

26323 - Outdoor Physical-Sports Activities

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 | 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.

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Unit 1: Introduction to sport climbing

Unit 2: The specific gear for sport climbing.

Unit 3: Specific techniques and maneuvers at sport climbing.

Unit 4: Rope maneuvers.

Unit 5: Knots.

Unit 6: Via ferrata.

Unit 7: Canyoning.

Unit 8: Caving.

Part 2: Sports and physical activities in the snow.

BLOCK 1: Overview of physical and sports activities in the snow.

Unit 1: Introduction and overview of physical and sports activities in the snow.

Unit 2: The historical approach to physical activities in the snow.

Unit 3: Sports disciplines of physical activities in the snow.

Unit 4: Elements involved in the activity:

4.1: The practice environment.

4.2: Infrastructure; the equipment and the materials.

Unit 5: Sustainable active tourism at snowy environments.

Unit 6: Snow tourism: Snow in Aragon.

Unit 7: Environmental education through physical activities in the natural environment.

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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