



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282069 **Name:** Paddle

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

Module: 4) Optional Module.

Subject Matter: Adversary Sports **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:

OAC3

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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 |



| | | | | |
|---|----|---|---|-----|
| 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 |



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|----------------------------------|---|--|---|-----|
| 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 - Describe and identify the internal logic of the paddle sport through the analysis of its functional structure and sociocultural elements.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- 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.
- Identify, organize, direct, plan, coordinate, implement and carry out technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, with the purpose of achieving safe, efficient and healthy physical and sports activities, adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis on special populations and guaranteeing safety, efficiency and professionalism in the activity carried out in compliance with current regulations.
- 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.



- 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.

R2 - Understand, correct, and optimize the technical execution of different strokes specific to paddle sports, providing appropriate feedback using various methodologies.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- 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.
- Know how to promote, advise, design, apply and technically-scientifically evaluate physical activity, physical exercise and sport programs that are appropriate and varied, adapted to the needs, demands and individual and group characteristics of the entire population, and with emphasis on older people. (seniors), the female gender and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor).
- 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.



- 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.

- 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).

R3 - Describe and practically prioritize the configurative elements of each structure (coordination, cognitive, conditional, socio-affective, and emotive-volitional) in paddle sports across different ages and contexts.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- 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 how to promote, advise, design, apply and technically-scientifically evaluate physical activity, physical exercise and sport programs that are appropriate and varied, adapted to the needs, demands and individual and group characteristics of the entire population, and with emphasis on older people. (seniors), the female gender and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor).



- 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).

R4 - Design and implement tasks, sessions, and programs for developing various capacities and skills specific to paddle sports in different ages and contexts.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- 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.
- Identify, organize, direct, plan, coordinate, implement and carry out technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, with the purpose of achieving safe, efficient and healthy physical and sports activities, adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis on special populations and guaranteeing safety, efficiency and professionalism in the activity carried out in compliance with current regulations.
- Know how to promote, advise, design, apply and technically-scientifically evaluate physical activity, physical exercise and sport programs that are appropriate and varied, adapted to the needs, demands and individual and group characteristics of the entire population, and with emphasis on older people. (seniors), the female gender and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor).
- 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.

- 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.

- 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 - Apply assessment procedures and instruments to determine the acquisition level of paddle sports skills across different ages, oriented toward health and contexts.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas



- 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.
- Know how to promote, advise, design, apply and technically-scientifically evaluate physical activity, physical exercise and sport programs that are appropriate and varied, adapted to the needs, demands and individual and group characteristics of the entire population, and with emphasis on older people. (seniors), the female gender and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor).
- 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.
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Assessment system

Modalidad presencial

| Assessed learning outcomes | Granted percentage | Assessment tool |
|----------------------------|--------------------|---|
| R1, R2, R3, R4, R5 | 30,00% | Written and/or practical tests. |
| R1, R2, R3 | 20,00% | Individual or Group Work / Project. |
| R1, R2, R3, R4, R5 | 15,00% | Exercises and Practices in the Classroom. |
| R1, R2, R3, R4, R5 | 20,00% | Oral tests or presentation. |
| R1, R2, R3 | 15,00% | Non-face-to-face autonomous work. |

Observations

- The student may keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is necessary to obtain a 50% in all the evaluation instruments to pass the course.
- According to article 4.2. of the UCV Evaluation Guidelines, the limit of absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.



- Attendance to all practical sessions indicated in the schedule is compulsory. Additionally for this subject, in case of not attending 75% of these, the student will fail the two calls of the course, having to recover them in the following enrollment.

- In case of not complying with any of these criteria, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Individual/group work/project

This evaluation instrument quantifies the students' ability to develop and present two different projects or works as a group. First, one related to the rules of the sport and, secondly, the technical and tactical analysis of a particular stroke of the sport of paddle, as well as a subsequent practical approach illustrative of: how to teach the stroke, how to raise a methodological progression for teaching at different ages and levels, how to identify the most common errors, etc..

Oral tests or exposition

The development of the two works mentioned above will be presented to the rest of the classmates, so both the content of the papers and their presentation will be evaluated.

Written and/or practical tests

This evaluation instrument tries to measure the theoretical knowledge and its practical application on the contents of the subject. It consists of a test-type questionnaire made up of questions with 2, 3 or 4 valid answer options. Each error may subtract 1 correct, 0.5 or 0.33 correct respectively.

Exercises and classroom practice

Development of classroom activities through moodle platform and practical sessions guided by the teacher in which the achievement of the objectives set in the different sessions will be measured.

These activities will be developed in the classroom since they will be linked to the information and/or documentation worked in the different theoretical-practical sessions.

Non-attendance autonomous work

The autonomous work of the student on the materials made available by the teacher will be evaluated. The documents will be delivered and evaluated by the teacher through the Moodle tool.

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, R3, R4, R5 | Resolution of problems and cases. Presentation of content by the teacher. Group dynamics and activities. | 14,50 | 0,58 |
| 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, R4, R5 | Resolution of problems and cases. Presentation of content by the teacher. Practical lesson. Group dynamics and activities. | 24,80 | 0,99 |
| 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 | Resolution of problems and cases. Group dynamics and activities. | 4,00 | 0,16 |



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|---|---------------|--|-------------|-------------|
| <p>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.</p> | <p>R2, R4</p> | <p>Resolution of problems and cases.</p> | <p>1,70</p> | <p>0,07</p> |
|---|---------------|--|-------------|-------------|

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|--------------|--------------|-------------|
| TOTAL | 45,00 | 1,80 |
|--------------|--------------|-------------|

TRAINING ACTIVITIES OF AUTONOMOUS WORK

| ACTIVITY | RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES | METHODOLOGY | HOURS | ECTS |
|----------|--|-------------|-------|------|
|----------|--|-------------|-------|------|

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|--|---------------------------|---|--------------|-------------|
| <p>GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring.</p> | <p>R1, R2, R3, R4, R5</p> | <p>Resolution of problems and cases. Group dynamics and activities.</p> | <p>25,00</p> | <p>1,00</p> |
|--|---------------------------|---|--------------|-------------|

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|--|---------------------------|--|--------------|-------------|
| <p>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.</p> | <p>R1, R2, R3, R4, R5</p> | <p>Resolution of problems and cases.</p> | <p>42,50</p> | <p>1,70</p> |
|--|---------------------------|--|--------------|-------------|

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|--------------|--------------|-------------|
| TOTAL | 67,50 | 2,70 |
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Description of contents

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

Theoretical content:

| Block of content | Contents |
|------------------|---|
| BLOCK 1 | History, evolution and current situation of paddle tennis |
| BLOCK 2 | The rules of the game |
| BLOCK 3 | The playing space and paddle materials |
| BLOCK 4 | Technical aspects: grip, strokes and effects |
| BLOCK 5 | Tactical aspects: positioning and other tactical elements |

Temporary organization of learning:

| Block of content | Sessions | Hours |
|------------------|----------|-------|
| BLOCK 1 | 3 | 4,50 |
| BLOCK 2 | 5 | 7,50 |
| BLOCK 3 | 5 | 7,50 |
| BLOCK 4 | 10 | 15,00 |
| BLOCK 5 | 7 | 10,50 |



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