



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280312 **Name:** Didactics and Methodology of Sports and Physical Activity

Credits: 6,00 ECTS **Year:** 3 **Semester:** 1

Module: 3) Specific Obligatory Formation Module.

Subject Matter: Teaching of Physical Education and Sports. **Type:** Obligatoria

Branch of knowledge: Health Sciences

Department: -

Type of learning: Classroom-based learning

Language/-s in which it is given: Spanish

Teachers:

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Module organization

3) Specific Obligatory Formation Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Physical activity and physical exercise for health and with special populations.	12	Physical Activity and Health	6	3/1
		Prescription and Programmes for Healthy Lifestyles	6	4/1
Physical exercise, fitness and sports physical training.	18	Assessment of Biological Condition	6	4/1
		Planning and Methodology of Training in PA	6	3/2
		Prevention and Rehabilitation of Injuries in PA	6	4/1
Teaching of Physical Education and Sports.	18	Design, Evaluation and Intervention in Educational Programmes	6	4/1
		Didactics and Methodology of Sports and Physical Activity	6	3/1
		Social Morality and Professional Deontology	6	4/1
Sports organization and management.	12	Sports Marketing	6	3/2
		Sports Training Planning and Organisation	6	3/1



Learning outcomes

Al finalizar la asignatura, el estudiante deberá demostrar haber adquirido los siguientes resultados de aprendizaje:

R1 - Design and implement didactic units and physical-sports programs, along with assessment tools, in both formal and non-formal educational contexts, addressing diversity.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Adapt the educational intervention to the individual characteristics and needs for the entire population and with emphasis on special populations such as: schoolchildren, older people (seniors), people with reduced mobility and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
- Articulate and deploy procedures, processes, protocols, own analysis, with rigor and scientific attitude on matters of a social, legal, economic, scientific or ethical nature, when necessary and relevant in any professional sector of physical activity and sport (formal education and informal physical-sports; physical and sports training; physical exercise for health; direction of physical activity and sport).
- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Know, prepare and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations of professional practice of Graduates in Physical Activity and Sports Sciences, in any professional sector of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; as well as being able to develop multidisciplinary work
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.



- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).

Type of AR: Competencias

- Know and know how to apply ethical and deontological principles and social justice in professional performance and involvement, as well as have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with which improvement, excellence, quality and efficiency are intended.

R2 - Organize, structure, implement, and adapt Physical Education sessions, considering motor, cognitive, affective, and social development levels while attending to individual needs.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Adapt the educational intervention to the individual characteristics and needs for the entire population and with emphasis on special populations such as: schoolchildren, older people (seniors), people with reduced mobility and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.

- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.

- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.

- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).



R3 - Recognize, assess, and evaluate physical-sports activities through practical sessions within the educational context.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Adapt the educational intervention to the individual characteristics and needs for the entire population and with emphasis on special populations such as: schoolchildren, older people (seniors), people with reduced mobility and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
 - Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
 - Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
 - Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
 - Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.
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R4 - Select and apply different learning methodologies based on group characteristics in various educational settings.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Adapt the educational intervention to the individual characteristics and needs for the entire population and with emphasis on special populations such as: schoolchildren, older people (seniors), people with reduced mobility and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
 - Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
 - Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
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- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.
- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).

R5 - Interpret and apply legal frameworks at different levels of specificity within the educational domain.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Adapt the educational intervention to the individual characteristics and needs for the entire population and with emphasis on special populations such as: schoolchildren, older people (seniors), people with reduced mobility and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.



- Know, prepare and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations of professional practice of Graduates in Physical Activity and Sports Sciences, in any professional sector of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; as well as being able to develop multidisciplinary work
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.
- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).

Type of AR: Competencias

- Analyze, diagnose and evaluate the elements, structure, situation and characteristics of all types of physical activity and sports organizations, as well as the legislative and legal elements linked to physical and sports activity.
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Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R1, R2, R3, R4, R5	50,00%	Written and/or practical tests.
R1, R2, R3, R4, R5	30,00%	Individual or Group Work / Project.
R1, R2, R3, R4, R5	20,00%	Exercises and Practices in the Classroom.

Observations

The student will be able to keep the assessment instruments passed for the 3 years following the first registration.

