colado Sánchez, J.C., **Fitness en las salas de musculación**, INDE, 1996

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Isidro, F., Heredia, J.R., Pinsach, P. y Costa, M.R., **Manual del entrenador personal. Del fitness al wellness.**, Paidotribo, 2007

Dwyer, G.B., & Davis, S.E., **ACSM's health-related physical fitness assessment manual.**, Lippincott, Williams & Wilkins., 2008

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Klika B. & Jordan C., **HIGH INTENSITY CIRCUIT TRAINING USING BODY WEIGHT: Maximum Results With Minimal Investment**, ACSM'S Health & Fitness Journal, 2013

S A Costigan, N Eather, R C Plotnikoff, D R Taaffe, D R Lubans, **High-intensity interval training for improving health-related fitness in adolescents: a systematic review and meta-analysis**, Br J Sports Med, 2015

Alonso-Fernandez et al., **Effect of a HIIT Programme vs. Extensive Continuous Training on Inexperienced Individuals**, Apunt. Educación Física y Deportes, 2017

Alonso-Fernandez et al., **Changes in muscle architecture of biceps femoris induced by eccentric strength training with nordic hamstring exercise**, Scandinavian Journal of Medicine and Science in Sp, 2018

Aguilera-Castells et al., **Muscle activation in suspension training: a systematic review**, SportS Biomechanics, 2018

Alonso-Fernandez et al., **Impact of a HIIT protocol on body composition and VO2max in adolescents**, Science & Sports, 2019

Alonso-Fernandez et al., **Changes in rectus femoris architecture induced by the reverse nordic hamstring exercises**, Journal sports Med Phys Fitness, 2019

Alonso-Fernandez et al., **Effects of the Functional Heel Drop Exercise on the Muscle Architecture of the Gastrocnemius**, Journal of Sport Rehabilitation, 2019

Espejo-Antúnez et al., **The impact of proprioceptive exercises on balance and physical function in institutionalized older adults: A randomized controlled trial**, ARCHIVES OF PHYSICAL MEDICINE AND REHABILITATION, 2020

Vera-Garcia et al., **Progressions of core stabilization exercises based on postural control challenge assessment**, European Journal of Applied Physiology, 2020

Xu et al., **Effects of Foot Strike Techniques on Running Biomechanics: A Systematic Review and Meta-analysis**, SPORTS HEALTH, 2020

Gardiner et al., **injury risk and injury incidence rates in crossfit**, The Journal of Sports Medicine and Physical Fitness, 2020

Matos et al., **Analysis of the pain symptoms, flexibility, and hydroxyproline concentration in individuals with low back pain submitted to Global Postural Re-education and stretching**, Pain Management, 2020

Schmidt et al., **Influence of Pilates Method on Nonspecific Lumbar Pain**, Arquivos Brasileiros de Neurocirurgia, 2020

Rustaden et al., **Similar Energy Expenditure During BodyPump and Heavy Load Resistance Exercise in Overweight Women**, Frontiers in Physiology, 2020

Alonso-Fernandez et al., **Impact of Askling L-PROTOCOL on muscle architecture, flexibility and sprint performance**, Int. Journal of Sports Medicine, 2021

Alonso-Fernandez et al., **Acute impact of Nordic hamstring exercise on sprint performance after 24, 48 and 72 hours**, Sports Biomechanics, 2021

Alonso-Fernandez et al., **Effects of Copenhagen Adduction Exercise on Muscle Architecture and Adductor Flexibility**, IJERPH, 2022

Alonso-Fernandez et al., **Impact of High-Intensity Interval Training on Body Composition and Depressive Symptoms in Adults under Home Confinement**, IJERPH, 2022

Recommendations

Subjects that continue the syllabus

Physical exercise and wellbeing programs/P02G050V01910

Subjects that it is recommended to have taken before

Other comments

To face the subject is important to have a good theoretical base of:

- Anatomy and kinesiology human.
 - Physiology of the exercise.
-

IDENTIFYING DATA				
Xerontoloxía e actividade física				
Subject	Xerontoloxía e actividade física			
Code	P02G050V01902			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3	1c
Teaching language	Castelán Galego			
Department				
Coordinator	Vila Suarez, Maria Elena			
Lecturers	Vila Suarez, Maria Elena			
E-mail	evila@uvigo.es			
Web				
General description				

Resultados de Formación e Aprendizaxe

Code	
B2	Coñecemento e comprensión da literatura científica do ámbito da actividade física e o deporte.
B3	Coñecemento e comprensión dos factores fisiolóxicos e biomecánicos que condicionan a práctica da actividade física e o deporte.
B4	Coñecemento e comprensión dos factores comportamentais e sociais que condicionan a práctica da actividade física e o deporte.
B7	Coñecemento e comprensión dos fundamentos, estruturas e funcións das habilidades e patróns da motricidade humana.
B11	Coñecemento e comprensión dos principios éticos necesarios para o correcto exercicio profesional.
B12	Aplicación das tecnoloxías da información e comunicación (TIC) ao ámbito das Ciencias da Actividade Física e do Deporte.
B13	Hábitos de excelencia e calidade no exercicio profesional.
B16	Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica da actividade física e do deporte.
B22	Capacidade para planificar, desenvolver e controlar programas para a dirección de organizacións, entidades e instalacións deportivas.
B25	Habilidade de liderado, capacidade de relación interpersoal e traballo en equipo.
B26	Adaptación a novas situacións, a resolución de problemas e a aprendizaxe autónoma.

