



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280313 **Name:** Sports Training Planning and Organisation

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

Module: 3) Specific Obligatory Formation Module.

Subject Matter: Sports organization and management. **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:

R6 - Diagnose the situation of a sports organization and its context.

Learning outcomes of the specified title

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.

R7 - Design and evaluate programs, events, and physical-sports activities based on their evolution and context.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- 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.



- Identify, organize, direct, plan, coordinate, implement, and carry out technical-scientific evaluation of the various types of physical and sports activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on special populations such as: older people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention in physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports) guaranteeing safety, efficiency and professionalism in the activity carried out in compliance with current regulations.

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.

R8 - Develop measurement systems to assess the success and viability of physical-sports projects and propose improvements.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Articulate and deploy advice, certification, and technical-scientific evaluation of physical and sports activities and resources in all physical activity and sports services, contexts, environments and sectors of professional intervention of physical activity and sports, as well as in the design and preparation of technical reports in all physical activity and sports services.

- 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.



- Identify, organize, direct, plan, coordinate, implement, and carry out technical-scientific evaluation of the various types of physical and sports activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on special populations such as: older people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention in physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports) guaranteeing safety, efficiency and professionalism in the activity carried out in compliance with current regulations.

R9 - Predict the evolution of organizations, needs, resources, and activities in various domains of physical activity and sports

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Articulate and deploy advice, certification, and technical-scientific evaluation of physical and sports activities and resources in all physical activity and sports services, contexts, environments and sectors of professional intervention of physical activity and sports, as well as in the design and preparation of technical reports in all physical activity and sports services.

- 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.

- Identify, organize, direct, plan, coordinate, implement, and carry out technical-scientific evaluation of the various types of physical and sports activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on special populations such as: older people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention in physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports) guaranteeing safety, efficiency and professionalism in the activity carried out in compliance with current regulations.



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.



Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R6, R7, R8, R9	40,00%	Written and/or practical tests.
R6, R7, R8, R9	40,00%	Individual or Group Work / Project.
R6, R7, R8, R9	20,00%	Non-face-to-face autonomous work.

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 the following assessment instruments to pass the subject:

- Written and/or practical tests.
- Individual or Group Work / Project

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%.

In case of not complying with 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. Multiple choice test and/or short questions. Standard penalty system*.

Completion of a project

Completion of individual or group work on strategic planning for an organization that provides sports services.

Independent work.



Completion and delivery of activities and questionnaires through 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 work) 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.
- 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
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THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.	R6, R7, R8, R9	Presentation of content by the teacher.	20,00	0,80
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.	R6, R7, R8, R9	Attendance at practices. Resolution of problems and cases. Discussion in small groups. Practical lesson. Group dynamics and activities.	32,00	1,28
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R6, R7, R8, R9	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.	R6, R7, R8, R9	Resolution of problems and cases. Discussion in small groups.	4,00	0,16
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.	R6, R7, R8, R9	Resolution of problems and cases. Discussion in small groups.	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.	R6, R7, R8, R9	Resolution of problems and cases.	60,00	2,40
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. The structure of the sports system and its organizations	Sports structures and their main characteristics and functions and the legislative framework that regulates them.
2. The sports legal system	Legislative framework that regulates the different national, regional and local sports organizations. Including: international organizations (such as WADA, CAS, IOC and international federations), national organizations regulated by the state sports law, professional regulation laws, and regional organizations and regulations regulated by the regional sports law.
3. Sports system: Concepts, pathways and management models	Identify the management areas of sports organizations and the regulations that affect them in different areas (elite, professional, school, etc.). Identify local sports management models.
4. The planning process in sports organizations	Culture in sports organizations. Diagnosis of the situation in sports organizations Design of plans, programs, projects and sports events Developing measurement systems in sports organizations



Temporary organization of learning:

Block of content	Sessions	Hours
1. The structure of the sports system and its organizations	4	8,00
2. The sports legal system	10	20,00
3. Sports system: Concepts, pathways and management models	4	8,00
4. The planning process in sports organizations	12	24,00



References

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- Cazorla, L. M. (1979) Deporte y Estado. Labor
- Cazorla, L. M. (1992) Derecho del deporte. Tecnos
- Comité Olímpico Internacional (1994) Carta Olímpica: Laussane
- Espartero, J. y Palomar, A. (2011) Titulaciones y profesiones en el ámbito del deporte. Revista jurídica de deporte y entretenimiento: deportes, juegos de azar, entretenimiento y música, nº 31
- Gamero, E. (Coordinador) (2012) Fundamentos de derecho deportivo (adaptado a estudios no jurídicos). Tecnos
- García Ferrando, M. (2009) Sociología del deporte. Alianza
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- Mestre, J. A. (2002). Planificación estratégica de la gestión de piscinas. Gymnos.
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