

Academic Year/course: 2022/23

## 26323 - Outdoor Physical-Sports Activities

### Syllabus Information

**Academic Year:** 2022/23

**Subject:** 26323 - Outdoor Physical-Sports Activities

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

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

**ECTS:** 12.0

**Year:** 4

**Semester:** Annual

**Subject Type:** Compulsory

**Module:**

## 1. General information

### 1.1. Aims of the course

By teaching this subject, the aim is to complete the training of students in physical and sports activities in a natural environment of high uncertainty, such as in vertical and snowy environments.

It is considered fundamental in the formation of the Graduate in CC.A.F.D. the knowledge and mastery of these physical-sports activities in nature, the understanding of their basic characteristics, the knowledge of the different environments in which physical practice can take place, the handling and manipulation of the equipment necessary for their implementation, and the enhancement of the security measures that must be followed in practice.

These will be the main points of interest in this subject.

Finally, underline the importance for the students, in order to develop a responsible professional exercise, of the consideration of a correct planning and organization of the necessary resources for the safe practice of these physical-sports activities in nature, in which They must take into account all the points mentioned above.

### 1.2. Context and importance of this course in the degree

The meaning of this subject in the degree must be focused towards a global vision in the formation of the Graduate in CC. A.F.D. Since in the curriculum of this degree, there are several subjects that treat activities and sports in nature.

Thus, in this subject, content specific to physical-sports practices in the vertical natural environment, involving rope management, and physical-sports activities that take place in the snow, such as: cross-country skiing, downhill skiing, snow surfing and snowshoeing.

With this subject (of an annual nature), which takes place in the 4th year of the Degree, students complete these specific contents of the physical-sports activities carried out in the natural environment.

### 1.3. Recommendations to take this course

This subject supposes a high implication and participation of the students from a practical, critical and reflective perspective.

For their best use, presence in class sessions and active participation by students is recommended.

Due to the special characteristics of this subject, and in view of the impossibility of carrying out a practical examination of the snow contents on the dates of the official call, it is recommended that students attend to the evaluation of the practical part of the snow block.

It is recalled that in this subject a test could not be passed for making serious or repeated errors in written or oral expression, or for having improper behaviors in oral or written tests.

Given the possibility of teaching online according to the social and health situation derived from the COVID-19, it is recommend

The student should consult the bibliography recommended by the teaching staff through the link [http://biblos.unizar.es/br/br\\_citas.php?codigo=26323&year=20207](http://biblos.unizar.es/br/br_citas.php?codigo=26323&year=20207) taking into account that the "basic bibliography" is considered mandatory, and that the "supplementary bibliography" is for guidance.

## 2. Learning goals

## 2.1. Competences

Upon passing the subject, the student will be more competent to

### GENERAL COMPETENCES:

In this subject, as in the rest of the Graduate's subjects, all the general competences (instrumental, personal and interpersonal and systemic relations) that are explained in the Degree Report will be attended

### SPECIFIC COMPETENCES:

1. Design, develop and evaluate the teaching and learning processes related to physical activity and sport with attention to the individual and contextual characteristics of people.
6. Understand the internal logic of motor situations, analyzing and applying it appropriately to those to be performed in a physical environment with uncertainty.
14. Know the motor action as a fundamental object of study in the field of physical activity and sport sciences.
17. Identify the risks derived from health, from the practice of inappropriate physical activities
22. Plan, develop and evaluate the implementation of teaching-learning programs based on the practice of physical and sports activities.
24. Select and know how to use the sports material and equipment, suitable for each type of activity.
25. Know the characteristics and potential of the useful spaces for the practice of physical-sports activity and arrange their management to optimize their use, attending to all types of populations
26. Value, transmit and enhance the component of pleasure and enjoyment inherent in the practice of physical-sports activities, and the relational opportunities that such practice implies

### OWN COMPETENCES OF THE SUBJECT:

1. Know physical activities in nature as a type of motor behavior with their own identity, identifying the elements, mainly educational, sociocultural and multidisciplinary, that intervene in such practices and establishing relationships between them.
2. Assimilate the basic techniques of the specific activities in the nature to be treated, discovering the types of teaching-learning activities and the most appropriate curricular materials in each case.
3. Design, plan, promote and evaluate the habitual practice of physical and sports activity in the natural environment as an educational way of using leisure time, becoming familiar with the specific materials and equipment of these activities.
4. Use teaching-learning activities appropriately to develop the initiation and improvement processes of the different sports modalities to be practiced in nature.
5. Experience various practical situations related to different physical-sports activities in the natural environment that have special relevance in Aragon, knowing a series of both theoretical and practical resources that facilitate access to these practices, as well as entities (companies, federations, clubs) dedicated to its organization and management.

Importance of the learning results obtained in the subject ...

The importance of learning results is directly related to the competences for which the student taking the course is trained. Therefore, the interest of what has been achieved must be subordinated to that of the competences assimilated to its realization.

The natural environment as content in itself or as a context in which the different professional orientations of future graduates in Physical Activity and Sports Sciences may be present, with greater or lesser relevance, must be addressed in depth. The general competences of the degree cannot be achieved without taking into account these specific subjects.

The commitment made by the Faculty of Health and Sports Sciences regarding the empowerment of content related to the natural environment, is concentered in part in this subject, which aims to complete the vision of the natural environment of students, from a proposal active, participatory, reflective and critical.

The contents addressed involve the development of families of specific activities, such as the physical-sports activities carried out in the snow and those carried out in the vertical environment.

## 2.2. Learning goals

Apply and justify the security measures that must be taken to practice activities in the natural environment.

Integrate the theoretical knowledge and apply it to the practices of the different activities carried out with the specific material fo

Live and demonstrate autonomy in practices.

