

## 26302 - Water sports and activities

### Información del Plan Docente

Academic Year	2017/18
Faculty / School	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	295 - Degree in Physical Activity and Sports Science
ECTS	6.0
Year	1
Semester	First semester
Subject Type	Compulsory
Module	---

### **1.General information**

#### **1.1.Introduction**

#### **1.2.Recommendations to take this course**

For the best use of the course, students are informed that it is desirable to have a level adaptation and basic mastery of the aquatic environment.

It is recalled that in this course correction is required in the format and wording of all evidence and documents written with their impact on the rating.

It is recommended that students study complements

#### **1.3.Context and importance of this course in the degree**

#### **1.4.Activities and key dates**

### **2.Learning goals**

#### **2.1.Learning goals**

#### **2.2.Importance of learning goals**

### **3.Aims of the course and competences**

#### **3.1.Aims of the course**

#### **3.2.Competences**

### **4.Assessment (1st and 2nd call)**

#### **4.1.Assessment tasks (description of tasks, marking system and assessment criteria)**

### **5.Methodology, learning tasks, syllabus and resources**

#### **5.1.Methodological overview**

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The learning process that is designed for this subject is based on the following aspects:

Lectures supported by guided seminars on specific topics applied to aquatic environments work. These seminars are based on new technologies and dynamics of collaborative work.

In the pool, situations of actual practice and simulated practice where aspects that have previously worked on the basis of lectures, seminars and reading articles of interest arise experienced.

Moodle serves as a fundamental support to create space for exchange of teaching materials and discussion groups.

It stands out as very important the tutorial work where the student is guided to generate their own learning fluctuating between theoretical and practical and orienting in an evolution of learning aimed at a more autonomous aspects.

### 5.2.Learning tasks

The program offered includes the following sections ...

The proposed continuous evaluation of the course is considered to be the optimal way for the acquisition of skills and the required learning outcomes. Throughout the semester, students must participate in the following learning modalities:

1. **MASTER CLASS**

2. **SEMINARS AND WORKSHOPS** (compulsory attendance)

3. **DYNAMICS OF WORK IN THE POOL** , (compulsory attendance) in the proposed dynamics of both self-employment as directed, with issues of self-learning and self-assessment so that students can have perception of their own progress in the acquisition of different skills.

4. **WORKING GROUP SPECIFIC** skills development under the tutoring and counseling teacher.

5. **PROPOSALS FOR EVALUATION** . Developed in the section of "Assessment" of this Teaching Guide.

6. **VOLUNTARY PRACTICES** . With which students can gain experience in the fields and contexts of aquatic activity that interest you: educational, utility, competitive, recreational or health.

Likewise, the Moodle platform is an essential tool for monitoring and independent learning by students, structuring the different thematic blocks in different sections:

1.- **TEACHING MATERIALS** , to access the notes presented in lectures, with various complementary dossiers with readings for each topic.

2. **INDEPENDENT WORK** , with which students can access through questionnaires "online" to various proposals for self-learning and self-evaluation as well as participate in the portfolios of the subject

3. **SPACE GROUP** , which intends to participate in dynamics Forums to answer questions of each topic in a collaborative way, and the development of teaching materials among all students, through participation in a WIKI space groups develop teaching materials .

4. **SPACE SEMINARS / WORKSHOPS** , to access information on each seminar in question.

5. **SPACE GRAPHIC** order to have access to video images on different technical models swimming and other resources of interest

All extended information of the subject, and the dates and materials can be found Moodle.

### 5.3.Syllabus

*MODULE 1: INTRODUCTION TO AQUATIC*

TOPIC 1: Approach to Sports and Water Activities

TOPIC 2: Features of the aquatic environment and its laws

*MODULE 2: DIFFERENT AQUATIC PROGRAMS*

TOPIC 3: Aquatic discovery performance

TOPIC 4: Sport swimming: swimming styles

TOPIC 5: Educational water activities

TOPIC 6: Water activities health

TOPIC 7: The aquatic recreation

*MODULE 3: TEACHING METHODOLOGY OF AQUATIC ACTIVITIES*

TOPIC 8: Methodological bases for teaching water activities

*MODULE 4: THE SPORT PERFORMANCE IN THE SWIM*

TOPIC 9: Specific features swimming training

*MODULE 5: OTHER WATER SPORTS ACTIVITIES*

TOPIC 10: The sports water rescue

TOPIC 11: The waterpolo

TOPIC 12: Synchronized swimming

### 5.4.Course planning and calendar

Schedule sessions and presentation of works

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### 1.-CALENDAR COURSE: 1 SEMESTER

(According to official academic calendar published for each academic year)

\* CLASSROOM DYNAMICS AND WORKSHOPS: River Isuela Pavilion

\* DYNAMIC POOL: Pool Almería (Front Pavilion River Isuela)

2. CREDITAJE TOTAL = 6 credits E.C.T.S. (60 h. Classroom and 90 hours. Non-contact)

+ Classroom Teaching:

\* MASTER CLASS: 8 h.

\* PROBLEM SOLVING AND CASES (Pool Practice): 40 h.

\* LABORATORY PRACTICE (Seminars): 5 h.

\* WORK (Workshop): 7 h.

CALENDAR	Sept	Oct	Nov	Dec	Jan
TOPIC 1: Approach to Sports and Water Activities	*				
TOPIC 2: Features of the aquatic environment and its laws	*				
TOPIC 3: Aquatic discovery performance		*			
TOPIC 4: Sport swimming: swimming styles		*	*	*	*
TOPIC 5: Educational water activities			*	*	
TOPIC 6: Water activities health					*
TOPIC 7: The aquatic recreation				*	

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TOPIC 8: Methodological bases for teaching water activities		*		*	
TOPIC 9: Specific features swimming training			*	*	
TOPIC 10: The sports water rescue					*
TOPIC 11: The waterpolo					*
TOPIC 12: Synchronized swimming					*

### 5.5. Bibliography and recommended resources

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