Programme Specification

Bachelor's Degree in Sports Sciences

2021-2022

universidad SANJORGE
GRUPO SANVALERO

CONTENTS

1. PROFESSIONAL COMPETENCES

1.1. General competences

G1: Ability to analyse and summarise

G2: Ability to organise and plan

G3: Oral and written communication

G4: Oral and written communication in English

G5: Ability to apply IT knowledge to Physical Activity and Sport Sciences

G6: Ability to efficiently manage information

G7: Troubleshooting and decision-making

G8: Ability to work in teams

G9: Ability to work in international contexts

G10: Interpersonal relationship skills

G11: Ability to recognise and respect diversity and multiculturalism

G12: Ability to work with critical thinking

G13: Ethical commitment in both personal and professional life.

G14: Ability for autonomous learning and to recycle learning over time

G15: Ability to adapt to new situation

G16: Ability for leadership, initiative, and entrepreneurship

G17: Ability to be creative and motivated by quality

G18: Ability to develop a professional career respecting the environment and encouraging sustainable development.

1.2. Specific competences

E1: Ability to understand, develop, and apply the procedures, strategies, activities, resources, techniques, and methods that take part in the teaching-learning process, in every professional intervention sector for physical activity and sport.

E2: Ability to design and apply the methodologic process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or diffusion in different contexts and every professional intervention sector for physical activity and sport.

E3: Ability to communicate and interact properly and efficiently in physical activity and sport, in diverse intervention contexts, showing teaching skills in a conscious, natural, and continuous way.

E4: Ability to adapt the educational intervention to individual characteristics and needs for all the population.

E5: Ability to know how to guide, design, apply, and evaluate physical exercise and physical activity in an advanced level, based on scientific evidence, in different areas, contexts and types of activity for everyone.

E6: Ability to identify, communicate and apply anatomical-physiological and biomechanical scientific criteria at an advanced level in the design, development and technical-scientific evaluation focused on the prevention, minimisation and/or avoidance of health risks in the practice of physical activity and sport in all types of population.

E7: Ability to design and apply adequate physical exercise and physical conditioning programmes, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain capacities of everyone in relation to optimal human movement.

E8: Ability to manage and organise an advanced level of skill in the analysis, design and evaluation of physical-sport performance and physical conditioning assessment and control tests.

E9: Ability to know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies through physical sports activities and physical exercises suitable for their characteristics and needs.

E10: Ability to conduct the planning, application, control, and evaluation of physical and sports training processes at advanced levels.

E11: Ability to analyse, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote an active lifestyle and regular and healthy practice of physical activity, sport and physical exercise in an adequate, efficient and safe way in order to improve the integral health, well-being and quality of life of individuals.

E12: Ability to know how to promote, advise, design, apply and technically-scientifically evaluate appropriate and varied programmes of physical activity, physical exercise, and sport, adapted to the needs, demands and individual group characteristics of the entire population.

E13: Ability to coordinate and develop programmes for the promotion of physical activity, physical exercise and sport for the entire population, with the presence of a professional or carried out autonomously by the individual, in the different types of spaces and in any sector of professional intervention of physical activity and sport.

E14: Ability to promote education and dissemination on the benefits of the regular practice of physical and sports activity, the risks and damages of an inappropriate practice and the elements and criteria that identify its adequate execution.

E15: Ability to organise the promotion of educational policies, strategies, and programmes on aspects of public health, in relation to physical activity and sport, as well as cooperate with those involved in the sector.

E16: Ability to develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying proficiency in the elements, methods, processes, activities, resources and techniques of basic motor skills, physical activities, sports skills, games, expressive body and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population.

E17: Ability to develop procedures and protocols to solve unstructured, unpredictable, and increasingly complex problems, articulating and deploying proficiency in the elements, methods, procedures, activities, resources, techniques and physical condition and physical exercise processes in an adequate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations.

E18: Ability to develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques of movement symptoms and physical condition and physical exercise processes; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sports take place.

E19: Ability to analyse, diagnose, and evaluate the elements, structure, situation, and characteristics of all types of physical activity and sport organisations, as well as the legislative and legal elements related to physical and sports activity.

E20: Ability to identify and organise the various types of physical and sports activities adapted to the development, characteristics and needs of individuals and the type of activity, space and entity, in all types of physical activity and sport services, including sports events, and in any type of organisation, guaranteeing safety, efficiency and professionalism in the activity carried out in compliance with current regulations.

E21: Ability to organise and evaluate the professional performance of human resources in all types of services and in any type of organisation in any sector of professional intervention of physical activity and sport, guaranteeing safety, efficiency and professionalism in the activity carried out in compliance with the effective regulations.

E22: Ability to plan and carry out technical-scientific evaluation of organisational resources and material resources and sports facilities, including their basic and functional design, as well as adequate selection and use, for each type of activity and population, carried out from compliance with current regulations.

E23: Ability to coordinate and manage the advice, certification, and technical-scientific evaluation of physical and sports activities and resources in all physical activity and sport services, contexts, environments and sectors of professional intervention of

physical activity and sport, as well as in the design and preparation of technical reports in all physical activity and sport services.

E24: Ability to know and understand the bases of the methodology of scientific work.

E25: Ability to analyse, review, and select the effect and effectiveness of research methods, techniques and resources and scientific work methodology, in solving problems that require the use of creative and innovative ideas.

E26: Ability to coordinate and manage with rigour and a scientific attitude the justifications on which to elaborate, support and justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports, and professional performance in a professional manner.

E27: Ability to organise and manage procedures, processes, protocols, own analysis, with rigour and scientific attitude on matters of a social, legal, economic, scientific, or ethical nature, when necessary and pertinent in any professional sector of physical activity and sport.

E28: Ability to understand the scientific language of sports sciences in English.

E29: Ability to understand, know how to explain, and disseminate, in English, the knowledge acquired in relation to physical activities and sports in an academic context.

E30: Ability to know how to apply the ethical and social justice principles in professional performance and involvement.

E31: Ability to understand, elaborate and know how to apply the ethical-deontological, structural-organisational conditions, professional performance and the regulations of the professional practice of Graduates in Sports Sciences, in any professional sector of physical activity and sport, as well as being able of developing multidisciplinary work.

E32: Ability to understand, know how to explain, and disseminate the functions, responsibilities and importance of professionals graduated in Sports Science.

E33: Ability to design, plan and evaluate teaching and learning processes, both individually and in collaboration with other teachers and professionals at the centre

E34: Ability to design and regulate learning spaces in contexts of diversity and that deal with gender equality, equity and respect for human rights that shape the values of civic education.

E35: Ability to encourage and value effort, perseverance, and personal discipline in students.