Resultados previstos na materia

Expected results from this subject	Training and Learning Results
Ser capaz de comprender a literatura científica do ámbito da actividade física e o deporte nas persoas maiores.	B2
Coñecer e ser capaz de identificar os efectos que a práctica da actividade física e deporte en persoas maiores provocan en aspectos *fisiolóxicos e *biomecánicos.	B3
Ser capaz de identificar os efectos que a práctica da actividade física e deporte en persoas maiores provocan en aspectos *comportamentais e sociais.	B4
Ser capaz de identificar os efectos que a práctica da actividade física e deporte provocan sobre a *estructura de diferentes manifestacións da *motricidad humana en persoas maiores.	B7
Coñecer e ser capaz de aplicar os principios éticos necesarios para o correcto exercicio profesional no ámbito das persoas maiores.	B11
Saber utilizar as tecnoloxías da información e comunicación (TIC) ao ámbito das Ciencias da Actividade Física e do Deporte no ámbito das persoas maiores.	B12
Ser capaz de identificar e aplicar hábitos de excelencia e calidade no exercicio profesional en lle ámbito das persoas maiores.	B13
Coñecer e ser capaz de promover e avaliar a formación de hábitos *perdurables e autónomos de práctica da actividade física e do deporte nas persoas maiores.	B16
Ser capaz de identificar habilidade de liderado, capacidade de relación interpersoal e traballo en equipo no ámbito das persoas maiores.	B25
Ser capaz de identificar e adaptarse a novas situacións, aplicar a resolución de problemas e a aprendizaxe autónoma no ámbito das persoas maiores.	B26

Adquirir coñecementos básicos para planificar, desenvolver e controlar programas para a dirección B3
de organizacións, entidades e instalacións deportivas para persoas maiores.

B4

B22

Contidos

Topic	
Bloque temático 1. Xerontoloxía e actividade física: aspectos físicos, biolóxicos, sociais e psíquicos relacionados coa actividade física e a corporeidade das persoas maiores.	Tema 1. Cambios na anatomía e fisioloxía dos órganos e sistemas durante o envellecemento. Tema 2. Aspectos psicolóxicos e sociais do envellecemento.
Bloque temático 2. Epidemioloxía e demografía do envellecemento	Tema 3. Definicións e conceptos. Tema 4. Epidemioloxía e demografía do envellecemento. Tema 5. Teorías do envellecemento no ser humano.
Bloque temático 3. Características da motricidade humana en idade avanzada. O corpo e a vellez.	Tema 6. Autonomía funcional e valoración. Tema 7. Capacidades físicas e coordinativas.
Bloque Temático 4. Políticas de promoción da saúde e calidade de vida no envellecemento.	Tema 8. Políticas de promoción da saúde e calidade de vida
Bloque temático 5. O lecer activo nas persoas maiores. Características, necesidades e demandas de actividades das persoas maiores.	Tema 9. O lecer activo nas persoas maiores.

Planificación

	Class hours	Hours outside the classroom	Total hours
Estudo de casos	0	19	19
Traballo tutelado	28	14	42
Lección maxistral	22	22	44
Actividades introdutorias	2	1	3
Resolución de problemas e/ou exercicios	2	0	2
Informe de prácticas, prácticum e prácticas externas	0	29	29
Resolución de problemas e/ou exercicios	0	10	10
Presentación	1	0	1

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

Metodoloxía docente

	Description
Estudo de casos	Nas clases presenciais expóñense diferentes situacións que esixan capacidade de reflexión, relación de contidos, contraste de datos, realizar diagnósticos.
Traballo tutelado	Nas clases prácticas fundamentalmente expóñense situacións que deberán resolver coa axuda do profesor ou con traballo autónomo. Realizáanse de individual ou colectiva, segundo a actividade. Será necesario realizar procura bibliográfica e manexarase bibliografía actual sobre temáticas relacionadas cos contidos da materia.
Lección maxistral	Nas clases presenciais desenvólvense os aspectos conceptuais da materia, que deberán ser complementados polo alumno con estudo autónomo.
Actividades introdutorias	Nos primeiros días de clase explícase o programa da materia.

Atención personalizada

Methodologies	Description
Lección maxistral	Nas clases presenciais desenvólvense os aspectos conceptuais da materia, que deberán ser complementados polo alumno con estudo autónomo.
Estudo de casos	Nas clases presenciais expóñense diferentes situacións que esixan capacidade de reflexión, relación de contidos, contraste de datos, realizar diagnósticos.
Traballo tutelado	Nas clases prácticas fundamentalmente expóñense situacións que deberán resolver coa axuda do profesor ou con traballo autónomo. Realizáanse de individual ou colectiva, segundo a actividade. Será necesario realizar procura bibliográfica e manexarase bibliografía actual sobre temáticas relacionadas cos contidos da materia.
Tests	Description
Resolución de problemas e/ou exercicios	Actividades de apoio en horario de tutoría destinadas a orientar e/ou supervisar as tarefas da materia.

Avaliación

Description	Qualification	Training and Learning Results
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Estudo de casos	Traballo temático e memoria de prácticas	40	B2 B11 B12 B13 B16 B22 B25 B26
Traballo tutelado	Proposta de sesión	10	B3 B7 B16 B25 B26
Lección maxistral	Exame de contidos	40	B2 B3 B4 B7 B16 B22 B26
Resolución de problemas e/ou exercicios	Resolución e entrega de traballos prácticos	10	B26

Other comments on the Evaluation

Na avaliación continua é necesario acadar un 5 no exame e no traballo temático para poder acceder ás cualificacións dos outros dous apartados da avaliación e calcular a media da materia. A realización do traballo é obrigatoria e é requisito fundamental para superar a materia. As notas das distintas seccións conservaranse para a segunda convocatoria dos que se presenten en modalidade continua. Para poder optar á avaliación continua é preciso asistir a un mínimo do 80% das clases prácticas.

