

DEGREE IN PHYSICAL ACTIVITY AND SPORT SCIENCES

THIRD YEAR

Campus CEADE, Isla de la Cartuja. Sevilla.

DEGREE IN PHYSICAL ACTIVITY AND SPORT SCIENCES

Year	3st
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Sport Equipment and Facilities	First Semester
Body expression and dance	First Semester
Didactic Intervention in the Teaching of Physical Education and Sports	First Semester
Optional 1	First Semester
Physical Activity and Sports in the Natural Environment	Second Semester
Physical activity and health	Second Semester
Theory and Practice of Sport Training	Second Semester
Optional 2	Second Semester

OPTIONAL

Sports Techniques Biomechanics	3 rd year/1 st semester
Specific sports application: Soccer	3 rd year/1 st semester
Specific sports application: Nautical Sports	3 rd year/1 st semester
Sports Injuries: Prevention and Applied Physiotherapy	3 rd year/2 nd semester
First Aid and life guard services	3 rd year/2 nd semester
Specific sports application: Basketball	3 rd year/2 nd semester

SPORT EQUIPMENT AND FACILITIES

1. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Sport Equipment and Facilities
Module	Applied knowledge
Department	Social and Health Sciences
Term	First
Total credits	6
Year	3º
Type	Compulsory
Language	Spanish

2. SKILLS

2.1. Basic and General Skills

CG1 - Having and understanding a basic, general and advanced knowledge in the field of Sports Science and Physical Education.

CG10 - Having a knowledge of and being in condition to use the current legislation regarding basic equality rights between men and women, and universal access principles for people with disabilities (adapted sport), as well as the principles which belong to peace culture and democratic values.

CG12 - Developing the necessary learning skills in order to carry out subsequent studies with a higher degree of autonomy.

CG11 - Encouraging an enterprising culture in relation to professional profiles.

2.2. Cross Skills

CT1 - Understanding the scientific literature regarding the field of physical education and sports in English and in other languages with a significant presence in the scientific field.

CT2 - Having a knowledge of how to apply the information and communication

technologies (TIC in Spanish) to the field of Sports Science and Physical Education.

CT3 - Developing leadership skills, interpersonal skills and team work.

CT4 - Developing skills in order to adapt to new situations and for problem solving as well as autonomous/ self - learning.

CT5 - Developing the habit for excellence and quality in professional performance.

CT6 - Having a knowledge and behaving according to the ethical principles which are necessary for professional performance.

2.3. Specific Skills

CE2 – Promoting and assessing the education in long term and autonomous habits regarding physical education and sports.

CE4 - Applying physiological, biomechanical, behavioural and social principles to different fields in physical education and sports.

CE6 - Identifying the health risks which can be caused by the practice of inadequate physical activities.

CE7 - Planning, developing and evaluating the making of plans/ programmes for physical/ sports activities.

CE9 - Selecting and managing the right sports kits and equipment according to the type of activity.

CE8 - Making of plans/ programmes for managing sports organizations, bodies and facilities.

3. CONTENT

Sports practice and organizations. Planning process development. Sports spaces. Equipment system and sports facilities planning. Sports spaces management project.

BODY EXPRESSION AND DANCE

2. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Body expression and dance
Module	Human motor skills basis and manifestations
Department	Social and Health Sciences
Term	First
Total credits	6
Year	3º
Type	Compulsory
Language	Spanish

2. SKILLS

2.4. Basic and General Skills

CG1 - Having and understanding a basic, general and advanced knowledge in the field of Sports Science and Physical Education.

CG7 - Having a knowledge and an understanding of the basis, structure and function of the skills and patterns of human motor skills.

CG8 - Having a knowledge and an understanding of the structure and function of the different aspects of human motor skills.

CG9 - Having a knowledge and an understanding of the basis of sport.

CG10 - Having a knowledge of and being in condition to use the current legislation regarding basic equality rights between men and women, and universal access principles for people with disabilities (adapted sport), as well as the principles which belong to peace culture and democratic values.