E36: Ability to understand that the exercise of the teaching function must be perfected and adapted to scientific, pedagogical, and social changes throughout life.

E37: Ability to accept the educational dimension of the teaching function and promote democratic education for active citizenship.

E38: Ability to acquire habits and skills for autonomous and cooperative learning and promote it among students.

2. PROGRAMME STRUCTURE

	TYPE (BM/OB/OP)	SEMESTER	ECTS CREDITS
First year			
Fundamentals of anatomy	BM	I	6
Physiological fundamentals	BM	I	6
Dance and body language	OB	I	6
Team sports I	OB	I	6
Contact and adversary sports I	OB	I	3
Individual sports I	OB	I	3
Motor learning and development	BM	II	3
Applied ethics and deontology	BM	II	6
Sports history and culture	BM	II	3
Basic motor skills and motor games	OB	II	6
Theoretical and practical fundamentals of sports	OB	II	3
Individual sports II	OB	II	9
			60
Second year			
Anatomy applied to human movement	BM	III	6
Psychology applied to physical activity and sport	BM	III	6
Recreational activities in natural environment I	OB	III	3
Basis of sports initiation	OB	III	3
Team sports II	OB	III	9
Emergent and alternative sports	OB	III	3
Physiology applied to physical exercise	BM	IV	9
Fundamentals of biomechanics	BM	IV	9
Fundamentals of research in physical activity and sports	BM	IV	6
Recreational activities in natural environment II	OB	IV	3
Contact and adversary sports II	OB	IV	3
			60
Third year			
Physical conditioning	OB	V	3
Theory and methodology of sports training	OB	V	6
Adapted physical activity and inclusion	OB	V	3
Physical activity, health, and quality of life	OB	V	6
Injuries and pathologies in sport	OB	V	3
Prevention and physical-sportive re-education	OB	V	6
Sports legislation and organization	OB	V	6
Physical activity teaching	OB	VI	6
Teaching-learning methodology	OB	VI	6
Technologies applied to physical exercise	OB	VI	6
Assessment and prescription of physical exercise programmes	OB	VI	6
Fundamentals of sports management	OB	VI	6
			60
Fourth year			
Statistics and data analysis in physical activity and sport	OB	VII	3
Elective studies*	OP	Annual	39
Specialized work placements	OB	Annual	12
Final project	OB	Annual	6
*The student chooses one of the elective routes: sports training, sports management or fitness and wellness.			**60**

*Elective studies:

MODULE	SUBJECT	SEMESTER	ECTS
Sports teaching 39 ECTS*	Applied English	VII	6
	Organization, management, and excellence in school	VII	6
	Christian social thinking	VII	6
	Sociology of physical activities	VII	6
	Attention to diversity, interculturality and inclusive education	VIII	6
	Physical activities evaluation	VIII	3
	Educational orientation	VIII	6
Sports management 39 ECTS*	Comprehensive management of sports facilities and equipment	VII	6
	Applied English	VII	6
	Organization of activities and sports events	VII	6
	Christian social thinking	VII	6
	Entrepreneurship in sports sector	VIII	3
	Management skills	VIII	3
	Marketing and communication in sports field	VIII	3
	Planning and control of management	VIII	6
Sports and health 39 ECTS*	Directed activities I	VII	6
	Applied English	VII	6
	Nutrition oriented to health	VII	6
	Christian social thinking	VII	6
	Physical activity with special populations	VIII	6
	Directed activities II	VIII	6
	Personal training programmes	VIII	3
Sports training and performance improvement 39 ECTS*	Fundamentals of sports planning	VII	6
	Applied English	VII	6
	Nutrition and ergogenic aids	VII	6
	Christian social thinking	VII	6
	Sports planning applied to team sports	VIII	3
	Sports planning applied to contact and adversary sports	VIII	3
	Sports planning applied to individual sports	VIII	3
	Assessment and evaluation of sports performance	VIII	3

3. PROGRAMME CONTENTS

First Year

3.1. Fundamentals of anatomy

Credits: 6 **Type:** Basic

Contact hours: 63 **Study hours:** 87

Summary:

1. General structure of the human body.
3. Skeletal anatomy.
2. Muscular anatomy.
4. Joint anatomy.
5. Nervous system.
6. Endocrine system.
7. Cardiovascular system.
8. Respiratory system.
9. Digestive system.
10. Renal and genitourinary system.

Learning outcomes:

After completing this subject, students will be able to:

- Identify anatomical structures related to Sport Sciences.
- Communicate anatomic aspects related to the practice of physical activity.
- Apply scientific-anatomic criteria in the practice of physical activity.
- Use the anatomic knowledge to develop a basic level in planning, application, control, and evaluation of the processes of physical training.
- Recognize anatomical implications in different special populations (elderly, scholar, people with disability, people with pathology, etc.), attending to gender and diversity.

3.2. Physiological fundamentals

Credits: 6 **Type:** Basic

Contact hours: 58,5 **Study hours:** 91,5

Summary:

1. Homeostasis.
2. Energetic systems.
3. Nervous system.
4. Endocrine system.
5. Cardiovascular system.
6. Blood.
7. Respiratory system.
8. Digestive system.
9. Excretory system.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the fundamentals of human physiology.
- Know and identify the functioning of the different physiological systems of the human body.
- Solve real and fictional problems related to physiology.
- Communicate physiological aspects related to the practice of physical activity.
- Describe and justify, with scientific anatomical-physiological criteria, procedures in the practice of physical activity.

3.3. Dance and body language

Credits: 6 **Type:** Compulsory

Contact hours: 61 **Study hours:** 89

Summary:

1. Conceptual and historic basis of body language and dance.
2. Body language as content.
3. Contents in body language.
4. Body language and physical education.
5. Music and movement in body language.
6. Creative process in body language.

Learning outcomes:

After completing this subject, students will be able to:

- Understand, develop, and implement the procedures, activities, techniques and methods that take part in dance and body language teaching-learning process.
- Design and apply the methodologic process integrated by the observation, reflexion, analysis, and evaluation in scholar physical education context, individually or collaborating with other teachers and school professionals.
- Communicate and interact properly, considering the intervention field and the different roles played.
- Adapt the intervention to the individual characteristics and needs, emphasizing in those with special character (scholars and elderly).
- Promote activities that promotes an active lifestyle and the regular practice of expressive activities among citizens, to improve their quality of life through autonomy and constancy to reach the desired objectives.
- Elaborate protocols to solve real or fictional problems, using techniques and resources that compose the dance and body language activities, and in a proper, varied and methodologically integrated way for all the population, emphasizing in special populations and different professional fields.