De non superar a materia en primeira convocatoria, as competencias non adquiridas serán avaliadas na convocatoria de xullo.

A avaliación global consta de dúas probas, un exame e un traballo que tratará dun contido desenvolvido nos contidos do curso. Ambos deberán obter un 5 sobre 10 para aprobar a materia.

As datas oficiais dos exames pódense consultar na páxina web da facultade en <http://fcced.uvigo.es/es/docencia/examenos/>.

Bibliografía. Fontes de información

Basic Bibliography

Complementary Bibliography

BELSKY, J.K., **Psicología del envejecimiento. Teoría, investigaciones e intervencións**, Ed. Masson. Barcelona,
 BERMEJO GARCÍA, L., **Envejecimiento activo y actividades socioeducativas con personas mayores: Guía de buenas prácticas.**, Panamericana: Madrid,
 BUENDÍA, J., **Gerontología y salud. Perspectivas actuales**, Ed. Biblioteca Nueva. Madrid.,
 JONES, C. & ROSE, D., **Physical activity instruction of older adults**, Human Kinetics. Champaign, IL, EEUU.,
 MELÉNDEZ ORTEGA, A., **Actividad física para personas mayores: las razones para hacer ejercicio**, Ed. Gymnos. Madrid,
 MORROW, J. R.; JACKSON, A. W.; DISCH, J. G. & MOOD, D. P., **Measurement and evaluation in human performance**, Human Kinetics. Champaign, IL, EEUU.,
 SPIRDUSO, W. W. & ECKERT, H. M., **Physical activity and aging. Human Kinetics**, Champaign, IL, EEUU.,
 SPIRDUSO, W., **Physical dimensions of aging.**, Human Kinetics. Champaign, IL, EEUU.,
 VELLAS, B.; LAFONT, C.; ALLARD, M. y ALBAREDE, J.L., **Transtornos de la postura y riesgo de caída. Del envejecimiento satisfactorio a la pérdida de autonomía.**, Ed. Glosa. Barcelona,

Recomendacións

Subjects that continue the syllabus

Valoración e prescrición do exercicio físico para a saúde/P02G050V01503
 Novas tecnoloxías para a educación musical na escola/P02G110V01942

Subjects that are recommended to be taken simultaneously

Metodoloxía e planificación do adestramento deportivo I/P02G050V01502
 Metodoloxía e planificación do adestramento deportivo II/P02G050V01604
 Valoración e prescrición do exercicio físico para a saúde/P02G050V01503

Subjects that it is recommended to have taken before

Fisioloxía: Fisioloxía do exercicio II/P02G050V01401

IDENTIFYING DATA				
Biomechanics of sports techniques				
Subject	Biomechanics of sports techniques			
Code	P02G050V01903			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3rd	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Silva Alonso, Telmo Cabaleiro Álvarez, David			
Lecturers	Cabaleiro Álvarez, David Mato Corzón, Marta María			
E-mail	telmosilva@uvigo.es dacabaleiro@uvigo.es			
Web				
General description	Knowledge and application of the laws of the mechanics to the analysis of sports techniques with the intention of improving the performance and reducing the incidence of injuries.			

Training and Learning Results	
Code	
B2	Knowledge and comprehension of the scientific literature of the area of the physical activity and the sport.
B3	Knowledge and compression of the physiological factors and biomechanics that determine the practice of the physical activity and the sport
B7	Knowledge and comprehension of the foundations, structures and functions of the skills and bosses of the motricity humanizes.
B8	Knowledge and comprehension of the structure function and development of the different manifestations of the motricity humanizes.
B12	Application of the technologies of the information and communication (TIC) to the area of the Sciences of the Physical Activity and of the Sport.
B13	Habits of excellence and quality in the professional exercise.
B14	Managing of the scientific basic information applied to the physical activity and to the sport in his different manifestations.
B18	Aptitude to apply the physiological beginning, biomechanics, behavioral and social, to the different fields of the physical activity and the sport.
B20	Aptitude to identify the risks that stem for the health of the practice of physical inadequate activities.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.
C3	Aptitude to apply the physiological and biomechanical skills, comportamentales and social, in the offer of tasks in the processes of education - learning across the physical activity and sport.
C8	Aptitude to apply the physiological biomechanical, comportamental and social principles, during the process of the sports training
C16	Aptitude to apply the physiological, biomechanical, comportamental and social principles to the field of the physical activity and the health
C23	Aptitude to identify and value the risks that could stem from the use of the equipments and sports facilities
C28	Aptitude to apply the physiological biomechanicl, comportamental and social principles, in the physical - sports recreative activities

Expected results from this subject	
Expected results from this subject	Training and Learning Results

The student will be able to know the principles and applications of the *biomecánica to the sportive practice	B2 B3 B7 B8 B12 B13 B14 B18 B20 B25 B26	C3 C8 C16 C23 C28
The student will be able to comprise like the cinematic, the dynamics and the fluid mechanics are the foundation of the *biomecánica	B2 B3 B7 B8 B12 B13 B14 B18 B20 B25 B26	C3 C8 C16 C23 C28
The student will be able to know and use distinct types of analysis *biomecánicos of the sportive technician	B2 B3 B7 B8 B12 B13 B14 B18 B20 B25 B26	C3 C8 C16 C23 C28
The student will be able to know and use tools of analysis *biomecánico of simulation and prediction	B2 B3 B7 B8 B12 B13 B14 B18 B20 B25 B26	C3 C8 C16 C23 C28