It is necessary to obtain 50% in all assessment instruments to pass the subject.

According to article 4.2. of the Guidelines for Assessment at the UCV, the limit of absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.

Attendance at all practical sessions indicated in the schedule is mandatory. Additionally, for this subject, if the student does not attend 70% of these, the student will fail the two sessions of the course, having to make them up in the following registration.

If the student does not meet any of these criteria, the student will be graded with a maximum of 4.5.

OTHER CLARIFICATIONS

Written/oral and/or practical tests

Final single exam. Written exam (40%). Multiple choice test (standard penalty system*) and/or essay questions, or practical case study.

Practical exam (10%) Conduct and evaluate a PE session.

Active participation

Completion of activities and tasks in the classroom (10%). Problem solving based on the subject



content. Completion of practical activities (10%). More specificity on the teaching platform.

Completion of a project

Individual or group submissions through the platform of:

- programming unit(s) (25%). Design of a programming unit in accordance with current educational legislation.

- planning of methodology session(s) (5%) This session is the one developed in the practical exam
More specificity on the teaching platform.

*Standard penalty system

No options = No subtraction

2 options = 1 wrong subtracts 100%

3 options = 1 wrong subtracts 50%

4 options = 1 wrong subtracts 33.3%

5 options = 1 wrong subtracts 25%

6 options = 1 wrong subtracts 20%

The detailed explanation (procedure for the assignments) as well as the evaluation tools (sheets or rubrics) for each section will be posted on each group's platform at the student's disposal.

Actividades formativas

The methodologies to be used so that the students reach the expected learning outcomes will be the following:

- M1 Attendance at practices.
- M2 Resolution of problems and cases.
- M3 Discussion in small groups.
- M4 Practical laboratories.
- M5 Presentation of content by the teacher.
- M6 Practical lesson.
- M7 Group dynamics and activities.



IN-CLASS TRAINING ACTIVITIES

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.	R1, R2, R3, R4, R5	Presentation of content by the teacher.	32,00	1,28
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity.	R1, R2, R3, R4, R5	Attendance at practices. Resolution of problems and cases. Discussion in small groups. Practical laboratories. Practical lesson. Group dynamics and activities.	12,00	0,48
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R1, R2, R3, R4, R5	Resolution of problems and cases.	8,00	0,32
TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works.	R1, R2, R3, R4, R5	Resolution of problems and cases. Discussion in small groups.	8,00	0,32
TOTAL			60,00	2,40



TRAINING ACTIVITIES OF AUTONOMOUS WORK

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring.	R1, R2, R3, R4, R5	Resolution of problems and cases. Group dynamics and activities.	40,00	1,60
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces.	R1, R2, R3, R4, R5	Resolution of problems and cases.	50,00	2,00
TOTAL			90,00	3,60



Description of contents

Descripción de contenidos necesarios para la adquisición de los resultados de aprendizaje.

Theoretical content:

Block of content	Contents
1 Specific teaching of Physical Education	1.1. Theoretical-contextual framework of Physical Education Didactics
2 Spanish Educational System and its curricular development	2.1. Levels of curricular specification. Organization of the center
3 Laws of Education	3.1. Legislative framework of the Spanish Education System
4 Elements of planning and their context	4.1. Elements of educational planning 4.2. Educational planning. Learning situations 4.3. Design and planning of programming units in PE
5 Methods for Teaching Physical and Sports Activities	5.1. Pedagogical models for teaching PE
6 The evaluation of physical and sports activities	6.1. The Evaluation of AF and Sports
7 Inclusion and diversity of students: measures for their attention	7.1. Attention to diversity in Physical Education
8 Technology for learning and knowledge in Physical Education	8.1. ICT in current PE



Temporary organization of learning:

Block of content	Sessions	Hours
1 Specific teaching of Physical Education	1	2,00
2 Spanish Educational System and its curricular development	2	4,00
3 Laws of Education	1	2,00
4 Elements of planning and their context	12	24,00
5 Methods for Teaching Physical and Sports Activities	8	16,00
6 The evaluation of physical and sports activities	2	4,00
7 Inclusion and diversity of students: measures for their attention	2	4,00
8 Technology for learning and knowledge in Physical Education	2	4,00



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