

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 12.0

Year 4

Semester Annual

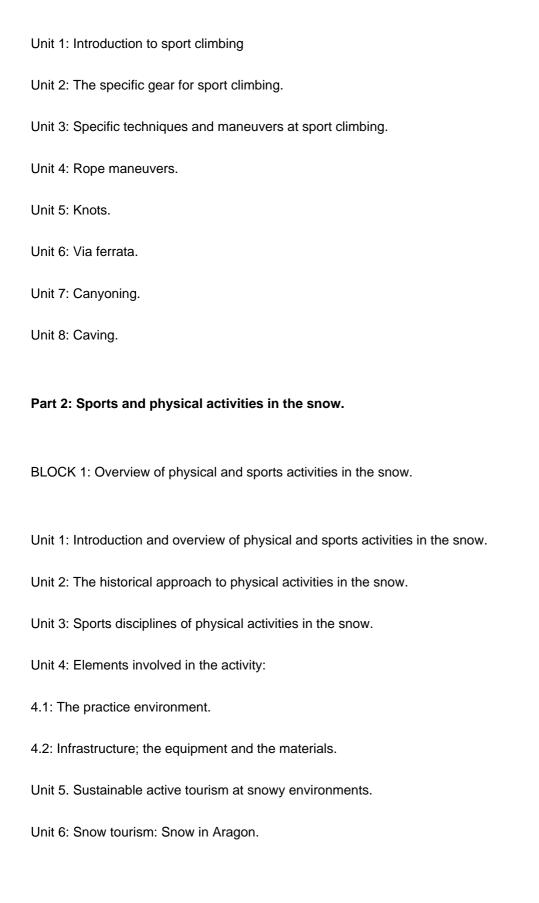
Subject Type Compulsory

Module ---

- 1.General information
- 1.1.Introduction
- 1.2.Recommendations to take this course
- 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
- 5.2.Learning tasks
- 5.3.Syllabus

Part 1: Vertical sports.







Unit 7: Environmental education through physical activities in the natural environment.
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. Course planning and calendar



5.5.Bibliography and recommended resources