Contents

Topic	
Principles of classical mechanics applied to sports biomechanics	Objective Applications
Instrumental techniques to the biomechanical analysis of sports technique	Quantitative analysis Qualitative Analysis Analysis according to criteria of performance Evaluation of sports technique
Tools of simulation and prediction of the realisation of a sportive technician	Objective Characteristic Applications
Equilibrium of a musculoskeletal structure and human body	Foundations Applications
Elasticity of the tissues of a musculoskeletal structure	Foundations Application
Kinematics applied to sports technique	Foundations Applications
Dynamics applied to sports technique	Foundations Applications
Fluid mechanics applied to sports technique	Foundations Applications

Planning			
	Class hours	Hours outside the classroom	Total hours
Seminars	30	30	60
Lecturing	22.5	22.5	45
Portfolio / dossier	0	44	44
Problem and/or exercise solving	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
Seminars	- Application of the biomechanical principles to solve problems and practical cases. - Determination of objectives, obtaining, treatment, presentation and analysis of data in theoretical and real situations.
Lecturing	Presentation by the teacher of the fundamental theoretical contents of the subject.

Personalized assistance	
Methodologies	Description
Lecturing	The student will have at her/his disposal tutoring sessions to sort out specific doubts on the theoretical contents studied in class. Tutoring sessions may take place physically in the teacher's office or online (via the institutional email of the teaching staff involved in the subject and available on the faculty website, videoconferences or by telematics applications integrated in the remote campus of the University of Vigo) by appointment request.
Seminars	The student will have at her/his disposal tutoring sessions to sort out specific doubts regarding the problems and practical cases analyzed in the seminars. Tutoring sessions may take place physically in the teacher's office or online (via the institutional email of the teaching staff involved in the subject and available on the faculty website, videoconferences or by telematics applications integrated in the remote campus of the University of Vigo) by appointment request.
Tests	Description
Portfolio / dossier	The student will have at her/his disposal tutoring sessions to sort out specific doubts regarding the execution and submission of the required reports and assignments. Tutoring sessions may take place physically in the teacher's office or online (via the institutional email of the teaching staff involved in the subject and available on the faculty website, videoconferences or by telematics applications integrated in the remote campus of the University of Vigo) by appointment request.

Assessment				
	Description	Qualification	Training and Learning Results	
Seminars	Continuous evaluation, submission (in due time and form) of proposed exercises and reports on the analyses raised during the seminars.	35	B2 B3 B7 B8 B12 B13 B14 B18 B20 B25 B26	C3 C8 C16 C23 C28
Portfolio / dossier	Continuous evaluation, submission of required reports and assignments in due time and form.	30	B2 B3 B7 B8 B12 B13 B14 B18 B20 B25 B26	C3 C8 C16 C23 C28

Problem and/or exercise solving	Short answer or multiple choice tests on the contents of the subject.	35	B2 B3 B7 B8 B18 B20 B25 B26	C3 C8 C16 C23 C28
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Other comments on the Evaluation

In the case of negative continuous evaluation, global evaluation and second call, the student will take a final exam on the contents of the subject. This test will consist of short-answer questions and biomechanics problem-solving tasks and will be worth 70% of the final grade. To obtain a positive assessment of the subject, in addition to a positive evaluation of the final exam, student will have to submit (on paper or in digital format) the reports and tasks proposed by the teachers during the course, which will account for 30% of the final grade (the deadline to hand in the activities would be the day of the official exam of the corresponding call).

The official dates of the exams are those published on the faculty's website.

Sources of information

Basic Bibliography

Izquierdo, Mikel, **Biomecánica y bases neuromusculares de la actividad física y el deporte**,

Complementary Bibliography

Aguado, Xabier, **Eficacia y Técnica Deportiva**, 2ª edición,

Hay and Prentice-Hall, **The Biomechanics of Sport and Exercise**,

Bartlett, **Sport Biomechanics**, 1ª edición,

Bartlett y Hong, **Routledge Handbook of Biomechanics and Human Movement Science**,

Pérez Soriano, Pedro, **Biomecánica básica: Aplicada a la actividad física y el deporte**,

Recommendations

Subjects that it is recommended to have taken before

Statistics: Research methodology and statistics in physical activity and sport/P02G050V01302

Physiology: Exercise physiology 2/P02G050V01401

IDENTIFYING DATA				
Deportes náuticos				
Subject	Deportes náuticos			
Code	P02G050V01904			
Study programme	Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3	2c
Teaching language	Castelán			
Department				
Coordinator	Rial Fernández, Ramón Benigno			
Lecturers	Rial Fernández, Ramón Benigno Tenreiro Varela, Pablo			
E-mail	rrial@uvigo.es			
Web				
General description	A materia Deportes Náuticos impártese no segundo cuadrimestre do terceiro curso do Grao en Ciencias da Actividade Física e do Deporte. Nesta materia proporciónase unha visión xeral do Remo e do Piragüismo. Desde unha perspectiva teórica, abórdanse diferentes aspectos desde un punto de vista xeral referentes a súa estrutura externa, o medio no que se desenvolven, os tipos de embarcacións e as súas modalidades, a técnica básica, maniobras, fundamentos do seu adestramento, tipos de competicións, didáctica, aspectos recreativos, etc. Desde unha perspectiva práctica, realízase un percorrido a través de distintos tipos de embarcacións. Debido ó medio no que se desenvolven as prácticas (río Lérez) é requisito imprescindible saber nadar.			