3.4. Team sports I

Credits: 6 **Type:** Compulsory

Contact hours: 59 **Study hours:** 91

Summary:

1. Introduction to cooperative-opposition sports, common space, and simultaneous participation in large outdoor field.
2. Structural basis of team sports in large outdoor field as team sports games.
3. Football: history and game rules, tactical technical skills.
4. Football: history and game rules, tactical technical skills.
5. Initiation in large outdoor field sports.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the structural and functional basis of football and rugby as team sports models.
- Know and transmit strategic and tactical concepts of football and rugby from sports initiation.
- Design formative programmes for different ages and evolutionary stages in team sports with common space and simultaneous participation.
- Propose and apply a wide index of exercise and training situations for these sports.
- Analyse the different strategic and tactical technical aspects of football and rugby in different formative stages.
- Solve problems inherent to the formative process.
- Know and analyse the scientific work methodology in these sports.

3.5. Contact and adversary sports I

Credits: 3 **Type:** Compulsory

Contact hours: 33 **Study hours:** 42

Summary:

1. Initiation to adversary sports with implement
2. Tennis: introduction, rules, and tactical, technical, and methodological fundamentals
3. Badminton
4. Paddle: introduction, rules, and tactical, technical, and methodological fundamentals

Learning outcomes:

After completing this subject, students will be able to:

- Design and apply methodologic procedures for technical-tactical analysis of adversary sports with implement in different populations.
- Communicate sports initiation concepts for these sports efficiently.
- Adapt the educational intervention in adversary sports and its programmes for different ages and evolutionary stages.
- Purpose and apply a wide and varied index of increasingly complex technical training exercises, showing command of elements, methods, and resources of sports skills.
- Plan and organize activities and events related to adversary sports with implement.

3.6. Individual sports I

Credits: 3 **Type:** Compulsory

Contact hours: 33 **Study hours:** 42

Summary:

1. Introduction to individual gymnastic sports
2. Sports rhythmic gymnastics
3. Sports artistic gymnastics
4. Didactical application of gymnastic sports

Learning outcomes:

After completing this subject, students will be able to:

- Produce and apply activities and techniques that take part in teaching-learning process of individual gymnastic sports.
- Communicate and interact efficiently and properly, showing teaching skills in a conscious, natural, and continuous way, through directed activities and gymnastics teaching.
- Adapt the educational intervention to individual characteristics and needs, paying attention to educational stage, gender, and diversity in the classroom.
- Promote the education about the characteristics of gymnastics practice and its benefits, as about the risks and damages of an inadequate practice and/or execution.
- Organize educational programmes through learning strategies that improve execution and prevent risk factors.
- Know and apply ethical-deontological determinants related to these sports, in formal and informal teaching fields.
- Learn to behave as good Sport Sciences professionals, to get the aims and benefits of individual gymnastic sports, adequately and in a safe way.

3.7. Motor learning and development

Credits: 3 **Type:** Basic

Contact hours: To be determined **Study hours:** To be determined

Summary:

1. Evolutionary cycle.
2. Learning and development processes
3. Learning adaptation to evolutionary development
4. Risk detection and design of strategies.
5. Motor learning as part of the teaching-learning process.
6. Mechanisms and evaluation of the learning process.

Learning outcomes:

After completing this subject, students will be able to:

- Understand, produce, and apply the procedures, strategies, activities, resources, techniques, and methods that take part in teaching-learning process.
- Design and apply methodological processes oriented to the improvement of learning processes in different populations.
- Communicate and interact properly and efficiently in physical activity and sport, in diverse intervention contexts.
- Design teaching-learning processes based on scientific evidence to solve unpredictable and increasingly complex low-structured problems, individually and collaborating with other teachers and professionals.
- Acquire habits and skills to self-work in compiling scientific evidence in learning processes and motor development in different populations and acting fields.

3.8. Applied ethics and deontology

Credits: 6 **Type:** Basic

Contact hours: To be determined **Study hours:** To be determined

Summary:

1. Ethics and deontology
2. Ethics history
3. Ethics applied to physical activities and sport
4. Deontological code in sport sciences
5. Ethical compromise
6. Professionalism

Learning outcomes:

After completing this subject, students will be able to:

- Apply ethical-deontological and social-justice principles in professional performance and implication.
- Know the regulations of physical educators' professional practice.
- Apply ethical-deontological and structural-organizational determinants in physical educators' professional performance.
- Understand, explain, and spread the functions, responsibilities, and importance of a good Sport Sciences professional.
- Identify, understand, analyse, and think critically and autonomously about the own identity, training, and professional performance to get the aims and benefits of physical activity and sports in an adequate, safe, healthy, and efficient way.

3.9. Sports history and culture

Credits: 3 **Type:** Basic

Contact hours: 32 **Study hours:** 43

Summary:

1. History of physical activities and sport
2. Modern sport
3. Sports culture
4. Sports phenomenon

Learning outcomes:

After completing this subject, students will be able to:

- Understand concepts of game and sport in the different history stages, as the influential factors in sports participation, the adhesion to an active lifestyle, and the regular practice of physical activity and sports in the population.
- Know the relationship between sport and health throughout history, and its incorporation in educational strategies and programmes.
- Analyse the formal and informal sports practice in current societies.
- Research social-historically physical practice and sports through autonomous and cooperative learning.
- Think about ethical and social justice issues referred to physical-sportive activities throughout history, from a perspective of democratization.

3.10. Basic motor skills and motor games

Credits: 6 **Type:** Compulsory

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. Motor skills in Sports Sciences
2. Motor skills development
3. Motor games; concept, characteristics, and taxonomy
4. Resources for organization and management of games activities
5. Didactical application of motor games

Learning outcomes:

After completing this subject, students will be able to:

- Understand, produce, and apply the procedures, strategies, activities, resources, techniques, and methods that take part in teaching-learning process of motor skills, and transmit effort and constancy values for their improvement.
- Design and apply methodological processes in the incorporation of different types of motor games to physical activities, in any population and in the different intervention fields, identifying existing roles and relations.
- Communicate adequately tasks for motor skills and motor games development.
- Adapt motor skills and motor games lessons to individual characteristics and contexts, and to different spaces where the activity can be done.
- Purpose and evaluate physical exercise programmes scientific-technically, based on games, highlighting cooperative games and activities that promote autonomous practice by citizens.
- Identify, analyse, and evaluate motor games that encourage the adhesion to sports practice.
- Create didactical sessions related to motor skills and motor games development, to solve unpredictable and increasingly complex low-structured problems in collaboration with other teachers and professionals.

