

26323 - Outdoor Physical-Sports 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 12.0

Course 4

Period Annual

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

Part 1: Vertical sports.

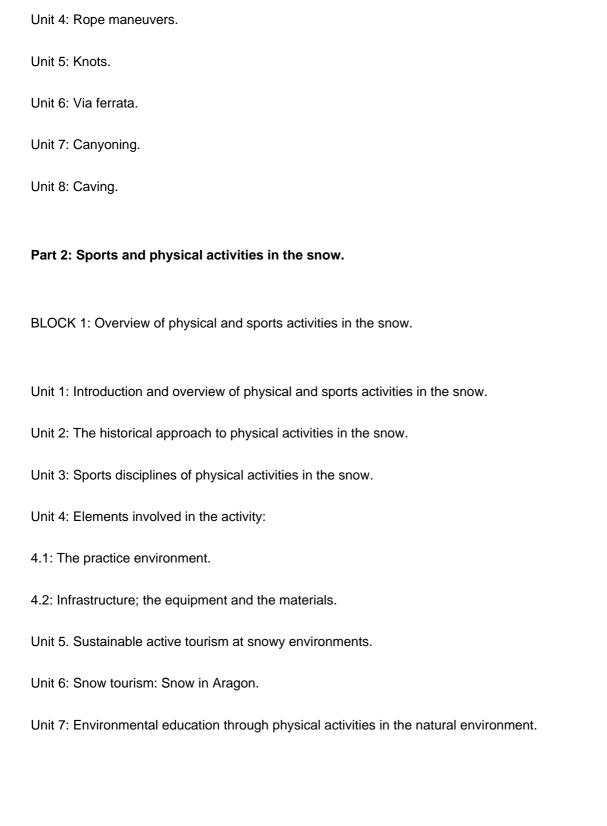


Unit 1: Introduction to sport climbing

Unit 2: The specific gear for sport climbing.

Unit 3: Specific techniques and maneuvers at sport climbing.

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Unit 8: The training and functions of the snow activities profesional.
BLOCK 2: The teaching of snow activities: initiation and improvement.
Unit 9: Theoretical approach: the global development of motor skills in the snow.
Unit 10: The integral model of teaching snow activities.
Unit 11. Proposal of phases and stages, by modalities.
BLOCK 3: Organization and safety at the snow activities.
Unit 12: Specific criteria of organization and action in the snow activities.
Unit 13: Elements and security considerations; gear and facilities.
Unit 14. Notions of avalanches, snow hiking and safety tips.
BLOCK 4: Practice of activities and resources in the snow.
Unit 15. The development of specific teaching-learning activities (for modules or sport activities):
15.1: Nordic skiing.
15.2: Downhill skiing.
15.3: Snowboard.
15.4: Other snow sports.
5.4.Planning and scheduling
5.5.Bibliography and recomended resources