Resultados de Formación e Aprendizaxe

Code	
B7	Coñecemento e comprensión dos fundamentos, estruturas e funcións das habilidades e patróns da motricidade humana.
B10	Coñecemento e comprensión dos fundamentos do deporte.
B12	Aplicación das tecnoloxías da información e comunicación (TIC) ao ámbito das Ciencias da Actividade Física e do Deporte.
B13	Hábitos de excelencia e calidade no exercicio profesional.
B14	Manexo da información científica básica aplicada á actividade física e ao deporte nas súas diferentes manifestacións.
B23	Capacidade para seleccionar e saber utilizar o material e equipamento deportivo axeitado para cada tipo de actividade.
B24	Actuación dentro dos principios éticos necesarios para o correcto exercicio profesional.
B25	Habilidade de liderado, capacidade de relación interpersoal e traballo en equipo.
B26	Adaptación a novas situacións, a resolución de problemas e a aprendizaxe autónoma.
C1	Capacidade para deseñar, desenvolver e avaliar os procesos de ensino-aprendizaxe relativos á actividade física e ao deporte con atención ás características individuais e contextuais das persoas
C8	Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, durante o proceso do adestramento deportivo
C9	Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica actividade físico-deportiva na poboación que realiza adestramento deportivo
C10	Capacidade para identificar os riscos, que se derivan para a saúde dos deportistas, da práctica de actividades físicas inadecuadas no contexto do adestramento deportivo

Resultados previstos na materia

Expected results from this subject	Training and Learning Results
Coñecemento e comprensión dos fundamentos, estruturas e funcións das habilidades e patróns da B7 motricidade humana.	
Coñecemento e comprensión dos fundamentos do deporte.	B10
Aplicación das tecnoloxías da información e comunicación (TIC) ao ámbito das Ciencias da Actividade Física e do Deporte.	B12
Hábitos de excelencia e calidade no exercicio profesional.	B13
Manexo da información científica básica aplicada á actividade física e ao deporte nas súas diferentes manifestacións.	B14
Capacidade para seleccionar e saber utilizar o material e equipamento deportivo axeitado para cada tipo de actividade.	B23
Actuación dentro dos principios éticos necesarios para o correcto exercicio profesional.	B24
Habilidade de liderado, capacidade de relación interpersoal e traballo en equipo.	B25
Adaptación a novas situacións, a resolución de problemas e a aprendizaxe autónoma.	B26

Capacidade para deseñar, desenvolver e avaliar os procesos de ensino-aprendizaxe relativos á actividade física e ao deporte con atención ás características individuais e contextuais das persoas	C1
Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, durante o proceso do adestramento deportivo	C8
Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica actividade físico-deportiva na poboación que realiza adestramento deportivo	C9
Capacidade para identificar os riscos, que se derivan para a saúde dos deportistas, da práctica de actividades físicas inadecuadas no contexto do adestramento deportivo	C10

Contidos

Topic

TEMA 1: Fundamentación teórica dos deportes náuticos	- Definición - Oríxenes e evolución histórica - Análise do remo e do piragüismo e os seus factores - As reglaxes das embarcacións: . Reglaxes en banco fixo . Reglaxes en banco móvil . Reglaxes en piragüismo e kayak
TEMA 2: Fundamentos técnico-tácticos e didácticos dos deportes náuticos: remo e piragüismo	- Técnica básica do remo e do piragüismo - Fases da palada no remo - Técnica básica de banco fixo - Técnica básica de banco móvil - Defectos técnicos mais frecuentes no remo - Técnica básica do piragüismo - Maniobras no piragüismo. Transporte, vuelco e vaciado. De equilibrio e conducción. De propulsión e combinadas - A palada en kayak. Fases da palada. Exercicios e corrección de erros. - Fundamentos tácticos: . A regata. Tipos. Partes . A estratexia - Postos específicos: . Postos específicos no remo de banco fixo . Postos específicos no remo de banco móvil . Postos específicos no piragüismo
TEMA 3: Estructura formal e funcional dos deportes náuticos: remo e do piragüismo	- Modalidades e especialidades - Categorías - Distancias de competición - Características das embarcacións - Características do sistema de masas - Distancias e tempos de competición - Frecuencia de palada en competición - Relación distancia/tempo de competición/tipo de esforzo - Tipos de competicións no remo e no piragüismo: . En función do recorrido . En función do sistema de competición . Programa olímpico
TEMA 4: O proceso de iniciación deportiva nos deportes náuticos	- Didáctica do remo e do piragüismo: . Ensinanza e aprendizaxe . Iniciación e metodoloxía . Etapas de formación - O medio acuático: . Natural: ríos, lagos, mar . Artificiais: pantanos, pistas . Normas de seguridade . Variables medioambientais externas
TEMA 5: Os deportes náuticos na súa vertiente recreativa e de rendemento	- Aspectos recreativos - O club. Organización - Aspectos de rendemento: . Tecnoloxía aplicada . Materiais - Estructura biomecánica do remo e do piragüismo

Planificación

	Class hours	Hours outside the classroom	Total hours
Lección maxistral	22	3	25
Prácticas de laboratorio	26	20	46

Traballo tutelado	1	0	1
Seminario	0	12.5	12.5
Prácticas con apoio das TIC (Repetida, non usar)	0	26	26
Exame de preguntas obxectivas	1	14.5	15.5
Informe de prácticas, prácticum e prácticas externas 4		20	24

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

Metodoloxía docente	
	Description
Lección maxistral	Exposición por parte do profesor dos contidos teóricos sobre a materia obxecto de estudo.
Prácticas de laboratorio	Actividades de aplicación dos coñecementos a situacións concretas e de adquisición de habilidades básicas e procedimentais relacionadas coa materia. Desenvólvense no río Lérez.
Traballo tutelado	O estudante, de maneira individual elabora unha memoria de prácticas sobre a materia.
Seminario	Entrevistas que o alumnado mantén co profesorado da materia para asesoramento/desenvolvemento de actividades da mesma e do proceso de aprendizaxe.
Prácticas con apoio das TIC (Repetida, non usar)	Actividades de aplicación dos coñecementos a situacións concretas e de adquisición de habilidades básicas e procedimentais relacionadas coa materia a través das TIC e de xeito autónomo.