3.11. Theoretical and practical fundamentals of sports

Credits: 3 **Type:** Compulsory

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. Introduction and definition of sport
2. Technical-tactical fundamentals of sport
3. Structure and classification of sports
4. Individual sports characteristics
5. Team sports characteristics
6. Contact and adversary sports characteristics

Learning outcomes:

After completing this subject, students will be able to:

- Understand definition and concept of sport
- Apply the methodological process integrated by the observation, reflection, and analysis to classify the different sports according to their characteristics.
- Communicate adequately the different characteristics and structures present in sports.
- Adapt the educational intervention to individual characteristics and needs, through different sports.
- Analyse, identify, and promote sports that encourage both the adhesion to an active lifestyle and the regular and healthy practice of physical exercise and sport.

3.12. Individual sports II

Credits: 9 **Type:** Compulsory

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. Swimming:
    - 1.1. Introduction to aquatic environment
    - 1.2. Technique of different swimming styles, starts, and flip turn
    - 1.3. Methodology and didactics of aquatic activities teaching
    - 1.4. Initiation to first aids and aquatic rescue
    - 1.5. Other sports modalities
    - 1.6. Aquatic activities with musical support
2. Athletics:
    - 2.1. Basics of athletic events
    - 2.2. Races: sprint, middle distance, long distance, hurdles, steeplechase, and relays
    - 2.3. Throwing events: light (javelin and discus) and heavy (hammer and shot put)
    - 2.4. Jumps: horizontal (long jump and triple jump) and vertical (high jump and pole vault)
    - 2.5. Combined events (heptathlon and decathlon)
    - 2.6. Rules
3. Cycling:
    - 3.1. Introduction to cycling
    - 3.2. Cycling modalities
    - 3.3. Basic technical aspects and rules
    - 3.4. Teaching-learning methodology
    - 3.2. Basic mechanics

Learning outcomes:

After completing this subject, students will be able to:

- Understand the dynamics of these individual sports.
- Analyse different technical-tactical aspects of swimming, athletics, and cycling, as models of individual sports.
- Know and transmit concepts of sports initiation in individual sports.
- Design sessions oriented to sports initiation for different ages and evolutional stages.
- Solve unpredictable and increasingly complex low-structured problems in sports learning in collaboration with other teachers and professionals.

- Know and apply the ethical-deontological principles in physical educators' professional field.

Second year

3.13. Anatomy applied to human movement

Credits: 6 **Type:** Basic

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. Kinesiologic fundamentals of human movement
2. Head and neck
3. Shoulder, shoulder girdle and arm
4. Elbow and forearm
5. Wrist and hand
6. Pelvis, hip, and thigh
7. Knee and leg
8. Ankle and foot
9. Trunk and abdomen
10. Body kinetic chains

Learning outcomes:

After completing this subject, students will be able to:

- Identify the function of anatomical structures related to Sport Sciences.
- Communicate anatomical-functional aspects related to physical activity practice.
- Apply advanced scientific-anatomical criteria in design of tasks for physical activity and sport practice.
- Use anatomical knowledge to develop an advanced level in planning, application, control, and evaluation of sports training.
- Evaluate anatomical implications in design of tasks for different special populations (elderly, scholar, disabled, pathological, etc.), paying attention to gender and diversity.

3.14. Psychology applied to physical activity and sport

Credits: 6 **Type:** Basic

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. Introduction to Sports Psychology.
2. Psychological assessment in physical activity and sport.
3. Psychological variables involved in physical activity and sport.
4. Psychological techniques applied to physical activity and sport.
5. Psychology applied to physical activity and sport.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the basis of psychology to apply its methodological process of analysis and diagnose to every professional sector of physical activity and sport.
- Communicate content about sports health from different points of view: physical, psychological, and social.
- Adapt the psychological intervention to individual and collective characteristics and needs, with specific tasks associated to concentration, motivation, relaxation, and aggressiveness.
- Evaluate the psychological intervention based on the scientific evidence in different contexts and special populations.
- Purpose psychological intervention strategies in physical activity and sport programmes.
- Define strategies in sports adherence programmes, with the presence of a professional or autonomously by the citizen.

3.15. Recreational activities in natural environment I

Credits: 3 **Type:** Compulsory

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. Didactic use of physical activity in natural environment and natural resources
2. Introduction and characteristics of water and air sports
3. General dynamic of sport
4. Technical, tactical, regulatory and security elements
5. Learning adaptations

Learning outcomes:

After completing this subject, students will be able to:

- Know and understand the characteristics of sports in natural environment and its general dynamics.
- Know and communicate efficiently sports initiation concepts for these sports, and a wide and varied index of technical exercises.
- Design programmes for different levels, ages, and evolutional stages, through a methodological process integrated by scientific-tactical observation, execution, and evaluation.
- Guide the resolution of advanced sports learning problems in activities for the whole population.
- Plan and organise activities and events related to these sports, highlighting the legislative elements linked to its practice.
- Promote ethical and respect-for-nature attitudes and know the functions and responsibilities of the physical educator related to physical activities and sports in natural environment.

3.16. Basis of sports initiation

Credits: 3 **Type:** Compulsory

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. Understanding movement
2. Movement improvement
3. Practical applications for individual sports
4. Practical applications for team sports

Learning outcomes:

After completing this subject, students will be able to:

- Understand and apply the basis of motor control and development in teaching of motor skills needed in sports initiation for everybody and in every professional sector of physical activity and sport.
- Produce fluently procedures and protocols to solve unpredictable and increasingly complex low-structured problems, showing command of the elements, methods, processes, activities, resources, and techniques that form basic motor skills and sports skills, in an adequate, efficient, systematic, varied, and methodologically integrated way for everyone, paying attention to gender and diversity in every professional sector of physical activity and sport.
- Analyse, review, and select the effect and efficacy of research methods, techniques, and resources, and the scientific work methodology to solve problems that require creative and innovative ideas.
- Know, produce, and apply ethical-deontological determinants and regulations of physical educators' professional performance related to sports initiation, in every professional sector of physical activity and sport.
- Develop a multidisciplinary work with other professionals.

3.17. Team sports II

Credits: 9 **Type:** Compulsory

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. Introduction to indoor cooperative-opposition sports
2. Structural and functional basis of these sports
3. Basketball: rules and technical tactical skills
4. Handball: rules and technical tactical skills
5. Volleyball: rules and technical tactical skills
6. Initiation in indoor team sports

Learning outcomes:

After completing this subject, students will be able to:

- Understand the structural and functional basis of basketball, volleyball, and handball, as models of collective sports.
- Design sessions to improve physical abilities related to human movement and its optimization, from collective games.
- Purpose, apply and evaluate a wide index of exercises and training situations, to assess physical condition in collective sports.
- Produce fluently procedures and protocols to solve unpredictable and increasingly complex low-structured problems, showing command of the elements, methods, processes, activities, resources, and techniques that form basic motor skills and sports skills, in an adequate, efficient, systematic, varied, and methodologically integrated way for everyone, paying attention to gender and diversity in every professional sector of physical activity and sport.
- Analyse and evaluate the different strategic and technical-tactical aspects of basketball, volleyball and handball in the different formative stages, using scientific resources and methods.
- Plan and organize activities and events related to basketball, volleyball, and handball in formative periods.
- Know and understand the basis of the scientific methodology applied to collective sports.

