

## 26312 - Individual sports

### Información del Plan Docente

<b>Academic Year</b>	2018/19
<b>Subject</b>	26312 - Individual sports
<b>Faculty / School</b>	229 - Facultad de Ciencias de la Salud y del Deporte
<b>Degree</b>	295 - Degree in Physical Activity and Sports Science
<b>ECTS</b>	6.0
<b>Year</b>	2
<b>Semester</b>	First semester
<b>Subject Type</b>	Compulsory
<b>Module</b>	---

### 1.General information

#### 1.1.Aims of the course

The teaching of this subject aims that the student has a global vision of the history of some individual sports (athletics, cycling and skating) and their modalities. How they have evolved and what is the technical execution model, learning processes and errors. Also, the effects of the practice of individual sports in the organism and know how to create, organize, plan and evaluate tasks for improvement or learning, in different contexts.

#### 1.2.Context and importance of this course in the degree

Individual sports, and specifically athletics, form the basis of most sports. In fact, the qualities needed and worked in the different athletic modalities are the same as in the rest of sports. Knowing them will allow us to apply it in other sports modalities.

On the other hand, performance in individual sports depends on fundamental aspects related to psychological, physiological and biomechanical aspects. The effect on the organism, as well as the planning of the training or improvement programs, or the design of activities and teaching-learning processes essential in the sport initiation are also the main object of other subjects of the Degree.

#### 1.3.Recommendations to take this course

This subject is compulsory, does not require prior knowledge. However, it is recommended to maintain an acceptable physical condition.

### 2.Learning goals

#### 2.1.Competences

Upon passing the subject, the student will be more competent to ...

General skills:

In this subject, as in the rest of the subjects of the Graduate, all the general competences (instrumental, personal and

## 26312 - Individual sports

interpersonal and systemic) that appear in the Degree Report will be attended.

Professional skills:

- Design, develop and evaluate the intervention processes, related to physical activity and sports with attention to the individual and contextual characteristics of the people.
  - Understand the internal logic of the motor situations, analyzing and applying it in an appropriate way to those to be performed in a stable physical environment and without direct interaction with others.
  - Know the motor action as an object of fundamental study in the field of physical activity and sport sciences.
- Plan, develop and evaluate the realization of teaching-learning programs based on the practice of physical-sporting activities.
- Select and know how to use sports equipment and equipment, suitable for each type of activity.
- Know the characteristics and potentialities of the spaces useful for the practice of physical and sports activity and arrange their order to optimize their use attending all types of populations.
- Assess, transmit and enhance the component of pleasure and enjoyment inherent in the practice of physical-sporting activities, and the relational opportunities that such practice implies.

Competences of the subject:

- Handle the basic terminology of the subject, and be able to adequately describe the technical actions of the technical elements carried out.
- Describe relevant historical milestones for the development of athletics as a sport, and for the evolution of all modalities and its regulations.
- Be able to describe and execute, identifying the most common mistakes in the basic technical elements of athletics, cycling and skating.
- Develop and evaluate athletics tasks using new technologies.
- Design and make teaching and learning proposals for individual sports, following appropriate methodological guidelines focused on initiation.

### 2.2.Learning goals

The student to overcome this subject should demonstrate the following results ...

- Describe the history and evolution of sports modalities, their biomechanics and the basic rules of the sports treated: athletics, cycling and skating, as well as knowing basic terminology of the subject "Individual Sports" as well as the relevant bibliographic sources to document this subject.
- Perform the basic technical elements of the modalities correctly, using the material in an appropriate manner and identifying the most common errors of each one.
- Design, develop and evaluate individual learning programs specific to individual sports, as well as design and carry out teaching proposals for the modalities carried out, following appropriate methodological guidelines.

### 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 methodology followed in this course is oriented towards achievement of the learning objectives. It is intended that students use the appropriate methodological progressions, taking into account the risk of injuries.

### **4.2. Learning tasks**

The course includes the following learning tasks:

- Lectures. The study of the history, the basic rules of competition and will be analyzed the basic techniques (learning progressions, materials, teaching methods, errors and corrective exercises).
- Practice sessions. Learning of abilities and skills of athletics for optimize activity of running, jumping, cycling and skating; materials and their correct use will be valued; and improvement exercises will be proposed according to the training mistakes.
- Problem-solving and repetition of tasks.

### **4.3. Syllabus**

The course will address the following topics:

- Section 1. Athletics
- Section 2. Cycling
- Section 3. Skating

### **4.4. Course planning and calendar**

Practice sessions on cycling and athletics are on Mondays and Wednesdays. Skate sessions are held during the seminars.

Students must submit a written assignment whose topic is explored during the first classes. For students who attend classes, the practical tests will be done during the class sessions, with prior notice to the students.

The date of the written exam will be the day of the official call.

### **4.5. Bibliography and recommended resources**

- Campos Granell, José. Las técnicas de atletismo : manual práctico de enseñanza / José Campos Granell, José Enrique Gallach Lazcorreta . 1ª ed. Barcelona : Paidotribo, cop. 2004
- Seners, Patrick. Didáctica del atletismo / Patrick Seners . 1a. ed. Barcelona : Inde, 2001
- Algarra, José Luis. [Ciclismo total]. 1, Fundamentos del ciclismo : el ciclista y su mundo / José Luis Algarra, Antxon Gorrotxategi . Madrid : Gymnos, D.L. 1996
- Plas, Rob van der. La bicicleta : su mantenimiento y reparación paso a paso / Riob van der Plas . Barcelona : Editorial Hispano Europea, D.L. 1995
- Glaskin, Max. Mountain bike : recreación, aventura y competición : equipo, mantenimiento y técnica de ciclismo de montaña / Max Glaskin, Jeremy Torr ; prólogo, Pere Pi . 1a. ed. Barcelona : Editorial Hispano Europea, D.L. 1991
- Guía maestra de la Mountain Bike : consejos de expertos para vencer curvas, trialeras, pendientes, descensos, colinas, barro y todo tipo de adversidades / por los editores de las revistas Mountain Bike y Bicycling ; editor, Jesús Domingo, revisión técnica, Juan Ignacio Chico . 2a. ed. Madrid : Tutor, 2003
- Plas, Robert van der. Ciclismo de montaña / Robert van der Plas . Barcelona : Martínez Roca, 1991
- Ambrosini, Giuseppe. La técnica del ciclismo : guía práctica para instructores y corredores / Giuseppe Ambrosini . 9a. ed. Barcelona : Editorial Hispano Europea, D.L. 1997
- Losa López, Juan Ramón. La bicicleta en el marco de la educación física : (700 juegos básicos y recreativos) / Juan

## 26312 - Individual sports

- Ramón Losa López . [Madrid] : Dirección General de Tráfico, Ministerio del Interior, D.L. 1999
- ois. La bicicleta : descubre y practica el cicloturismo / François Piednoir, Gérard Meuner, Pierre Pauget . 1a. ed. Barcelona : Inde, 2000
  - Fagioli, Fabrizio. Cicloturismo de fondo : cómo preparar una gran marcha / Fabrizio Fagioli . 1a. ed. Bilbao : Dorleta, D.L. 1999