

## 26342 - Orientation and Off-Road Bicycles

### Syllabus Information

**Academic Year:** 2019/20

**Subject:** 26342 - Orientation and Off-Road Bicycles

**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:** 3

**Semester:** Second semester

**Subject Type:** Optional

**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

### 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 methodology followed in this course is oriented towards achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as:

- Lectures to explain the theoretical contents.
- Practice sessions to address the practical contents of sports initiation and orientation and BTT.
- Planning and implementation of orientation and BTT activities in urban and rural environments.
- In large groups, all students experience orientation and BTT planned by a small group of students.

#### 4.2.Learning tasks

The course includes the following learning tasks:

- Know the orientation and the all-terrain bicycle (BTT) as types of physical and sports modalities with their own identity comprised within the activities in the natural environment.
- Become familiar with the materials and equipment of the physical and sports modalities of orientation and of BTT specified in its description, operation, maintenance and basic repair.
- Identify the elements, mainly educational, sociocultural and multidisciplinary, that are involved in the practice of physical and sports activities of orientation and BTT.

- Assimilate the basic techniques and the basic tactical situations of the physical-sport modalities of the orientation and BTT, discover the types of teaching-learning activities and the curricular materials more appropriate in each case.
- Experience situations and activities of both disciplines.
- Know the different modalities of the practice of the sport of orientation and those corresponding to cycling linked to activities in the natural environment.

### 4.3.Syllabus

The course will address the following topics:

- Topic 1. Main concepts of physical activities in the nature of orientation and BTT: Concept, trajectory historical and sociocultural, educational values.
- Topic 2. The orientation.
  - 2.1. Concept and generalities. The sports orientation and its modalities.
  - 2.2. Materials, equipment and infrastructures.
  - 2.3. Procedures of orientation in the nature: Cartographic Interpretation. Guidance with G.P.S. Coordinates U.T.M. Sports modalities of orientation.
  - 2.4. Contents of specific practical development.
    - 2.4.1. The design of orientation maps: Ocad.
    - 2.4.2. Tracing and beaconing methods: Sportiden system.
    - 2.4.3. O.Pie Modality.
    - 2.4.4. Modality O.Btt.
    - 2.4.5. The technical orientation training.
- Topic 3. The all-terrain bicycle.
  - 3.1. Concept and generalities. The different modalities. cyclists in the field of activities in the natural environment.
  - 3.2. Materials, parts, mechanical operation of its components. Clothing. Positions and basic techniques.
  - 3.3. Contents of specific practical development.

B) Compulsory readings of specific bibliography.

C) Experience of orientation and BTT activities in rural and natural environments.

D) Analysis of active tourism programs and projects.

E) Project: design and development of practical proposals in urban and rural areas of orientation and BTT.

F) Search and creation of materials and activities to plan sports initiation processes to both modalities.

G) Project presentation.

### 4.4.Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sports Sciences website and Moodle.

### 4.5.Bibliography and recommended resources

- García Pajuelo, Jesús. Guía práctica para escuelas del deporte de la orientación / Jesús García Pajuelo . 1a ed. Sevilla: Wanceulen, 1999
- Casterad Seral, Jaime. Actividades en la naturaleza / Roberto Guillén, Susana Lapetra, y Jaime Casterad . 1a. ed. Barcelona : Inde, 2000
- Actividades en la naturaleza / autores, Jorge Ascaso Martorell...[et al.] ; coordinación, Ángeles López Rodríguez, Roberto Velázquez Buendía, Leonor Gallardo Guerrero . Madrid : Ministerio de Educación y Ciencia, 1996
- Blandford P.W. Manual de orientación. Uso de mapas y brújulas para aventureros, excursionistas, montañeros

y navegantes Barcelona: Ed. Martínez Roca, 1989

- Casterad, J. y Guillén, R. . Revista: Aula de innovación educativa: Juegos al aire libre: Vámonos al parque. 57, pp. 27-32., 2000. Barcelona : Graó Educación, 1992- [Publicación periódica]
- Cervellati, R.. Las carreras de orientación : cómo orientarse en la naturaleza / R. Cervellati, L. Pennisi, M.C. Ramorino. 1a. ed. Barcelona : Rodés, 1988
- Corbellini, Giancarlo. Guía de orientación : [el mapa, la brújula, el cielo, el GPS] / Giancarlo Corbellini ; información astronómica de Enrico Miotto ; revisión y adaptación, Eusebio García Gómez . 3a ed. Madrid : Tutor, 2002
- Trabajar mapas / Ma. Victoria Corberó...[et al.] . 1a. ed. Madrid : Alhambra, 1988
- Mínguez Viñambres, Alberto. El entrenamiento del corredor de orientación.. Madrid. Consejo Superior de Deportes., 2008
- Fleming J.. Manual de orientación. Todo sobre el mapa y la brújula. Madrid: Ed. Desnivel, 1995
- García Gómez, Eusebio. Carreras de orientación : el deporte del siglo XXI / Eusebio García Gómez . 1a ed. Madrid: Desnivel, 2001
- Garde, J. Vidal, M.. Las carreras de orientación: técnicas avanzadas. Apuntes del curso de perfeccionamiento Zaragoza: Club Ibón, 1998
- Gómez Encinas, Vicente. Deporte de orientación / autores, Vicente Gómez Encinas, Jesús Luna Torres, Pedro Pablo Zorrilla Sanz ; coordinación, Leonor Gallardo Guerrero, Roberto Velázquez Buendía, Angeles López Rodríguez . Madrid: Ministerio de Educación y Ciencia, D.L. 1996
- Haberkorn M. . Manuel pratique des sports d'orientation Paris, Amphora Sports, 2004
- Kronlund, Martín. Carrera de orientación: técnica, táctica y estrategia de la carrera de orientación y del trazado de recorridos para las competiciones. Madrid: Kronlund, Martin H. A., 1991
- Lapetra, S.; Guillén, R.; Generelo, E. y Casterad, J. (1998). Las posibilidades de uso y disfrute de la bicicleta de montaña. En Camerino, O. y Castañer, M. (Coords.), Guías Praxis para el profesorado. Educación Física. Contenidos, Actividades y Recursos (425-477). Barcelona: Praxis.