

## 26320 - Sport as Recreation

### Información del Plan Docente

<b>Academic Year</b>	2016/17
<b>Academic center</b>	229 - Facultad de Ciencias de la Salud y del Deporte
<b>Degree</b>	295 - Degree in Physical Activity and Sports Science
<b>ECTS</b>	6.0
<b>Course</b>	3
<b>Period</b>	Second semester
<b>Subject Type</b>	Compulsory
<b>Module</b>	---

### **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**

The learning aims to:

(a) The student will be able to plan a project of sports

(b) The student is able to implement a proposal of Sport Recreation for large groups of participants

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(c) The student experience different fisico-recreativos systems

Methodological approaches:

(a) Exposure of theoretical content and application in solving cases and work in small groups

(b) Analysis of advertising source involved in the sport in small group

(c) Exposure of sports recreation and small groups application systems for planning, organization, implement and evaluate a fisico-recreativa activity for a large number of participants

(d) In large groups, all students experience and evaluate experiences of sports recreation in the open air or in the natural environment.

### 5.2.Learning activities

The program offered to students to assist in achieving the expected results includes the following activities...

- \* Exhibition of thematic blocks
- \* Compulsory reading of specific bibliography
- \* Audiovisual works on practices
- \* Experience of physical recreation in the open air and in the natural environment
- \* Analysis of brochures, posters and/or promotional videos
- \* Design of practical work: recreational sports proposals specific to large groups of participants
- \* Search and creation of materials and recreational sports activities
- \* Construction instruments of analysis of the social reality around the leisure sports
- \* Collaboration and studies of Sports recreation research
- \* Project planning of sports entertainment since the diagnosis of the participant population
- \* Exhibition and advocacy work.

### 5.3.Program

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### **A) SPORTS RECREATION**

T 1.-The characteristics that define the recreational activities in free time

T 2.- The physical recreation

2.1. The functions of sport in today's society

2.2. Differentiating features of sports recreation. The qualitative and quantitative variables that affect the degree of recreation of a physical activity

2.3. The types of physical recreation and leisure sports activity. Differential objective

2.4. Movements and current manifestations of leisure sports. Spatial, temporal dimensions and materials

T 3.- Planning, organization and implementation of Sport Recreation for large groups of participant

3.1. Methodological systems to develop recreational physical activities

3.2. Selection criteria for objectives and contents

### **B) INTRODUCTION TO THE FUNDAMENTALS OF FREE TIME AND LEISURE IN CONTEMPORARY SOCIETY**

T 4.- The conceptualization of leisure

4.1. Construct of leisure: time, activity and attitude

4.2. Dimensions and leisure functions. Leisure autotelic and exotelic

T 5.- Leisure in contemporary society

5.1. Leisure and free time from a historical perspective

5.1.1. Brief evolution from ancient classical times to the 20th century

5.2. The dimensions and models in the 21st century: three models of citizens

T 6.- The market of leisure in contemporary society

6.1. Consumers of leisure

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6.2. Variables for defining the market

### **C) PHYSICAL AND SPORTS ACTIVITY AS A MANIFESTATION OF THE LEISURE SOCIETY**

T.7.- The connection of sport, free time and leisure

7.1. The social and individual culture of sport. Passive and active leisure

7.2. Sports social styles

7.3. The sporting habits of Spanish

T 8.-The leisure sports education

8.1. The pedagogy of leisure: free time education

8.2. The education in, and through the leisure sports

T 9.- Sport animation

9.1. The sports animation as sport for all drive

9.2. Intervention sectors and objectives

9.3. The planning of sports animation projects

9.4. The sports animator: formation, function and profile

### **D) SPORTS ADVERTISING AND ITS INFLUENCE ON THE DEVELOPMENT OF THE LEISURE SPORTS IN THE CULTURE OF CONTEMPORARY SOCIETY**

T 10.-The socio-cultural history of physical and sports practices in contemporary society

10.1. Evolution of the sports movement. Practice sport and sport show

10.2. Body models associated with sports

10.3. Values and not values around the sport of our society

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T 11.-Sport-related advertising

11.1. The advertising as a coercive mechanism of consumption

11.2. The use of sport and its manifestations in the current advertising

11.3. Pedagogical intervention around the sports advertising: towards the development of a sporting culture plural and critical

**5.4.Planning and scheduling**

**5.5.Bibliography and recommended resources**