



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 281103 **Name:** Technology Applied to Physical Activity and Sport

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

Module: 1) Basic Training Module

Subject Matter: Behavioral and social foundations of human motor skills. **Type:** Formación Básica

Branch of knowledge: Health Sciences

Department: Basic Sciences and Cross-disciplinary Subjects

Type of learning: Classroom-based learning

Language/-s in which it is given: Spanish

Teachers:

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Module organization

1) Basic Training Module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Biological and Mechanical Foundations of Human Motor Skills	36	Biochemistry and Human Physiology	9	1/2
		Biomechanics of Physical Activity	6	2/1
		Human Anatomy	9	1/2
		Kinesiology	6	2/1
		Physiology of Exercise	6	2/1
Behavioral and social foundations of human motor skills.	24	History and Sociology of Physical Activity and Sport	6	1/2
		Sport Psychology	6	1/2
		Statistics and Data Processing	6	2/2
		Technology Applied to Physical Activity and Sport	6	1/1



Learning outcomes

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

R15 - Proficiently handle various technologies relevant to different areas of physical activity and sports sciences.

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.
- 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: Conocimientos o contenidos

- Know and understand the bases of the methodology of scientific work.

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.

R16 - Select appropriate technological tools based on objectives within the fields of physical activity and sports sciences.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- 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: Conocimientos o contenidos

- Know and understand the bases of the methodology of scientific work.

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.
- Articulate and display an advanced level of skill in the analysis, design and evaluation of assessment and control tests of physical condition and physical-sports performance.

R17 - Apply citation norms and formatting guidelines for academic document preparation

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- 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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Universidad
Católica de
Valencia
San Vicente Mártir

Guía Docente

281103 - Technology Applied to Physical Activity and Sport - Year 2024/2025





Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R15, R16, R17	70,00%	Written and/or practical tests.
R15, R16, R17	30,00%	Exercises and Practices in the Classroom.

Observations

-The student may keep the assessment instruments passed during the 3 years following the first registration.

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

- Written and/or practical tests (70%) (This section must have a mark equal to or higher than 5):

1) 20% theoretical content that may contain (minimum 5 to make average):

- Short answer question
- Multiple-choice questions
- Relation questions
- True or false questions

2) 50% practical content. Students will have to demonstrate the assimilation of practical content and the use of software by means of individual tests. Related to (minimum 4 in each content):

- Teaching tools
- Databases
- Bibliographic management
- Spreadsheets
- Technical-tactical analysis in sport

- Exercises and practices in the classroom (30%) (This section must have a mark equal to or higher than 5):

This section will be graded through participation in the sessions and the performance of activities on the contents.



- If any of these criteria are not met, the student will be graded with a maximum of 4.5.
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 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
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.	R15, R16, R17	Discussion in small groups. Presentation of content by the teacher. Group dynamics and activities.	10,00	0,40



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.	R15, R16, R17	Resolution of problems and cases. Discussion in small groups. Practical lesson. Group dynamics and activities.	46,00	1,84
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R15, R16, R17	Resolution of problems and cases. Group dynamics and activities.	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.	R15, R16, R17	Resolution of problems and cases. Group dynamics and activities.	10,00	0,40
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.	R15, R16, R17	Resolution of problems and cases.	80,00	3,20
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. Introduction and evolution of Sports Science Technologies	Introduction and evolution of Sports Science Technologies. Technological resources at UCV.
2. Technologies applied to education.	Tools for application in the teaching field. Design of materials and student monitoring.
3. Technologies applied to research in the area of Physical Education and Sport.	Scientific search databases. Bibliographic management software. Bibliographic citation regulations.
4. Technologies applied to sports administration and management.	Management tools in Physical Activity and Sport Sciences. Excel spreadsheets.
5. Technologies applied to training.	Tools for training assessment and technical-tactical analysis.



Temporary organization of learning:

Block of content	Sessions	Hours
1. Introduction and evolution of Sports Science Technologies	2	4,00
2. Technologies applied to education.	8	16,00
3. Technologies applied to research in the area of Physical Education and Sport.	6	12,00
4. Technologies applied to sports administration and management.	5	10,00
5. Technologies applied to training.	9	18,00



References

BASIC REFERENCES

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