Atención personalizada	
Methodologies	Description
Seminario	Enténdese por atención personalizada o tempo que se reserva para atender e resolver as dúbidas do alumnado en relación a materia. As sesións de tutorización poderanse realizar por medios presenciais (despacho 217) ou ben telemáticos: correo electrónico ou despachos virtuais dos profesores a través do Campus Remoto, baixo a modalidade de cita previa: Profesor Ramón Rial Fernández (Remo) Sala 2138. Profesor Pablo Tenreiro Varela (Piragüismo) Sala 2540.

Avaliación		Qualification	Training and Learning Results
	Description		
Prácticas de laboratorio	METODOLOXIAS DE AVALIACIÓN CONTÍNUA: Polo carácter da materia, haberá que participar activamente como mínimo no 85% das sesións prácticas de remo e no 85% das sesións prácticas de piragüismo como requisito previo para ter dereito a avaliación continua da parte práctica da materia (a participación debe ser activa, de forma que se o alumno/a asiste á sesión pero non interven nas actividades propostas, a asistencia non será contabilizada). Isto supón que o tope máximo de faltas (enfermidade, lesión, asuntos persoais, etc.) é de 2 entre remo e piragüismo (unha a remo e unha a piragüismo ou ao revés: unha a piragüismo e unha a remo), non podendo de ningunha maneira faltar a 2 prácticas de cada unha das dúas disciplinas (2 faltas a remo ou 2 faltas a piragüismo). As prácticas supoñen o 40% da cualificación final e realizaránse no río Lérez (tamén poderá facerse algunha práctica en terra nos ergómetros). A avaliación da docencia práctica realizarase de forma continua mediante o control de asistencia diaria do alumnado con participación activa e a observación sistemática por parte do profesor do seu rendemento e o nivel técnico acadado ao longo do cuatrimestre (avaliarase o transporte do material, o seu axuste, o manexo e maniobrabilidade técnica da embarcación, etc.). A cualificación será de 0 a 10 puntos e haberá que acadar como mínimo 5 puntos para superar este apartado. O profesor pasará un parte diario de firmas de asistencia ás prácticas de laboratorio e ademais o día de presentación da materia, proporcionará unha ficha ao alumnado para que a devolvan ó profesor coa súa fotografía e os datos pertinentes, dentro da primeira semana de comenzo das prácticas.	40	B7 C1 B10 C8 B13 C9 B23 C10 B24 B25 B26
Exame de preguntas obxectivas	Encamiñada a avaliar a integración dos contidos teóricos por parte do alumnado. Enténdese tamén por contido teórico calquera explicación ou concepto que se manexe nas sesións prácticas. Esta proba realizarase na data oficial e constará de 50 preguntas tipo test (25 de remo e 25 de piragüismo) con 4 opcións de resposta, sendo obrigatorio responder a todas as preguntas; as respostas erróneas non descontarán. A cualificación será de 0 a 10 puntos e haberá que acadar como mínimo 5 puntos para superar este apartado.	25	B7 C1 B10 C8 B14 C9 B24 C10

Informe de prácticas, prácticum e prácticas externas	Ao rematar primeiro as prácticas de remo e logo as de piragüismo o alumnado, de xeito individual, deberá presentar unha memoria de todas as prácticas feitas. Para elaborar esta memoria o profesorado facilitará un modelo tipo de ficha o primeiro día das prácticas de laboratorio. Para completar este informe, o profesor, antes de comenazar cada sesión práctica, indicará brevemente no pantallán ao alumnado os obxetivos, características, contidos, etc. da mesma e os alumnos deberán tomar as notas oportunas; do mesmo xeito o alumnado ao rematar a sesión e traballando pola súa conta deberán completar a ficha. No caso de que os profesores detectasen que as memorias fosen copiadas entre dous ou mais alumnos ou alumnas, éstos deberán facer un traballo individual relacionado coa materia. Unha vez remate a parte práctica de remo habilitarase un espazo en Moovi cun tempo límite dunha semana para que o alumnado poida subir as memorias en formato PDF, e farase o propio cando rematen as prácticas de piragüismo (fora deste prazo non se admitirá ningunha memoria). A cualificación será de 0 a 10 puntos e haberá que acadar como mínimo 5 puntos para superar este apartado.	35	B7 C1 B10 C8 B12 C10 B23 B26
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Other comments on the Evaluation

Observacións: Unha vez cumprido o requisito de asistencia a un mínimo do 85% con participación activa ás prácticas tanto de remo como de piragüismo, a cualificación final do alumno/a será a nota media ponderada de cada un dos tres apartados (40%-25%-35%) sempre coa premisa de haber alcanzado unha puntuación mínima de 5 en cada un dos tres apartados. Se o alumno non chega a 5 en calquera dos tres apartados a súa cualificación na nota final será de suspenso. A cualificación positiva de unha ou dúas partes conservarase únicamente ata a seguinte convocatoria de xuño/xullo. De non ter superada a materia na primeira convocatoria, as competencias non adquiridas serán avaliadas na convocatoria de xuño/xullo.

