



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282056 **Name:** Sports in Nature: Specific Techniques

Credits: 4,50 ECTS **Year:** 4 **Semester:** 2

Module: 4) Optional Module.

Subject Matter: Sports in the Natural Environment **Type:** Optativa

Branch of knowledge: Health Sciences

Department: Physical-Sports Disciplines and Activities

Type of learning: Classroom-based learning

Language/-s in which it is given: Spanish

Teachers:

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Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Inclusive Activities and Practices	4	Inclusive Activities and Practices in the Areas of Education and Leisure Time	4	4/2
Anthropology.	12	Anthropology	6	3/1
		Science, Reason and Faith	6	3/2
Collective Sports	22	Basketball	4	4/2
		Football	4	4/2
		Handball	4	4/2
		Hockey	4	4/2
		Volleyball	4	4/2
Adversary Sports	18	Fencing	4	4/2
		Judo	4	4/2
		Paddle	4	4/2
		Tennis	4	4/2
Sports in the Natural Environment	4	Sports in Nature: Specific Techniques	4	4/2
Individual sports	22	Athletics	4	4/2



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Individual sports		Cycling	4	4/2
		Gymnastics	4	4/2
		Swimming	4	4/2
		Triathlon	4	4/2
Direction and Management of Gyms and Sports Centers	4	Gym and Sports Centre Management and Administration	4	4/2
Idiom	9	Inglés Avanzado para Ciencias Actividad Física y Deporte	4	4/2
		Inglés Intermedio para Ciencias Actividad Física y Deporte	4	4/2
Sports facilities	4	Sports Facilities	4	4/2
Research Methods and Techniques	4	Applied Research Methods and Techniques in Sport Sciences	4	4/2
Nutrition	4	Nutrition	4	4/2
Professional Itinerary Electives	27	Fitness and Physical Conditioning	6	4/1
		Pedagogy in Eduational Values in Sports and Physical Activity	6	4/1
		Skills, Entrepreneurship and Employment	3	4/2
		Sports Management of Human and Economic Resources	6	4/1



Professional Itinerary Electives		Theory and Practice of Training for High Performance in Sports	6	4/1
Trends in sports practices	4	Trends in Sports Practices	4	4/2
Social Skills and Group Dynamics	4	Social Skills and Group Dynamics	4	4/2



Learning outcomes

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

R1 - Correct and optimize the technical execution of tasks/exercises/technical movements related to sports in nature, providing appropriate feedback.

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.

- Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that encourage adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe by citizens with the purpose of improving their comprehensive health, well-being and quality of life, and with emphasis on special populations such as: older people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health or assimilated problems (diagnosed and/or prescribed by a doctor) taking into account gender and diversity.

Type of AR: Competencias

- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying mastery of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive bodily and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical education -sports; physical and sports training; physical exercise for health; direction of physical activity and sports).



R2 - Identify and transfer inherent values of sports in nature through responsible practices

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.
 - 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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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.
 - Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying mastery of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive bodily and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical education -sports; physical and sports training; physical exercise for health; direction of physical activity and sports).
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R3 - Analyze, critically evaluate, and engage in dialogue with diverse documentary information sources (in Spanish and English) from a multidisciplinary perspective regarding sports in natural environments.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that encourage adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe by citizens with the purpose of improving their comprehensive health, well-being and quality of life, and with emphasis on special populations such as: older people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health or assimilated problems (diagnosed and/or prescribed by a doctor) taking into account gender and diversity.
 - 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.
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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.
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R4 - Make decisions in natural environment sports, acting autonomously, safely, and in solidarity with peers.

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.
-



- Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that encourage adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe by citizens with the purpose of improving their comprehensive health, well-being and quality of life, and with emphasis on special populations such as: older people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health or assimilated problems (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.
- 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.

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.
- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying mastery of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive bodily and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical education -sports; physical and sports training; physical exercise for health; direction of physical activity and sports).

R5 - Evaluate sports facilities and spaces for accessibility, safety, and functional design, ensuring safe and healthy practice of sports in natural environments.

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.

- Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that encourage adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe by citizens with the purpose of improving their comprehensive health, well-being and quality of life, and with emphasis on special populations such as: older people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health or assimilated problems (diagnosed and/or prescribed by a doctor) taking into account gender and diversity.

Type of AR: Competencias

- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in a manner adequate, efficient, systematic, varied and methodologically integrated for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport.

R6 - Define and adapt physical-sports activities in natural environments with sustainability and environmental respect criteria applied to different groups

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

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- 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.

- 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.



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.



Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R1, R4, R5	40,00%	Written and/or practical tests.
R1, R2, R4, R5, R6	40,00%	Exercises and Practices in the Classroom.
R3, R6	20,00%	Oral tests or presentation.

Observations

- The student may keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is not necessary to obtain a minimum in the evaluation instruments, so the grades will be added together according to their weighting percentage.
- According to article 4.2. of the Guidelines for Evaluation at UCV, the limit of absences that can accommodate eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.
- If any of these criteria is not met, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written and/or practical tests

The evaluation system of the subject is cumulative, so the grades obtained in the different partial exams are independent and are added together. The organization will be as follows:
(30%) Partial exam of the practical contents of the subject (knots, maneuvers, techniques applied to different sports). A first partial exam may be taken to eliminate material for the final practical exam. Date according to schedule. The student will be given a worksheet with different



techniques/maneuvers that can be performed, and a maximum time of 20 minutes to perform as many maneuvers as possible. Each maneuver will be given a score depending on its complexity. The final grade will be the sum of each maneuver performed.(10%) Theoretical-practical exam of the rest of the contents of the course on the dates of the official call . It is a multiple-choice exam: True or False. The standard penalty system will be 1 wrong subtract 100%.

Exercises and practices in the classroom

The participation in the different tasks carried out in class will be reflected in the session card in which the contents worked on will be indicated and a reflection on the participation will be made.

Oral tests or exposition

Oral exposition of one of the projects or contents of the subject. The student will have 5-10 minutes to make the presentation to the class. To be able to make the presentation it will be necessary to have done at least 1 tutorial with the teachers.

The detailed explanation (procedure of the tasks) as well as the evaluation instruments (cards or rubrics) of each section will be published in the platform of each group 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:

- M2 Resolution of problems and cases.
- 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, R5, R6	Presentation of content by the teacher.	6,00	0,24
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	Resolution of problems and cases. Presentation of content by the teacher. Practical lesson. Group dynamics and activities.	33,00	1,32
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, R5, R6	Resolution of problems and cases.	4,00	0,16
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.	R3	Resolution of problems and cases. Group dynamics and activities.	2,00	0,08
TOTAL			45,00	1,80



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, R6	Resolution of problems and cases. Group dynamics and activities.	20,00	0,80
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.	R6	Resolution of problems and cases.	47,50	1,90
TOTAL			67,50	2,70



Description of contents

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

Theoretical content:

Block of content	Contents
BLOCK 1	Theoretical and practical fundamentals of sports in the natural environment (DMN)
BLOCK 2	Ropes and rope handling applied to different NMD's.
BLOCK 3	Low and medium mountain sports: specific techniques
BLOCK 4	Water sports: specific techniques
BLOCK 5	Safety and complementary training in NMD
BLOCK 6	Research and project management in NMD



Temporary organization of learning:

Block of content	Sessions	Hours
BLOCK 1	4	6,00
BLOCK 2	4	6,00
BLOCK 3	12	18,00
BLOCK 4	2	3,00
BLOCK 5	4	6,00
BLOCK 6	4	6,00



References

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