3.18. Emergent and alternative sports

Credits: 6 **Type:** Basic

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. Emergent sports: definition, characteristics, and evolution
2. Alternative games and sports: definition, characteristics, and rules
3. Great games?
4. Sports initiation in emergent and alternative sports

Learning outcomes:

After completing this subject, students will be able to:

- Understand the dynamics of emergent and alternative sports, and their educational dimension.
- Analyse different technical-tactical aspects of emergent and alternative sports.
- Know and transmit sports initiation concepts in emergent and alternative sports.
- Design work sessions oriented to sports initiation for different ages and evolutionary stages, individually and with other professionals.
- Identify, analyse, and evaluate emergent and alternative sports that encourage the adhesion to sports practice to improve health.
- Solve sports learning problems in different populations.
- Plan and organize activities and events related to emergent and alternative sports.

3.19. Physiology applied to physical exercise

Credits: 9 **Type:** Basic

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. General physiology
2. Movement control
3. Oxygen uptake
4. Thermoregulation and hydroelectrolitic balance
5. Physiology in special populations and throughout the life cycle

Learning outcomes:

After completing this subject, students will be able to:

- Design and evaluate advanced physical exercise, based on the scientific evidence, in different contexts and for all the population.
- Apply physiological criteria to describe, analyse, and explain adequate procedures and strategies to prevent, minimize and/or avoid risks for health during sports practice.
- Apply the physiological knowledges to develop an advanced level in planning and evaluating processes of adaptation and improvement of physical abilities, related to movement and its optimization.
- Understand and summarize scientific texts in English related to physiology of physical exercise.
- Show autonomy to obtain the information necessary for professional performance, to get the benefits of physical activity and sport.

3.20. Fundamentals of biomechanics

Credits: 9 **Type:** Basic

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. Introduction to biomechanics
2. Structural biomechanics: study and analysis
3. Kinematics: Study of movement
4. Kinetics: study of the forces applied to movement and posture
5. Applied biomechanics: walking, running, cycling, jumping, throwing, hitting, and swimming

Learning outcomes:

After completing this subject, students will be able to:

- Know and apply the basic mechanical laws to human body.
- Assess the different techniques for sports movement analysis, its applications, complex, usefulness, and general research methodology.
- Communicate biomechanical-functional aspects related to physical activity practice.
- Apply advanced scientific-biomechanical criteria to design of tasks in physical activity and sport.
- Evaluate physical activity, physical exercise and sport programmes scientific-technically, adapted to individual and group needs, demands and characteristics, emphasizing the elderly, gender and diversity, scholar, disabled, and people with pathologies or health problems.
- Analyse, review, and select the effect and efficacy of research methods, techniques, and resources, and the scientific work methodology to solve biomechanical problems.
- Understand and summarize scientific texts in English related to movement, biomechanics, and its application.
- Show autonomy to obtain the information necessary for professional performance, to get the optimization of human movement.

3.21. Fundamentals of research in physical activity and sports

Credits: 6 **Type:** Basic

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. The scientific method
2. Documentary basis
3. Qualitative methodology in Sport Sciences
4. Quantitative methodology in Sport Sciences
5. Mixed models

Learning outcomes:

After completing this subject, students will be able to:

- Communicate scientific procedures to prevent, minimize or avoid risks for health during sports practice.
- Know and understand the basis of scientific methodology in Sport Sciences.
- Analyse, review, and select the effect and efficacy of research methods, techniques, and resources, and the scientific work methodology to solve problems that require creative and innovative ideas.
- Articulate with rigor and scientific attitude the justifications on which prepare research reports.
- Know the scientific terms in English, applied to physical activity and sport studies.
- Think about the relevance of the scientific training in the professional performance of the physical educator.

3.22. Recreational activity in natural environment II

Credits: 3 **Type:** Compulsory

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. Didactic use of physical and leisure activities
2. Introduction and characteristics of mountain activities and sports
3. General dynamic of sport
4. Technical, tactical, regulation and safe elements
5. Learning adaptations

Learning outcomes:

After completing this subject, students will be able to:

- Know and understand the characteristics of natural environment sports and their general dynamic.
- Analyse different technical-tactical and safety aspects of these sports.
- Know and communicate initiation sports concepts efficiently for these sports, and a wide and varied index of technical exercises.
- Design work programmes for different levels, ages, and evolutionary stages, through a methodological process integrated by scientific-technical observation, execution, and evaluation.
- Guide the resolution of problems in natural environment that require the use of creative and innovative ideas.
- Plan and organize activities and events related to these sports, emphasizing legislative elements linked to its practice.
- Promote habits with scientific and professional rigour in the activities in natural environment and know the functions and responsibilities of the physical educator related to sports and activities in this environment.

3.23. Contact and adversary sports II

Credits: 3 **Type:** Compulsory

Contact hours: To be defined **Study hours:** To be defined

Summary:

1. Introduction to individual contact sports
2. Judo: history, origin, basic skills, and rules
3. Individual contact sports to educate in values

Learning outcomes:

After completing this subject, students will be able to:

- Know and understand the general characteristics of individual contact sports.
- Understand, produce, and apply the procedures, strategies, activities, and techniques that take part in the teaching-learning process of individual contact sports, in different professional intervention sectors.
- Communicate safety and control aspects adequately efficiently, and interactively, showing teaching skills in a conscious, natural, and continuous way.
- Adapt the educational intervention to individual characteristics and needs in different populations, through contact sports.

Third year

3.24. Theory and methodology of sports training

Credits: 6 **Type:** Compulsory

Contact hours: 75 **Study hours:** 75

Summary:

1. Principles of sports training. The load and adaptation.
2. Resistance.
3. Force.
4. Speed.
5. Range of motion.
6. Introduction to planning training.

Learning outcomes:

After completing this subject, students will be able to:

- Understand and master the principles of training.
- Analyse, design and interpret training plans depending on the purpose of work required.
- Understand and apply different methods for improving the performance of different physical qualities.
- Understand and design training programmes applying concepts such as recovery, compensation, ... and adapt to performance.
- Design a full season for an athlete or team competition.

3.25. Applied ethics and deontology

Credits: 6 **Type:** Compulsory

Contact hours: 75 **Study hours:** 75

Summary:

1. Ethics in the sports world.
2. Ethics in ethical organisations and society.
3. Ethical codes.
4. Ethical conflict resolution.
5. Understand concepts related to the application of moral and ethical standards in the workplace.