2.5. Cross Skills

No data

2.6. Specific Skills

No data

4. CONTENT

Body expression. Improvisation and composition. Dance. Educative proposals. Choreographic basis.

DIDACTIC INTERVENTION IN THE TEACHING OF PHYSICAL EDUCATION AND SPORTS

3. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Didactic Intervention in the Teaching of Physical Education and Sports
Module	Applied knowledge
Department	Social and Health Sciences
Term	First
Total credits	6
Year	3º
Type	Compulsory
Language	Spanish

2. SKILLS

2.7. Basic and General Skills

CG1 - Having and understanding a basic, general and advanced knowledge in the field of Sports Science and Physical Education.

CG10 - Having a knowledge of and being in condition to use the current legislation regarding basic equality rights between men and women, and universal access principles for people with disabilities (adapted sport), as well as the principles which belong to peace culture and democratic values.

CG11 - Encouraging an enterprising culture in relation to professional profiles.

CG12 - Developing the necessary learning skills in order to carry out subsequent studies with a higher degree of autonomy.

2.8. Cross Skills

CT1 - Understanding the scientific literature regarding the field of physical education and sports in English and in other languages with a significant

presence in the scientific field.

CT2 - Having a knowledge of how to apply the information and communication technologies (TIC in Spanish) to the field of Sports Science and Physical Education.

CT3 - Developing leadership skills, interpersonal skills and team work.

CT4 - Developing skills in order to adapt to new situations and for problem solving as well as autonomous/ self - learning.

CT5 - Developing the habit for excellence and quality in professional performance.

CT6 - Having a knowledge and behaving according to the ethical principles which are necessary for professional performance.

2.9. Specific Skills

CE1 - Making of, developing and evaluating the teaching and learning processes which are connected to physical education and sports, paying special attention to people's individual and background characteristics.

CE2 – Promoting and assessing the education in long term and autonomous habits regarding physical education and sports.

CE4 - Applying physiological, biomechanical, behavioural and social principles to different fields in physical education and sports.

CE6 - Identifying the health risks which can be caused by the practice of inadequate physical activities.

CE7 - Planning, developing and evaluating the making of plans/ programmes for physical/ sports activities.

CE9 - Selecting and managing the right sports kits and equipment according to the type of activity.

5. CONTENT

Intervention models in Physical Education and Sports. Teaching strategies in Physical Education. Physical Education methodological techniques and styles.

PHYSICAL ACTIVITY AND SPORTS IN THE NATURAL ENVIRONMENT

4. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Physical Activity and Sports in the Natural Environment
Module	Human motor skills basis and manifestations
Department	Social and Health Sciences
Term	Second
Total credits	6
Year	3º
Type	Compulsory
Language	Spanish

2. SKILLS

2.10. Basic and General Skills

CG1 - Having and understanding a basic, general and advanced knowledge in the field of Sports Science and Physical Education.

CG7 - Having a knowledge and an understanding of the basis, structure and function of the skills and patterns of human motor skills.

CG8 - Having a knowledge and an understanding of the structure and function of the different aspects of human motor skills.

CG9 - Having a knowledge and an understanding of the basis of sport.

CG10 - Having a knowledge of and being in condition to use the current legislation regarding basic equality rights between men and women, and universal access principles for people with disabilities (adapted sport), as well as the principles which belong to peace culture and democratic values.

2.11. Cross Skills

No data

2.12. Specific Skills

No data

6. CONTENT

Basis, origin and historic evolution. Physical activity and sports in the natural environment as an educative and recreational resource. Applied knowledge of physical and sports activities in the natural environment.

PHYSICAL ACTIVITY AND HEALTH

5. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Physical activity and health
Module	Applied knowledge
Department	Social and Health Sciences
Term	Second
Total credits	6
Year	3º
Type	Compulsory
Language	Spanish

2. SKILLS

2.13. Basic and General Skills

CG1 - Having and understanding a basic, general and advanced knowledge in the field of Sports Science and Physical Education.