METODOLOXÍAS DE AVALIACIÓN GLOBAL:

Aqueles alumnos/as que non cumprisen co requisito previo de asistir a lo menos ao 85% das prácticas con participación activa tanto a remo como a piragüismo ou ben figuren como non presentados/as dentro do cuatrimestre, non poderán acollerse a modalidade de avaliación continua e terán que acollerse obrigatoriamente á modalidade de Avaliación Global. Nesta modalidade terán que facer un exámen práctico da materia na data oficial, polo que se lles recomenda que previamente fagan as pertinentes prácticas en algún club de remo e/ou piragüismo (esta proba ponderará un 50%); ademais deberán superar o exámen teórico da materia (que ponderará un 25%) e realizar un traballo individual consistente na elaboración dunha progresión didáctica para a aprendizaxe do remo e do piragüismo (que ponderará un 25%). As pautas de devandito traballo, serán facilitadas polos profesores.

As datas oficiais dos exames pódense consultar na web da facultade na ligazón <http://fcced.uvigo.es/gl/docencia/exames>.

Bibliografía. Fontes de información

Basic Bibliography

- Molina Castillo, C., **Remo de Competición**, 1ª ed, Wanceulen, 1997
- Bennett, Jeff, **Manual del kayakista de aguas bravas**, 1ª ed, Paidotribo, 2001
- De Bergia Cervantes, E. y otros, **Iniciación al Piragüismo**, 1ª ed, Gymnos, 1997
- Isorna-Folgar, M. y otros, **Entrenamiento en piragüismo de aguas tranquilas: avances para la mejora en preparación física, técnica, táctica, psicológica, nutricional y tecnológica**, 1ª ed, 2.0 Editora, 2014
- Francisco García, José Manuel y García Soidán, José Luis, **Iniciación al Remo**, 1ª ed, Xunta de Galicia (Secretaría Xeral para o Deporte), 1991
- Francisco García, José Manuel, **Remo de Banco Fijo**, 1ª ed, Lea, 1996
- Silva Alonso, Telmo, **Entrena remo apoyándote en la ciencia**, 1ª ed, Uno Editorial, 2023

Complementary Bibliography

- Briones Pérez de La Blanca, Enrique, **Remo: Entrenamiento de Base y de Elite**, 1ª ed, Wanceulen, 1990
- Escuela Nacional de Entrenadores, **Apuntes del Curso Nacional de Entrenador de Club: Bloque Específico**, F.E.R., 2002
- Sánchez Hernández, J.L. y otros, **Piragüismo I**, Comité Olímpico Español, 1993
- Sánchez Hernández, J.L. y otros, **Piragüismo II**, Comité Olímpico Español, 1993

Recomendacións

IDENTIFYING DATA				
Lifesaving and its teaching				
Subject	Lifesaving and its teaching			
Code	P02G050V01912			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3rd	1st
Teaching language	#EnglishFriendly Spanish Galician			
Department				
Coordinator	Barcala Furelos, Roberto Jesús			
Lecturers	Barcala Furelos, Roberto Jesús			
E-mail	roberto.barcala@uvigo.es			
Web	http://http://remoss.webs.uvigo.es/			
General description	(*)Materia para a formación especializada en salvamento e socorrismo acuático e nos primeiros auxilios.			

Training and Learning Results

Code	
A1	Students will have shown they have sufficient knowledge and understanding of an area of study, starting after completion of general secondary education, and normally reaching a level of proficiency that, being mostly based on advanced textbooks, will also include familiarity with some cutting-edge developments within the relevant field of study.
A2	Students will be able to apply their knowledge and skills in their professional practice or vocation and they will show they have the required expertise through the construction and discussion of arguments and the resolution of problems within the relevant area of study.
A3	Students will be able to gather and interpret relevant data (normally within their field of study) that will allow them to have a reflection-based considered opinion on important issues of social, scientific and ethical nature.
A4	Students will be able to present information, ideas, problems and solutions both to specialist and non-specialist audiences.
A5	Students will acquire the learning skills that are required to pursue further studies with a high degree of independence.
B3	Knowledge and compression of the physiological factors and biomechanics that determine the practice of the physical activity and the sport
B11	Knowledge and comprehension of the ethical beginning necessary for the correct professional exercise.
B20	Aptitude to identify the risks that stem for the health of the practice of physical inadequate activities.
B23	Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity.
B24	Action inside the ethical beginning necessary for the correct professional exercise.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.
C1	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical activity and the sport with attention to the individual and contextual characteristics of the persons.
C10	Aptitude to identify the risks, which stem for the health of the sportsmen, of the inadequate practice of physical activities in the context of the sports training
C15	Aptitude to identify the risks that stem for the health of the development of the physical inadequate activities between the population who realizes physical practice orientated to the health
C17	Aptitude to plan, to develop and control the accomplishment of programs of physical - sports activities orientated to the health
C23	Aptitude to identify and value the risks that could stem from the use of the equipments and sports facilities
C26	Aptitude to select the material and sports equipment adapted for every type of physical - sports recreative activity
C29	Aptitude to identify the risks that stem for the health, of the practice of physical inadequate activities in the medical instructors of physical - sports recreative activity

Expected results from this subject

Expected results from this subject	Training and Learning Results
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New	A1	B3	C1
	A2	B11	C10
	A3	B20	C15
	A4	B23	C17
	A5	B24	C23
		B25	C26
		B26	C29

Contents

Topic	
1.- The prevention of accidents in the physical activity and the education. Installations and natural aquatic spaces.	1.1. Prevention of accidents in natural aquatic spaces. 1.2. Warn accidents or situations of emergency in aquatic installations, looking after the security of the users.
2.- Lifesaving and first aids in sports sciences	2.1. First responder in incidents in aquatic environments. Behaviours for prevention. 2.2. Drowning grades 2.2. ABCD approach 2.3. Cardiopulmonary resuscitation 2.4. Airway obstruction 2.5. Treatment of the traumatic patient 2.6. First aids for lifeguards and first responders. 2.7. First aids in Covid-19 Era
3.- Lifesaving - water rescue	3.1. Rescue of rugged in natural aquatic spaces. 3.2. Rescue of people in case of accident or situation of emergency in aquatic installations.
4.- Didactic of lifesaving	4.1. Process of education learning of the skills of swimming adapted to lifesaving. 4.2. Process of education learning of the mechanisms of prevention. 4.3. Process of education learning of the skills of a water rescue. 4.4. Process of education learning of the first aids.