Learning outcomes:

After completing this subject, students will be able to:

- Commit to ethical values to apply and be consistent with them in the performance of its activity as a student and as a professional.
- Acquire an ethical commitment in its personal project and the exercise of the profession to guide their actions, decisions and initiatives from their own convictions.

3.26. Sports re-education

Credits: 6 **Type:** Compulsory

Contact hours: 75 **Study hours:** 75

Summary:

1. Principles of sports re-education.
2. Rehabilitation in the sports world.
3. Prevention of injuries. Compensatory, kinesiology and instability work.
4. Rehabilitation programmes. Major sports injuries.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the principles of sports education
- Apply basic rehabilitation techniques
- Know and identify the different sports injuries in each sport
- Propose general work for the prevention of various injuries.
- Propose general work for the rehabilitation of different injuries
- Analyse and identify different compensatory, kinesiology and instability work techniques.
- Develop and implement sports rehabilitation programmes
- Know and apply assessment methodology of the rehabilitation process
- Know and apply materials and sports equipment in sports rehabilitation processes
- Solve real and fictitious problems related to sports rehabilitation

3.27. Water and air sports activities

Credits: 6 **Type:** Compulsory

Contact hours: 62 **Study hours:** 88

Summary:

1. Introduction and features of water and air sports activities.

2. Diving, Sailing, Canoeing, Paragliding. General dynamics of the sport. Technical elements. Tactical elements. Regulation. Adaptation learning.

Learning outcomes:

After completing this subject, students will be able to:

- Know and understand the characteristics of sport in the natural environment.
- Understand the dynamics of these sports
- Analyse different technical and tactical aspect of these sports
- Understand and convey concepts of sport initiation for these sports
- Design work programmes for sports initiation for different ages and developmental stages
- Resolve conflicts when learning about sports
- Plan and organise activities and events related to these sports
- Propose and implement a wide range of technical training exercises

3.28. Team sports III

Credits: 6 **Type:** Compulsory

Contact hours: 62 **Study hours:** 88

Summary:

1. Introduction and characteristics of group sports.

2. Football and Five-a-side football. General dynamics of the sport. Technical elements. Tactical elements. Regulation. Adaptation learning.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the dynamics of these two sports
- Analyse different technical and tactical aspect of these two sports
- Understand and convey concepts of sport initiation for these two sports
- Design work programmes for sports initiation for different ages and developmental stages
- Resolve conflicts when learning about sports
- Plan and organise activities and events related to these two sports
- Propose and implement a wide range of technical training exercises

3.29. Theoretical and practical fundamentals of sports

Credits: 3 **Type:** Compulsory

Contact hours: 37 **Study hours:** 38

Summary:

1. Screening programmes for sporting talents.
2. Optimisation and control of technical and tactical performance.
3. Optimisation and control of physical condition. The specific physical preparation of sports.

Learning outcomes:

After completing this subject, students will be able to:

- Know and identify the different sports injuries in each sport
- Apply the basic techniques of first aid.
- Propose specific work for the prevention of various injuries.
- Propose specific work for the rehabilitation of different injuries
- Plan prevention programmes for sports injuries
- Know and apply back-up measures for sports injuries
- Know and use injury assessment methodology and material
- Solve real and fictitious problems related to sports injuries

3.30. Biomechanical research technology

Credits: 3 **Type:** Compulsory

Contact hours: 37 **Study hours:** 38

Summary:

1. Introduction to biomechanical research.
2. Performance appraisal methods.
3. Technological analysis tools.
4. Biomechanical studies of performance in different sports.

Learning outcomes:

After completing this subject, students will be able to:

- Plan a biomechanical study of any sport
- Apply different analysis procedures for assessing the performance at a conditional level
- Apply different analysis procedures for assessing the performance at a coordinative level
- Apply different analysis procedures for assessing performance at a cognitive level
- Design valid and effective measurement tools to study the results.
- Understand and analyse the results of a working group to assess the skills and level of each athlete.
- Develop own procedures for assessing performance
- Perform a biomechanical study of any sport

3.31. Sports injuries and basic aid

Credits: 6 **Type:** Compulsory

Contact hours: 75 **Study hours:** 75

Summary:

1. Study of injuries occurred during sports.
2. Rehabilitation process to achieve fast sports integration.
3. Analysis of different sports that extend and modify the sports landscape, making it increasingly demanding, sophisticated and sometimes risky.
4. Establishing relationships between different diseases with the specific practice of certain sports.
5. Action plan in case of an injury occurred in any sport.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the principles of sports education
- Apply basic rehabilitation techniques
- Know and identify the different sports injuries in each sport
- Propose general work for the prevention of various injuries.
- Propose general work for the rehabilitation of different injuries
- Analyse and identify different compensatory, kinesiology and instability work techniques.
- Develop and implement sports rehabilitation programmes
- Know and apply assessment methodology of the rehabilitation process
- Know and apply materials and sports equipment in sports rehabilitation processes
- Solve real and fictional problems related to sports rehabilitation

3.32. Physical activity for people with special needs

Credits: 6 **Type:** Compulsory
Contact hours: 75 **Study hours:** 75

Summary:

1. History and background of adapted sports. Historical development of sports events for people with disabilities.
2. Medical and sports classifications of different disabilities. Understand the types of disabilities and their origin and involvement, as well as medical-sports ratings to group them into competitive categories.
3. Understand the action guidelines for working with people with disabilities. Know their limitations at a level of motor skills and sports practice.
4. Integration of disabled people in the field of physical activity and sport. Architectural barriers.
5. Adapted sports. The competition and practice of various disciplines.
6. Specific therapies, techniques for working with disabled people.
7. Entities in the field of adapted sports.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the current situation of adapted sports in our society
- Identify handicaps and disabilities for physical exercise
- Apply the action guidelines for working with people with disabilities
- Propose different physical exercises programmes for different handicaps and disabilities
- Solve real or fictional problems for athletes with a disability.
- Coordinate and plan adapted exercise programmes.

3.33. Alternative games and sports

Credits: 6 **Type:** Compulsory

Contact hours: 75 **Study hours:** 75

Summary:

1. The origin of the game and its evolution over time. Conceptual approach.
2. Theories of the game. Ratings and interpretation of the game by different authors
3. Taxonomy of the motor game. Study of space, time, practice, internal logic (roles and relationships), materials and uncertainty in the game.
4. Evolution of fun to a competitive game. Fun in a game at different stages.
5. Teaching approach of the game.
6. Knowledge and development of the game.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the evolution and the importance of play in current physical exercise
- Identify the roles and relationships in any game engine
- Know about a large repertoire of games to implement in exercise programmes
- Propose exercise programmes based on the game
- Analyse the process of development and evolution of game to sport

3.34. Mountain sports activities

Credits: 6 **Type:** Compulsory

Contact hours: 62 **Study hours:** 88

Summary:

1. Introduction and features of mountain sports activities. Study of the natural environment, graphical interpretation and climatology.

