

26315 - Fighting and adversarial sports

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	2
Period	Second 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

CONTENTS BLOCK: FIGHT

UNIT I: BASIC CONCEPTS AND CLASSIFICATION

26315 - Fighting and adversarial sports

UNIT II : HISTORY OF CONTACT SPORT

UNIT III : BASIC CONCEPTS OF JUDO

UNIT IV: BASIC CHARACTERISTICS OF JUDO

UNIT V : INTRODUCTION TO JUDO

UNIT VI : CONCEPTUAL ASPECTS : CLASSIFICATION

UNIT VII: TECHNICAL ELEMENTS OF JUDO

CONTENTS BLOCK: RAQUET

UNIT VIII: BASIC CONCEPTS AND CLASSIFICATION OF RAQUET SPORTS AND BASIC CONCEPTS OF BADMINTON

UNIT IX : TECHNICAL ELEMENTS OF BADMINTON

UNIT X : TACTICAL ELEMENTS OF BADMINTON

5.4.Planning and scheduling

5.5.Bibliography and recomended resources