

26302 - Water sports and activities

Información del Plan Docente

Academic Year	2016/17
Academic center	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	295 - Degree in Physical Activity and Sports Science
ECTS	6.0
Course	1
Period	First semester
Subject Type	Compulsory
Module	---

1. Basic info

1.1. Recommendations to take this course

For the best use of the course, students are informed that it is desirable to have a level adaptation and basic mastery of the aquatic environment.
It is recalled that in this course correction is required in the format and wording of all evidence and documents written with their impact on the rating.
It is recommended that students study complements

1.2. Activities and key dates for the course

2. Initiation

2.1. Learning outcomes that define the subject

2.2. Introduction

3. Context and competences

3.1. Goals

3.2. Context and meaning of the subject in the degree

3.3. Competences

3.4. Importance of learning outcomes

4. Evaluation

5. Activities and resources

5.1. General methodological presentation

The learning process that is designed for this subject is based on the following aspects:
Lectures supported by guided seminars on specific topics applied to aquatic environments work. These seminars are based on new technologies and dynamics of collaborative work.

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In the pool, situations of actual practice and simulated practice where aspects that have previously worked on the basis of lectures, seminars and reading articles of interest arise experienced.

Moodle serves as a fundamental support to create space for exchange of teaching materials and discussion groups. It stands out as very important the tutorial work where the student is guided to generate their own learning fluctuating between theoretical and practical and orienting in an evolution of learning aimed at a more autonomous aspects.

5.2.Learning activities

The program offered includes the following sections ...

The proposed continuous evaluation of the course is considered to be the optimal way for the acquisition of skills and the required learning outcomes. Throughout the semester, students must participate in the following learning modalities:

1. **MASTER CLASS**
2. **SEMINARS AND WORKSHOPS** (compulsory attendance)
3. **DYNAMICS OF WORK IN THE POOL** , (compulsory attendance) in the proposed dynamics of both self-employment as directed, with issues of self-learning and self-assessment so that students can have perception of their own progress in the acquisition of different skills.
4. **WORKING GROUP SPECIFIC** skills development under the tutoring and counseling teacher.
5. **PROPOSALS FOR EVALUATION** . Developed in the section of "Assessment" of this Teaching Guide.
6. **VOLUNTARY PRACTICES** . With which students can gain experience in the fields and contexts of aquatic activity that interest you: educational, utility, competitive, recreational or health.

Likewise, the Moodle platform is an essential tool for monitoring and independent learning by students, structuring the different thematic blocks in different sections:

- 1.- **TEACHING MATERIALS** , to access the notes presented in lectures, with various complementary dossiers with readings for each topic.
2. **INDEPENDENT WORK** , with which students can access through questionnaires "online" to various proposals for self-learning and self-evaluation as well as participate in the portfolios of the subject
3. **SPACE GROUP** , which intends to participate in dynamics Forums to answer questions of each topic in a collaborative way, and the development of teaching materials among all students, through participation in a WIKI space groups develop teaching materials .
4. **SPACE SEMINARS / WORKSHOPS** , to access information on each seminar in question.
5. **SPACE GRAPHIC** order to have access to video images on different technical models swimming and other resources of interest

All extended information of the subject, and the dates and materials can be found Moodle.

5.3.Program

MODULE 1: INTRODUCTION TO AQUATIC

TOPIC 1: Approach to Sports and Water Activities

TOPIC 2: Features of the aquatic environment and its laws

MODULE 2: DIFFERENT AQUATIC PROGRAMS

TOPIC 3: Aquatic discovery performance

TOPIC 4: Sport swimming: swimming styles

TOPIC 5: Educational water activities

TOPIC 6: Water activities health

TOPIC 7: The aquatic recreation

MODULE 3: TEACHING METHODOLOGY OF AQUATIC ACTIVITIES

TOPIC 8: Methodological bases for teaching water activities

MODULE 4: THE SPORT PERFORMANCE IN THE SWIM

TOPIC 9: Specific features swimming training

MODULE 5: OTHER WATER SPORTS ACTIVITIES

TOPIC 10: The sports water rescue

TOPIC 11: The water polo

TOPIC 12: Synchronized swimming

5.4.Planning and scheduling

Schedule sessions and presentation of works

1.-CALENDAR COURSE: 1 SEMESTER

(According to official academic calendar published for each academic year)

* CLASSROOM DYNAMICS AND WORKSHOPS: River Isuela Pavilion

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- * DYNAMIC POOL: Pool Almería (Front Pavilion River Isuela)
- 2. CREDITAJE TOTAL = 6 credits E.C.T.S. (60 h. Classroom and 90 hours. Non-contact)
- + Classroom Teaching:
- * MASTER CLASS: 8 h.
- * PROBLEM SOLVING AND CASES (Pool Practice): 40 h.
- * LABORATORY PRACTICE (Seminars): 5 h.
- * WORK (Workshop): 7 h.

CALENDAR	Sept	Oct	Nov	Dec	Jan
TOPIC 1: Approach to Sports and Water Activities	*				
TOPIC 2: Features of the aquatic environment and its laws	*				
TOPIC 3: Aquatic discovery performance		*			
TOPIC 4: Sport swimming: swimming styles		*	*	*	*
TOPIC 5: Educational water activities			*	*	
TOPIC 6: Water activities health					*
TOPIC 7: The aquatic recreation				*	
TOPIC 8: Methodological bases for		*		*	

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teaching water activities					
TOPIC 9: Specific features swimming training			*	*	
TOPIC 10: The sports water rescue					*
TOPIC 11: The water polo					*
TOPIC 12: Synchronized swimming					*

5.5. Bibliography and recommended resources

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