2. Climbing, Orienteering, Skiing, mountain biking, canyoning. General dynamics of the sport. Technical elements. Tactical elements. Regulation. Adaptation learning.

Learning outcomes:

After completing this subject, students will be able to:

- Know and understand the characteristics of sport in the natural environment.
- Understand the dynamics of these sports
- Analyse different technical and tactical aspect of these sports
- Understand and convey concepts of sport initiation for these sports
- Design work programmes for sports initiation for different ages and developmental stages
- Resolve conflicts when learning about sports
- Plan and organise activities and events related to these sports
- Propose and implement a wide range of technical training exercises

Fourth year

3.35. Teacher training work placements

Credits: 12 **Type:** Compulsory
Contact hours: 144 **Study hours:** 156

Summary:
The work placement are carried out in an institution in the educational field giving the student the chance to apply the theoretical and practical content acquired in previous years to a real professional environment.

They will gain work experience in the private, public or subsidised schools, to integrate knowledge, skills, attitudes and values acquired in all subjects; and all the skills will be developed providing a comprehensive experience.

The placements are supervised by a professional tutor in the placement centre and an academic tutor in the university.

Work Placements is considered as an essential aspect of the teaching-learning process, as it is the best way to acquire learning from direct experience of the profession, developing the knowledge from experience. The time spent on work placement provides the students with the necessary skills to develop their professional experience.

The curriculum alternates periods of theory and practice in order to gain the theoretical / practical training gradually.

The curriculum includes a total of 12 ECTS credits organised in one semester. The placements will take place from Monday to Friday morning or afternoon depending on the selected course.
Compliance with certain standards for the clinical placements is obligatory, to ensure their proper development and the acquisition of established skills.

Learning outcomes:
After completing this subject, students will be able to:

- Know and identify the educational environment
- Apply different knowledge and skills acquired
- Propose specific work for sports learning

- Plan sports learning programmes
- Know and use materials and assessment methodology
- Solve real and fictitious problems
- Know and understand the characteristics of educational sport
- Analyse different technical and tactical aspect of these sports
- Understand and convey concepts of sport initiation
- Design work programmes for sports initiation for different ages and developmental stages
- Resolve conflicts when learning about sports
- Plan and organise activities and events related to these sports
- Propose and implement a wide range of technical training exercises

**Work Placements represent the practical application of the theoretical and practical contents acquired in subjects in the curriculum of the degree, so that students will be able to implement the learning outcomes expected in all the subjects previously described in each module.

3.36. Specialised Work Placements

Credits: 12 **Type:** Compulsory
Contact hours: 144 **Study hours:** 156

Summary:

Second period of external work experience, so that students continue to apply the theoretical and practical contents acquired in previous courses in a real professional environment. This work placement is specific to the orientation chosen by the students. See description of the above subject.

Learning outcomes:

After completing this subject, students will be able to:

- Know and identify the educational environment
- Apply different knowledge and skills acquired
- Propose specific work for sports learning in the chosen environment
- Plan sports learning programmes in said environment
- Know and use materials and assessment methodology
- Solve real and fictitious problems
- Know and understand the characteristics of sport in the chosen environment.
- Analyse different sports data reports in the chosen environment
- Understand and convey concepts and skills acquired in the speciality
- Resolve sports conflicts in the chosen environment
- Plan and organise activities and events in the chosen environment

**Work Placements represent the practical application of the theoretical and practical contents acquired in subjects in the curriculum of the degree, so that students will be able to implement the learning outcomes expected in all the subjects previously described in each module.

3.37. Final project

Credits: 6 **Type:** Compulsory
Contact hours: 0 **Study hours: 150**

Summary:
The purpose of the project is for students integrate all educational content received and the skills acquired in one project. Learning methodology of the research and access to sources of documentation as well as choice with scientific criteria for evidence-based work. The student will prepare a final project that can be one of two types: applied to a project or scientific research and must be presented and defended before a university tribunal.

Learning outcomes:
The Final Project integrates all skills and learning acquired by students and the practical application of the theoretical and practical contents acquired in subjects in the curriculum of the degree, so that students will be able to implement the learning outcomes expected in all the subjects previously described in each module.

Elective Subject Itinerary: Sports training

3.38. Nutrition and ergonomic aids

Credits: 6 **Type:** Optional

Contact hours: 75 **Study hours:** 75

Summary:

1. The fundamental principles of nutrition
2. Nutrition of athletes: the athlete's needs.
3. Hydration of the athlete.
4. The diet. Specific diets for sports.
5. Pathologies associated with sports and nutrition.
6. Analysis methodology and application of nutritional programmes.
7. Energy supplementation.
8. Doping.
9. Orthopaedics and sports.

Learning outcomes:

After completing this subject, students will be able to:

- Apply the basic principles of nutrition and primary diets to the needs of athletes
- Knowledge and identification of the different pathologies associated with nutrition
- Analyse nutritional habit of athletes
- Develop and implement nutrition programmes to athletes for different purposes
- Nutritional planning for an individual or team sports
- Know and understand the process of conducting doping control
- Understand and analyse the different orthotics market and their role and the major companies in the sector.

3.39. Sports biomechanics

Credits: 6 **Type:** Optional

Contact hours: 75 **Study hours:** 75

Summary:

1. Principles and biomechanical analysis of movements in different sports.
2. Biomechanical principles of movements for the analysis of sports techniques.
3. Biomechanics of sports materials.
4. Biomechanical analysis instruments.

Learning outcomes:

After completing this subject, students will be able to:

- Know and understand the biomechanics of movement.
- Develop and design studies and work methodologies for optimisation of technical gesture in sports.
- Use proven sources of information to know which models are suitable action.
- Recognise the main features, and their application in the field of sport, of different materials and analyse the suitability for use in different areas of sport.
- Know and use different instruments for biomechanical study. Design and implement studies of gesture for different instruments.