Start the study and practical research applied to the peculiarities and characteristics of these physical-sports practices, stimulat

## 3. Assessment (1st and 2nd call)

### 3.1. Assessment tasks (description of tasks, marking system and assessment criteria)

It offers the possibility of continuous or global evaluation

Continuous assessment

To be eligible for it, the student must attend and participate actively, with use and learning

In this the following tests will be carried out:

A practical part, which is classified as suitable or unsuitable, so it does not weigh in the final grade. At the teacher's discretion, depending on the dynamics of work during the course, he could propose it in the climbing block, to reach the level of aptitude, students must chain a path from the climbing wall. In the snow block, for students of level 0 it is essential and mandatory to attend the first class. A theoretical-practical part, which once passed the practical part will be responsible for the preparation of a monographic work, carried out in a group of a maximum of 4 people, under the supervision of the teacher. Completion of an objective written test (exam) that will reveal the theoretical-practical knowledge. To average and be able to pass the exam, a minimum grade of 4 must be achieved in each of the blocks. In the climbing block, 3 optional tasks will be proposed to raise the grade (maximum 0.5 point). In the snow block, different optional works will also be proposed to raise grades, up to a maximum of 0.5 point.

### **Global assessment**

The following tests must be carried out on it:

A practical part that is rated as suitable or unsuitable, so it does not weigh in the final grade. In the climbing block will be held on the day of the official call indicated by the center and the teacher. In the snow block, to reach the aptitude level, the students must move smoothly along a section of the wall. Given the peculiar characteristics of the practical part of the snow block, exceptionally, the teacher may propose it in the climbing block. Those students who have passed this part, for having taken the subject in previous years, retain the grade. For the theoretical-practical part: Preparation of monographic work, carried out in a group of 4 people, under the supervision of the teacher. Completion of an objective written test (exam) that will reveal the theoretical-practical knowledge. To average and be able to pass the exam, a minimum grade of 4 must be achieved in each of the blocks. As a general guideline, to pass the subject it is essential to achieve the qualification of aptitude in both blocks. In the event that a student does not pass the practical section of one of the two blocks (climbing or snow), the student will have to repeat the practical part of that block. In the event of a change to a non-face-to-face assessment, the written test would be carried out in a virtual environment. Students with disabilities will undergo appropriate specific adaptations in conjunction with the teacher.

### **Grading system**

The numerical rating will be expressed in accordance with the provisions of art. 5.2 of Royal Decree 1393/2007, of November 29, on qualifications in official university degrees and valid throughout the national territory. The

## **4. Methodology, learning tasks, syllabus and resources**

### **4.1. Methodological overview**

It is a subject with a marked practical and experiential character. The theoretical contents are developed through the realization of the practices. The realization of the practices is developed in three blocks. We begin the subject with theoretical classes. Throughout the course there will be a series of theoretical and theoretical-practical sessions. Theory classes: The existing information will be shown using the support of audiovisual media. Tutored theory/problem solving/work seminars: These seminars will teach application and problem solving. Tutorials. Personal tutorial schedules established by the teacher.

Personal work. The individual work and study will allow the student to settle the concepts exp  
The subject, in the climbing part, appears on the Moodle platform of the University of Zaragoza:

## 4.2. Learning tasks

This is a 12 ECTS course organized as follows:

- ? Theory sessions(1 ECTS: 25 hours).
- ? Practice sessions (8 ECTS: 200 hours).
- ? Seminar (0,5 ECTS: 12,5 hours).
- ? Autonomous work and study (2,5 ECTS: 62,5 hours).

## 4.3. Syllabus

The course will address the following topics:

### Section 1: Activities in the vertical environment

- Topic 1: Introduction to sport climbing
- Topic 2: Specific material for sport climbing
- Topic 3: Specific techniques and maneuvers of sport climbing.
- Topic 4: Rope maneuvers.
- Topic 5: Knots
- Topic 6: Via ferratas
- Topic 7: Descent of ravines
- Topic 8: Speleology

### Section 2: Sports and physical activities in the snow.

- Thematic block 1: Overview of physical-sports activities in the snowy environment.
  - Topic 1.- Introduction and generalities of physical-sports activities in the snowy area
  - Topic 2.- Historical approach to physical activities in the snow.
  - Topic 3.- Sports modalities of physical activities in the snow. Unit 4.- Elements that intervene in practice:
    - Topic 4.1.- The means of practice.
    - Topic 4.2.- Infrastructures: equipment and materials.
    - Topic 5.- Sustainable active tourism in snowy environments.
    - Topic 6.- Snow tourism: Snow in Aragon.
    - Topic 7.- Environmental education through physical practices in the natural environment.
    - Topic 8.- Training and functions of professionals in physical activities in the snow.
- Thematic block 2: Teaching activities in the snow: initiation and improvement.
  - Topic 9.- Theoretical approach: the global development of motor skills in snow.
  - Topic 10.- The integral model of teaching activities in the snow.
  - Topic 11.- Proposal of phases and stages, according to modalities.
- Thematic block 3: Organization and safety in physical practices in the snowy environment.
  - Topic 12.- Specific criteria for organization and action in activities in the snow.
  - Topic 13.- Security elements and considerations; materials and facilities.
  - Topic 14.- Notions about avalanches, winter hiking and safety advice. Thematic block 4: Practice and experience of activities and resources in the snowy environment.
  - Topic 15.- The development of specific teaching-learning activities, (by modules or sports modalities):
    - Topic 15.1.- Nordic ski module.
    - Topic 15.2.- Alpine ski module.
    - Topic 15.3.- Snow surf module.
    - Topic 15.4.- Module of other sports in the snow.

## 4.4. Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class; or please refer to the Faculty of Health and Sports Sciences website.

## 4.5. Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=26323>