

## 26342 - Orientation and Off-Road Bicycles

### Syllabus Information

**Academic year:** 2023/24

**Subject:** 26342 - Orientation and Off-Road Bicycles

**Faculty / School:** 229 - Facultad de Ciencias de la Salud y del Deporte

**Degree:** 295 - Degree in Physical Activity and Sports Science

**ECTS:** 6.0

**Year:**

**Semester:** Second semester

**Subject type:** Optional

**Module:**

### 1. General information

It is recommended that students have sufficient capacity to be able to cope with mountain biking trips of up to three hours.

- Experiencing in a responsible way different practical situations that draw the professional field of orienteering and mountain biking.
- To know the materials used in both physical-sports modalities as well as their basic operation, maintenance and repair

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), in such a way that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to their achievement:

Goal 3: Health and wellness;

Goal 4: Quality Education.

Goal 13: Climate Action;

### 2. Learning results

The student, in order to pass this subject, must demonstrate the following results...

- Theoretical and practical knowledge of the sports modalities of mountain biking and orienteering.
- Knows how to specify the different fields of action in each of the social aspects (educational, competitive, recreational, leisure, etc.) of the physical and sport modalities of mountain biking and orienteering, as well as some basic principles of action in the development of each of the established areas.
- Knows the basic technique and elementary tactical situations of the sports modalities associated with orienteering in the natural environment and mountain biking.

### 3. Syllabus

- 1.- Conceptual foundations of orienteering and mountain biking physical activities in nature.
- 2.- Orientation.
  - 2.1- Concept and generalities. Sports orientation and its modalities.
  - 2.2- Materials, equipment and infrastructure.
  - 2.3. Orientation procedures in nature: Cartographic interpretation. Orientation with G.P.S. Coordinates U.T.M. Orientation sports modalities.
  - 2.4- Specific practical development contents.
- 3.- The all-terrain bicycle.
  - 3.1- Concept and generalities. The different modalities. cyclists in the field of activities in the natural environment.
  - 3.2- Materials, parts, mechanics of operation of its components. Clothing. Basic positions and techniques.

3.3- Specific practical development contents.

#### 4. Academic activities

1.- Lectures on theoretical contents.

2.- Classes in groups (two groups) to learn the processes of sports initiation to both modalities

3.- Classes for the whole group to experience orienteering and mountain biking activities in rural and natural environments previously planned by groups of students

Lectures.

Practical classes:

-External practices: MTB traverses, O. Foot Test (Orientation on foot), O. MTB Test (Orientation on mountain bike ).

#### 5. Assessment system

The student must pass the orienteering and mountain biking parts separately with a minimum grade of 5 point.

Modality A: continuous evaluation.

Attendance at 80% of practices (separate quantification Orientation VS MTB)

Practical work of the subject (70% of the final grade).

Theoretical exam (30% of the final grade).

The tests may be face-to-face or online through virtual platforms such as Moodle or others.

Modality B: global evaluation.

Practical work of the subject (50% of the final grade).

Theoretical exam (50% of the final grade).

In modality B, the student must pass (with a minimum grade of five points) section 1 and 2 separately for averaging the final grade. The tests may be in person or online through a virtual platform such as Moodle or others.

Reference documents for qualification

-Subject competencies

-Active participation and benefiting from the activity.

-Evaluation documents

Fraud or total or partial plagiarism in any of the evaluation tests will result in not passing the subject with the minimum grade, in addition to the disciplinary sanctions adopted by the Guarantee Committee for these cases.