3.40. Team management

Credits: 6 **Type:** Optional

Contact hours: 75 **Study hours:** 75

Summary:

1. Contextualisation of the Technical Sport Management.
2. Sports training and psychological skills of the coach and athletes.
3. Emotional-evolutional aspects of the sports team.
4. Psychological skills in team leadership. Communication skills, resources for improving motivation, and leadership skills.
5. The sports team. Group and team dynamics, cohesion.
6. Structure and relationships in a team. Sociogram.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the importance and role of the sporting director.
- Know and apply different dynamics to reinforce teamwork.
- Convey the importance of personal relationships in the group.
- Know about the characteristics of a leader, group director.
- Know and apply different valuation tools to the group, sociological techniques.
- Design motivational work in a group, analysing the needs and applying different dynamics

3.41. Planning sports training

Credits: 12 **Type:** Optional

Contact hours: 144 **Study hours:** 156

Summary:

1. Presentation of the training process.
2. Temporary structures in planning.
3. Periodisation of training.
4. Programming.
5. Planning models in individual sports
6. Planning models in sports performance
7. Planning models in group sports

Learning outcomes:

After completing this subject, students will be able to:

- Know about the principles of training in team sports.
- Apply temporary work structures differentiating their competitive period, develop different Microcycles taking into account work levels.
- Understand the different patterns of work in training, depending on the type of sport and its requirements.
- Design plans, with training periods and cycles, depending on different sporting calendars, and develop tools for the study and control of the results.

Elective Subject Itinerary: Sports management

3.42. Organisation of activities and sporting events

Credits: 6 **Type:** Optional

Contact hours: 75 **Study hours:** 75

Summary:

1. Classification and structure of different sporting events. 2. Regulatory legislation. Event laws. 3. Development and organisation process. 4. Studying major events.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the organisational structure of sporting events
- Know and apply the relevant regulations depending on the type of sporting event
- Plan the organisation of any sporting event
- Analyse and solve both real and fictitious problem situations
- Direct and coordinate the process of organising a sporting event

3.43. Comprehensive management of sports facilities and equipment

Credits: 12 **Type:** Optional
Contact hours: 144 **Study hours:** 156

Summary:
1. Sports facilities and equipment: Historical development of sports facilities. Regulatory standards. Types of sports facilities. Basic standards in the design of various sports facilities. 2. Management activities and facilities. 3. Human Resources Management and Material Resources. 4. Construction of a sports facility: Needs analysis. Space distribution. Relationship with architect 5. Occupational Risk Prevention in Sports: Basic principles on risk prevention. Basic regulatory framework for occupational hazards. Management and organisation of prevention in sports facilities. 6. Economic management. 7. The marketing Plan

Learning outcomes:
After completing this subject, students will be able to:

- Understand the different management processes by work areas
- Design and implement management processes for different areas where the different sports organisations are structured
- Differentiate any sports facility and propose constructive improvements
- Propose constructive solutions in the process of construction of sports facilities
- Comprehend and understand an occupational hazard plan in a sports facility.
- Design and implement an occupational risks plan and solve problems arising from its application
- Know and understand the economic data of a company
- Design and implement an economic management plan and solve problems arising from its application
- Know and understand the Marketing plan of a company
- Design and implement a marketing plan and solve problems arising from its application

3.44. Planning and control of management

Credits: 6 **Type:** Optional

Contact hours: 75 **Study hours:** 75

Summary:

1. The strategic management of the sports entities.2. The evolution of management theories. 3. The strategic management. 4. The continuous process as a management tool. 5. The strategic plan 6. Control Management and scorecard.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the importance and the basis for planning and evaluating a management process
- Analyse sporting entities from the point of view of strategic planning
- Propose vision, mission and strategic plans of a sports organisation
- Plan the entire management of a sports organisation and control of this management
- Propose different indicators for the realisation of scorecards
- Transmit the coordination of management processes to a team
- Solve real and fictional issues related to strategic planning

3.45. Management skills

Credits: 6 **Type:** Optional
Contact hours: 75 **Study hours:** 75

Summary:
1. Managerial skills: Leadership in the company. Teamwork. Creativity and its importance in a business environment. 2. Personal skills. Managing work meetings. Giving public presentations. Assertiveness in the business world. Managing priorities and time management.

Learning outcomes:
After completing this subject, students will be able to:

- Direct the work team of a sports organisation
- Analyse and creatively solve individual and group situations within a sports organisation
- Transmit leadership skills to a team
- Design presentations and expose different types of public
- Design and organise individual tasks and working times of different jobs within a sports organisation

Elective Subject Itinerary: Fitness and wellness

3.46. Activities aimed at wellness

Credits: 12 **Type:** Optional

Contact hours: 144 **Study hours:** 156

Summary:

1. Concepts defining new trends: wellness, fitness, gentle activities, others.
2. Evolution of physical activity to wellness activities.
3. Wellness components.
4. The importance of wellness programmes.
5. Types of programmes depending on the goals.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the general characteristics of all activities in Wellness Centres
- Understand and distinguish the physical work done in each activity
- Structure a training session with led classes
- Propose different ways of working in each of the led activities
- Understand and apply the work with musical support to led activities
- Plan work programmes with the addition of led activities

3.47. Assessment and prescription of exercise programmes

Credits: 6 **Type:** Optional

Contact hours: 75 **Study hours:** 75

Summary:

1. Components of a programme.
2. Recommended exercises and contraindicated exercises for wellness (kinesiology analysis).
3. Prescription, planning and programming of exercises for different segments of the population.
4. Prescription, planning and programming exercises according to pathologies.
5. Health assessment, fitness and clinical testing.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the general and specific bases for conducting exercise programmes
- Apply the different processes of evaluation of the physical condition
- Analyse different subjects and issues for the corresponding prescription
- Convey the different forms of training through exercise programmes.
- Plan training through individualised exercise programmes

3.48. Materials, equipment and wellness centres

Credits: 6 **Type:** Optional

Contact hours: 75 **Study hours:** 75

Summary:

1. Evolution of the facilities and sports equipment.
2. From performance to wellness.
3. Classification and wellness centres topologies.
4. General and specific sports facilities in Wellness Centres.
5. Work materials.
6. Origin and development of new materials and equipment.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the different types of Fitness sports equipment as well as major companies in the sector
- Design specific work spaces within a Wellness Centre
- Understand and appreciate the needs of the Wellness Centre materials
- Propose alternatives and versatile solutions using different materials and equipment.
- Understand the internal organisation
- Analyse and propose solutions to various problems in Wellness Centres

3.49. Personal trainer programmes

Credits: 6 **Type:** Optional

Contact hours: 75 **Study hours:** 75

Summary:

1. Evolution of healthy physical activity programmes.
2. Origin of personal trainer (individual training).
3. Conceptualisation and content.
4. Phases for designing a personal trainer programme.
5. Design programmes for special populations.
6. Programme management, quality control and evaluation of results.
7. Clinical and medical considerations.

Learning outcomes:

After completing this subject, students will be able to:

- Understand the role and functions of the personal trainer in the context of Fitness.
- Apply theoretical concepts of training to personalised training.
- Acquire the necessary skills to perform the functions of a personal trainer
- Design customised training programmes to different people with different characteristics
- Coordinate and direct various programmes and personal trainers groups
- Solve real and fictional problems in personalised workouts.