Planning

	Class hours	Hours outside the classroom	Total hours
Workshops	10	7.5	17.5
Simulation	11.5	20	31.5
Mentored work	1	40	41
Lecturing	10	0	10
Simulation or Role Playing	10	0	10
Simulation or Role Playing	10	0	10
Project	1	29	30

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

Methodologies

	Description
Workshops	Workshops for the learning of skills and technical referred to the content of the subject (essentially practical. The workshops of aquatic rescue will make in natural aquatic scenarios-beach or river)
Simulation	Clinical simulation of cases of study (virtual or not) of the contents of the subject (so much in beach as in swimming pool).
Mentored work	Supervised work/paper referred to the last block of contents of the subject. The student will have to elaborate a paper to way of project for the training in some community of the education, sport or rescue of each one of the units of the formative modules of lifesaving law document.
Lecturing	Presentation of the contents of the subject (virtual or not)

Personalized assistance

Methodologies	Description
Lecturing	The academic content will be available in Faitic, and will attend academic queries on the doubts of each content. This personalised attention will be through *tutorías virtual and/or face-to-face.
Mentored work	The supervise work will consist in the preparation of a dossier that will be presented in the shape of the project . The work will have a relation to the last subject of the contents. The students will receive support by part of the educational (telematic or face-to-face) for the correct follow-up of this work.

Assessment

Description		Qualification	Training and Learning Results
Simulation or Role Playing	Simulation 1. A water rescue test will be carried out in which specific life-saving techniques must be applied correctly (will be indicated before the exam and will attend to the contents of the subject). After the rescue, you should perform a 20-minute CPR reaching a value of at least 70%. The notes will be weighted in relation to the time and quality of the CPR. (40% of the evaluation)	40	A1 B3 C1 A2 B11 C10 A3 B20 C15 A4 B23 C17 A5 B24 C23 B25 C26 B26 C29
	Simulation 2. A clinical case linked to any of the contents of the subject (prevention, surveillance, rescue or first aid or a combination of several, both natural aquatic spaces and aquatic facilities) will be presented to be solved individually or in groups. (40% of the evaluation)		
Simulation or Role Playing	(*)Simulación 2. Presentarase un caso clínico ligado a calquera dos contidos da materia (prevención, vixilancia, salvamento ou primeiros auxilios ou unha combinación de varios, tanto espazos acuáticos naturais como instalacións acuáticas) para ser resolto individualmente ou en grupo. (40% da nota)	40	
Project	Preparation and presentation of an audiovisual project for the teaching of any of the modules of the certificates of professionalism related to first aid and / or project for the teaching of some associated content in a population linked to sports or education. (10% of the evaluation)	10	A2 B26 C1 A3 A4

Other comments on the Evaluation

GLOBAL ASSESSMENT

The evaluation will be eminently practical. The theoretical contents will be evaluated and integrated into the practical simulation. If the simulation is carried out in a group, the evaluation will always be individual. This evaluation will consist of a set of tests related to first aid and another set of tests related to aquatic rescue. The presentation of the project may be individual up to a maximum of 5 participants. In the case of being a group, all participants will receive the same grade and therefore weighting in the project. This project may also be integrated into the evaluative part of the simulation, as long as the students have attended regularly and with prior agreement with the teacher of the subject. It will be necessary to reach at least 50% of the percentage for each of the two evaluation tests (pass both parts). If a part is suspended, THE QUALIFICATION FOR THE NEXT CALL FOR THE SIMULATION OR ROLE PLAYING TEST WILL NOT BE KEPT.

CONTINUOUS ASSESSMENT

The same as the global evaluation but deferred throughout the academic year

Sources of information

Basic Bibliography

Biernes, J., **Handbook on Drowning Prevention, Rescue, Treatment**, Springer, 2014

Fernández F., Palacios J., Barcala R, Oleagordia A., **Primeros auxilios y socorrismo acuático. Prevención e intervención**, Paraninfo, 2008

David Szpilman, M.D., Joost J.L.M. Bierens, M.D., Ph.D., Anthony J. Handley, M.D., and James P. Orlo, **Drowning**, N Engl J Med, 2012

Complementary Bibliography

PUBMED,

SCOPUS,

Recommendations

Subjects that continue the syllabus

Specialisation in individual sports/P02G050V01907

Other comments

It is recommended that students have neoprene as many practices will be carried out in a natural environment.

It is recommended that if there is a pre-existing health condition that may pose a risk for intense and extreme water activities (such as heart disease, epilepsy, dizziness, etc.) you choose another subject with less risk or evaluate your risk through medical advice.

If the student who presents a pathology that could be potentially dangerous for this subject, decides to take it, he should contact the occupational risk prevention service so that together with the teacher he can adopt the specific preventive measures for the personal situation.

This subject involves intense practical activity in unstable environments. The student in their enrollment must assess her physical abilities and limitations, as well as her previous swimming level, tolerance to hypothermia or emotional coping with simulated situations related to aquatic / sports emergencies.
