



## Information about the course

**Degree:** Bachelor of Sciences of Physical Activity and Sport

**Faculty:** Faculty of Physical Activity and Sport Sciences

**Code:** 280214 **Name:** Physical Activity in Nature

**Credits:** 6,00 ECTS **Year:** 2 **Semester:** 2

**Module:** 2) Obligatory Formation module

**Subject Matter:** Manifestations of human motor skills **Type:** Obligatoria

**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

### 2) Obligatory Formation module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Manifestations of human motor skills	18	Body Language	6	1/1
		Perceptual Motor Skills	6	1/2
		Physical Activity in Nature	6	2/2
Sports Fundamentals	42	Adapted Sport and Inclusive Physical Activity	6	2/2
		Adversary Sports	6	2/1
		Individual Sports	6	2/1
		Motor Learning and Development	6	1/1
		Native Sports and Games	6	1/2
		Team Sports	6	2/2
		Training Theory and Practice in PA	6	2/2



## Learning outcomes

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

R1 - Experiment, contrast, and manage resources related to different physical-sports activities 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.
- 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.
- 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



- 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 - Analyze and promote physical-sports activities in natural settings across different contexts, fostering a society with values of justice, sustainability, and co-responsibility.

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.

- 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).

- 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.

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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 - Identify and promote favorable learning environments for nature-based activities.

Learning outcomes of the specified title

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### 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.
- 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.
- 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.
- 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).

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### **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).
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R4 - Design and implement tasks, sessions, and programs to develop various capacities and skills specific to games and sports in natural environments, considering diversity in age and context.

Learning outcomes of the specified title

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**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.
- 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.
- 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, 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).

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

Learning outcomes of the specified title

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### **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.
- 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, 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
- 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).
- Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduate in Physical Activity and Sports Sciences as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the purposes and benefits of physical activity and sport in an adequate, safe, healthy and efficient manner in all physical-sports services offered and provided and in any professional sector of physical activity and sport.

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### **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.



- 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).



## Assessment system

### Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R2, R3, R4	40,00%	Written and/or practical tests.
R1, R2, R4	10,00%	Individual or Group Work / Project.
R1, R4	15,00%	Exercises and Practices in the Classroom.
R1, R2	15,00%	Diary, Portfolio or Notebook.
R1, R2, R3, R4, R5	20,00%	Oral tests or presentation.

### Observations

- The student will be able to keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is necessary to obtain a 50% in the following evaluation instruments to pass the course:
- Oral tests or exposition.
- 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**

### **Individual/group work/project**

One or several projects of the contents of the subject may be carried out: models, book readings, curricular materials, etc.

### **Written and/or practical tests**

The evaluation system of the course is cumulative, so the grades obtained in the different partial exams are independent and are added together.

The organization of this section will be as follows, divided into two parts:

(10%) Practical partial exam (rope access, climbing, etc.). Date according to schedule.(30%)

Theoretical-practical exam of the rest of the contents of the course on the dates of the official call . It consists of two parts:

Type test: True or False. The standard penalty system will be 1 wrong subtracts 100%.Short questions of interpretation and development: both theoretical and practical application of knowledge.

### **Exercises and classroom practice**

This section may be divided into two different parts:

Participation in the different tasks performed in class or through the UCVnet platform .Participation in the different sessions carried out and evaluated by the student.

### **Journal, Portfolio or Notebook**

Making of an individual diary/portfolio containing the evidences, descriptions and reflections of each of the seminars and/or extra activities that the students have done during the course of the course. Activities that can be included in the journal/portfolio are:

The active and respectful participation in one of the seminars offered (summer / winter) and whose explanation will be detailed on the platform.The realization of extra activities (orienteering race, mountain race, surfing, paddle surfing, hiking, climbing, canyoning, CADU's related to the subject, etc. to be specified with the teacher), prior information / validation of the teacher and meeting the minimum detailed in the explanatory document posted on the platform.

### **Oral tests or exposition**

Oral presentation of one of the projects or contents of the course.

*The detailed explanation (procedure of the tasks) as well as the evaluation instruments (cards or rubrics) of each section will be published on the platform of each group available to the student.*



## 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
<b>THEORETICAL CLASS:</b> 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.	8,00	0,32



<p><b>PRACTICAL CLASS / SEMINAR:</b> 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.</p>	R1, R2, R3, R4, R5	Attendance at practices. Practical laboratories. Practical lesson.	46,00	1,84
<p><b>EVALUATION:</b> Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.</p>	R1, R2, R3	Resolution of problems and cases. Group dynamics and activities.	4,00	0,16
<p><b>TUTORING:</b> 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>	R1, R2, R4	Presentation of content by the teacher.	2,00	0,08
<b>TOTAL</b>			<b>60,00</b>	<b>2,40</b>



## 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	Discussion in small groups. Group dynamics and activities.	30,00	1,20
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, R5	Practical lesson. Group dynamics and activities.	60,00	2,40
<b>TOTAL</b>			<b>90,00</b>	<b>3,60</b>



## 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 the AFMN.
BLOCK 2	Physical-sports activities on land: basic disciplines.
BLOCK 3	Land physical-sport activities of rope handling: basic maneuvers.
BLOCK 4	Winter physical-sports activities: basic fundamentals.
BLOCK 5	Aquatic physical-sports activities: basic techniques.
BLOCK 6	Games and recreational activities in the natural environment.
BLOCK 7	Sustainability in the AFMN.





## Temporary organization of learning:

Block of content	Sessions	Hours
BLOCK 1	5	10,00
BLOCK 2	10	20,00
BLOCK 3	5	10,00
BLOCK 4	2	4,00
BLOCK 5	4	8,00
BLOCK 6	2	4,00
BLOCK 7	2	4,00



## References

### BASIC REFERENCES:

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WEBS:



<http://www.femecv.com> <http://www.fedme.es> <http://www.fedocv.org>  
<http://www.fedo.org> <http://www.revistatrail.com>  
<http://www.sporttraining.es>  
<http://www.altorendimiento.com>  
<http://www.cienciaydeporte.net> <http://revistaeducacionfisica.com/> <http://www.barrabes.com/actualidad/actualidad.asp>  
Programa de Televisión Temps d'Aventura de Canal 33: <http://www.ccma.cat/tv3/temps-aventura/>  
Programa de Televisión Evasión de RTVE: <http://www.rtve.es/alicarta/videos/evasion/>  
Revista Alternativa de montaña: <http://www.betijuelo.net/>  
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