



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282050 **Name:** Skills, Entrepreneurship and Employment

Credits: 3,00 ECTS **Year:** 4 **Semester:** 2

Module: 4) Optional Module.

Subject Matter: Professional Itinerary Electives **Type:** Optativa

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

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



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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 - Correctly handle different technologies to manage the process of physical-sports preparation and / or training

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Articulate and deploy programs for the promotion, orientation, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on special populations, with the presence of a professional or carried out in a autonomous by the citizen, in the different types of spaces 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 sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and the greatest and most appropriate practice of physical activity and sport.

- 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).

R2 - Develop and show values and attitudes of cooperation, respect and constructive criticism typical of interdisciplinary teamwork.

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, 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, 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.

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.

R3 - Design and develop, evaluate and adapt the planning and programming processes of physical-sports activities

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 evaluate the professional performance of human resources, with emphasis on direction, coordination, planning, supervision and technical-scientific evaluation of the activity, performance carried out and the provision of services. services by physical activity and sport professionals, in all types of services and in any type of organization, context, environment and with emphasis on special populations and in any sector of professional intervention of physical activity and sport, 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.

R4 - Experiment, contrast and manage resources linked to the different manifestations of the movement.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.



- 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.
- 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).

R5 - Discriminate between the functions and areas of action of the different entities responsible and / or promoters of the organization of sports activities.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- 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, 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.

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.



- Articulate and deploy with rigor and a scientific attitude the justifications on which to constantly and professionally prepare, support, substantiate and justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.

R6 - Solve problems and make decisions with efficiency and professional ethics related to entrepreneurship.

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.

- 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.

- 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.

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.



Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R1, R2, R3, R4, R5, R6	60,00%	Exercises and Practices in the Classroom.
R1, R2, R3, R4, R5, R6	30,00%	Diary, Portfolio or Notebook.
R1, R2, R3, R4, R5, R6	10,00%	Non-face-to-face autonomous work.

Observations

The student will be able to keep the assessment instruments passed during the 3 years following the first registration.

It is mandatory to attend workshops, conferences, activities and others with a recognized duration of at least 75 hours.

It is necessary to obtain 50% in the following assessment instruments to pass the subject:

- Classroom exercises and practices.
- Diary, portfolio or notebook

If any of these criteria are not met, the student will be graded with a maximum of 4.5.

OTHER CLARIFICATIONS

This is a subject with a marked optional and self-searching nature, in which the student chooses his or her training itinerary based on activities, conferences and workshops. The possible activities that can be included are:

Type A Activities: Courses, workshops and activities organized by the UCV Faculty of CCAFD. 100% of the course time is certified. The grade will be that provided for in the UCV assessment rules (0-10). If the student wishes, these activities can cover 100% of the hours/credits.

Type B Activities: Courses or activities of the student's own (CAFD UCV Faculty) or external (other UCV Faculties or other organizations such as federations, companies, universities, etc.). There is



no minimum or maximum number of hours. This is justified by presenting the corresponding certificate. Any student can request the inclusion of a new course, activity, conference or congress of interest. In the case of conferences, depending on the type of attendance and whether or not activities are carried out, the degree of recognition of hours may vary.

EXPLANATIONS ON EVALUATION INSTRUMENTS

Exercises and Practices in the Classroom: They are evaluated with the weighted average of the type A activities.

Diary, portfolio or notebook: They are evaluated with the presentation of a portfolio in which the activities that the student has carried out (Type A and B) and all the work and documents developed in said activities will be detailed. The presentation and organisation of information will be assessed.

Independent work: This is assessed by presenting (within the portfolio mentioned above) a critical reflection on the development and acquisition of competencies and skills for the development of new complementary skills, obtaining employment or for entrepreneurship.

PARTICULAR DEVELOPMENT AND EVALUATION RULES:

All activities submitted must be carried out during the enrolment period for the degree (1st to 5th). At least 60% (45 hours) must be carried out with type A activities. All courses and activities (both type A and type B) must be previously recognised by the department. They must have an internal code and be published on the list of courses and activities (this list is available on the information board at the Torrent Headquarters between classrooms 1002 and 1003). The grade of Pass will be weighted as 10 and the grade of Fail as 0.

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
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.	R1, R2, R3, R4, R5, R6	Presentation of content by the teacher.	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.	R1, R2, R3, R4, R5, R6	Attendance at practices. Resolution of problems and cases. Discussion in small groups. Practical laboratories. 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.	R1, R3, R4, R5, R6	Resolution of problems and cases.	2,00	0,08



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	Resolution of problems and cases. Discussion in small groups.	2,00	0,08
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TOTAL			60,00	2,40
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TRAINING ACTIVITIES OF AUTONOMOUS WORK

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
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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.	R3, R4, R5, R6	Resolution of problems and cases.	15,00	0,60
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TOTAL			15,00	0,60
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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
Employment: Tools and skills for finding employment	Employment: Tools and skills for finding employment
Professional skills: Tools and abilities for professional performance in any sector of the CC.AFD.	Professional skills: Tools and abilities for professional performance in any sector of the CC.AFD.
Entrepreneurship: Tools and skills for developing entrepreneurial initiatives	Entrepreneurship: Tools and skills for developing entrepreneurial initiatives

Temporary organization of learning:

Block of content	Sessions	Hours
Employment: Tools and skills for finding employment	10	20,00
Professional skills: Tools and abilities for professional performance in any sector of the CC.AFD.	10	20,00
Entrepreneurship: Tools and skills for developing entrepreneurial initiatives	10	20,00



References

- Mad Comunicación (2015) Búsqueda activa de empleo (4ª edición). FC Editorial
- Consejo Superior de Deportes. (2020). Encuesta de Hábitos Deportivos 2020. Ministerio de educación, cultura y deporte.
- Díez, M. D., & Quesada, S. (2015). Dirección de centros deportivos, principales funciones y habilidades del director deportivo (2.a ed.). Paidotribo.
- Fernández, J. G. (2016). Emprendiendo en el sector deportivo. De la teoría a la práctica. Aranzadi
- Hoye, R., Smith, A. C. T., Nicholson, M., & Stewart, B. (2018). Sport Management: Principles and Applications (Edición: 5). Routledge.
- Kim, W. C., & Mauborgne, R. (2015). La estrategia del océano azul: Crear nuevos espacios de mercado donde la competencia sea irrelevante. Profit Editorial
- Sañudo, Borja (2017) Nuevas tecnologías aplicadas a la actividad física y el deporte. Aranzadi
- Osterwalder, A., & Pigneur, Y. (2011). Generación de modelos de negocio. Ediciones Deusto
- Osterwalder, A., Pigneur, Y., Smith, A., Bernarda, G., & Papadakos, P. (2015). Diseñando la propuesta de valor: Cómo crear los productos y servicios que tus clientes están esperando. Ediciones Deusto
- Pérez, M. (2017). Mente deportiva: Entrenar el cerebro para extender los límites del rendimiento. Autoria Editorial
- Ries, E. (2013). El método Lean Startup: Cómo crear empresas de éxito utilizando la innovación continua. Ediciones Deusto
- Roig Vila, R. (2019). Investigación e innovación en la Enseñanza Superior: Nuevos contextos, nuevas ideas. Octaedro.