

26312 - Individual sports

Información del Plan Docente

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| 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 | 2 |
| Period | First semester |
| Subject Type | Compulsory |
| Module | --- |

1.Basic info

1.1.Recommendations to take this course

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

5.2.Learning activities

5.3.Program

Program of this subject consists of theoretical and practical sessions of three sports: athletics, cycling and skating. Theoretical section: we will study the history, the basic rules of competition and will be analyzed the basic techniques (learning progressions, materials, teaching methods, errors and corrective exercises).

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Practical section: ability and skills of athletics for optimize activity of running, jumping, cycling and skating; materials and their correct use will be valued; and improvement exercises will be proposed according to the training mistakes.

5.4.Planning and scheduling

5.5.Bibliography and recomended resources