



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280412 **Name:** Prevention and Rehabilitation of Injuries in PA

Credits: 6,00 ECTS **Year:** 4 **Semester:** 1

Module: 3) Specific Obligatory Formation Module.

Subject Matter: Physical exercise, fitness and sports physical training. **Type:** Obligatoria

Branch of knowledge: Health Sciences

Department: Physical Preparation and Conditioning

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 - Differentiate and/or identify pathologies or injuries resulting from physical activity, as well as various useful methods or processes for their prevention and/or rehabilitation.

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.
- 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 guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special 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.
- 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

- Analyze, review and select the effect and effectiveness of the practice of research methods, techniques and resources and scientific work methodology, in solving problems that require the use of creative and innovative ideas.

R2 - Plan, design, and propose the evaluation of a physical-sports prevention and/or rehabilitation program, justifying the methods, techniques, and exercises used.

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.
- 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 guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special 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.
- 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

- Analyze, review and select the effect and effectiveness of the practice of research methods, techniques and resources and scientific work methodology, in solving problems that require the use of creative and innovative ideas.

R3 - Critically analyze and contrast various documentary information sources in English regarding injuries, prevention, and physical-sports rehabilitation, using this information to support a prevention and/or rehabilitation program, as well as practical tasks and cases.

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.
- 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 guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special 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.

Type of AR: Competencias

- Analyze, review and select the effect and effectiveness of the practice of research methods, techniques and resources and scientific work methodology, in solving problems that require the use of creative and innovative ideas.



Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R1, R2, R3	40,00%	Written and/or practical tests.
R1, R2, R3	40,00%	Individual or Group Work / Project.
R1, R2, R3	20,00%	Exercises and Practices in the Classroom.

Observations

Students may keep the assessment instruments passed during the 3 years following the first enrolment.

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

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

Attendance at all the practical sessions indicated in the timetable is compulsory. Additionally for this subject, in the event of not attending 70% of these, the student will fail the two sessions of the course, having to make them up in the following enrolment.

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

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written and/or practical tests

There will be a single exam at the end of the course in the scheduled dates according to the academic calendar. This will consist of two parts:

- Multiple-choice test (10%).



·Practical written exam (30%).

It is necessary to obtain 50% in each of the parts.

Individual or Group Work / Project

A project related to the contents of the course may be carried out:

·Written work (25%).

·Practical exhibition of the work (15%).

It is necessary to obtain 50% in each of the parts.

Exercises and Classroom Practices

Participation in the different tasks carried out in class or through the UCVnet platform.

The detailed explanation (procedure for the assignments) as well as the evaluation tools (worksheets 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:

- 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.	R1, R2, R3	Discussion in small groups. Presentation of content by the teacher. Group dynamics and activities.	16,00	0,64
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	Resolution of problems and cases. Discussion in small groups. Presentation of content by the teacher. Practical lesson. Group dynamics and activities.	38,00	1,52
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	Resolution of problems and cases. Group dynamics and activities.	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.	R1, R2, R3	Discussion in small groups.	2,00	0,08
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	Resolution of problems and cases. Discussion in small groups. 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.	R1, R2, R3	Resolution of problems and cases.	70,00	2,80
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. Sports Injuries: classification, epidemiology and injury-inducing mechanisms	Sports Injuries: classification, epidemiology and driving mechanisms
2. Participation of the CAFD graduate in the approach to a physical activity injury	Participation of the CAFD graduate in the approach to physical activity injuries
3. Methods and techniques of prevention and rehabilitation of injuries in physical activity	Methods and techniques for the prevention and rehabilitation of injuries in physical activity



Temporary organization of learning:

Block of content	Sessions	Hours
1. Sports Injuries: classification, epidemiology and injury-inducing mechanisms	10	20,00
2. Participation of the CAFD graduate in the approach to a physical activity injury	10	20,00
3. Methods and techniques of prevention and rehabilitation of injuries in physical activity	10	20,00



References

BASIC BIBLIOGRAPHY:

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