

26302 - Water sports and activities

Información del Plan Docente

Academic Year	2018/19
Subject	26302 - Water sports and activities
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.Aims of the course

1.2.Context and importance of this course in the degree

1.3.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 complementary activities and materials.

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

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

- Lectures supported by guided seminars on specific topics applied to aquatic environment work. These seminars are based on new technologies and collaborative work.
- In the pool, situations of practice and simulated practice take place, where aspects that have previously worked on

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the basis of lectures, seminars and reading articles of interest are experienced.

- Moodle serves as a fundamental support to create space for exchange of teaching materials and discussion groups.
- Tutorials are very important, the student is guided to generate their own learning fluctuating between theory and practice and is oriented toward autonomous learning.

4.2. Learning tasks

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 AND LECTURES:** (1 ECTS: 10 hours).
2. **SEMINARS AND WORKSHOPS** (compulsory attendance). (0,5 ECTS: 5 hours)
3. **DYNAMICS OF WORK IN THE POOL** (compulsory attendance). (4 ECTS: 40 hours). Dynamics of self-employment, 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:** (0,5 ECTS: 5 hours). 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.** Students can gain experience in the fields and contexts of aquatic activity that interest them: 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 lecture notes and complementary dossiers with readings for each topic.
2. AUTONOMOUS 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 to participate in forum dynamics 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 in order to have access to video images on different technical models swimming and other resources of interest.

Further information of the course, and the dates and materials can be found Moodle.

4.3. 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 water polo

TOPIC 12: Synchronized swimming

4.4. Course planning and calendar

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. CREDITS TOTAL = 6 credits E.C.T.S. (60 h. Classroom and 90 hours. Off-site)

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Classroom Teaching:

- MASTER CLASS AND LECTURES: (1 ECTS: 10 hours)
- PROBLEM SOLVING AND CASES (Pool Practice): (4 ECTS: 40 hours)
- LABORATORY PRACTICE (Seminars): (0,5 ECTS: 5 hours)
- WORK (Workshop): (0,5 ECTS: 5 hours)

4.5. Bibliography and recommended resources

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- Nataci  n terap  utica / por Mario Lloret...[et al.] . 2a. ed. Barcelona : Paidotribo, D.L.1997
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