CG10 - Having a knowledge of and being in condition to use the current legislation regarding basic equality rights between men and women, and universal access principles for people with disabilities (adapted sport), as well as the principles which belong to peace culture and democratic values.

CG11 - Encouraging an enterprising culture in relation to professional profiles.

CG12 - Developing the necessary learning skills in order to carry out subsequent studies with a higher degree of autonomy.

2.14. Cross Skills

CT1 - Understanding the scientific literature regarding the field of physical education and sports in English and in other languages with a significant presence in the scientific field.

CT2 - Having a knowledge of how to apply the information and communication

technologies (TIC in Spanish) to the field of Sports Science and Physical Education.

CT3 - Developing leadership skills, interpersonal skills and team work.

CT4 - Developing skills in order to adapt to new situations and for problem solving as well as autonomous/ self - learning.

CT5 - Developing the habit for excellence and quality in professional performance.

CT6 - Having a knowledge and behaving according to the ethical principles which are necessary for professional performance.

2.15. Specific Skills

CE2 – Promoting and assessing the education in long term and autonomous habits regarding physical education and sports.

CE4 - Applying physiological, biomechanical, behavioural and social principles to different fields in physical education and sports.

CE5 - Evaluating physical condition and recommending health oriented physical exercises.

CE6 - Identifying the health risks which can be caused by the practice of inadequate physical activities.

CE7 - Planning, developing and evaluating the making of plans/ programmes for physical/ sports activities.

CE9 - Selecting and managing the right sports kits and equipment according to the type of activity.

7. CONTENT

Planning and programming of health oriented physical activity. Sedentary attitudes and society. The risks and harm caused by physical activity on people's health. Ergonomics and health. Programmes and environments for the promotion of physical activity and health.

THEORY AND PRACTICE OF SPORT TRAINING

6. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Theory and Practice of Sport Training
Module	Applied knowledge
Department	Social and Health Sciences
Term	Second
Total credits	6
Year	3º
Type	Compulsory
Language	Spanish

2. SKILLS

2.16. Basic and General Skills

CG1 - Having and understanding a basic, general and advanced knowledge in the field of Sports Science and Physical Education.

CG10 - Having a knowledge of and being in condition to use the current legislation regarding basic equality rights between men and women, and universal access principles for people with disabilities (adapted sport), as well as the principles which belong to peace culture and democratic values.

CG11 - Encouraging an enterprising culture in relation to professional profiles.

CG12 - Developing the necessary learning skills in order to carry out subsequent studies with a higher degree of autonomy.

2.17. Cross Skills

CT1 - Understanding the scientific literature regarding the field of physical education and sports in English and in other languages with a significant presence in the scientific field.

CT2 - Having a knowledge of how to apply the information and communication

technologies (TIC in Spanish) to the field of Sports Science and Physical Education.

CT3 - Developing leadership skills, interpersonal skills and team work.

CT4 - Developing skills in order to adapt to new situations and for problem solving as well as autonomous/ self - learning.

CT5 - Developing the habit for excellence and quality in professional performance.

CT6 - Having a knowledge and behaving according to the ethical principles which are necessary for professional performance.

2.18. Specific Skills

CE2 – Promoting and assessing the education in long term and autonomous habits regarding physical education and sports.

CE3 - Planning, developing and controlling the training process at different levels.

CE4 - Applying physiological, biomechanical, behavioural and social principles to different fields in physical education and sports.

CE6 - Identifying the health risks which can be caused by the practice of inadequate physical activities.

CE7 - Planning, developing and evaluating the making of plans/ programmes for physical/ sports activities.

CE9 - Selecting and managing the right sports kits and equipment according to the type of activity.

8. CONTENT

Concept of sports training. Training load. Adaptation. Fatigue. Sports training principles. Being in shape. Concept of strength, stamina, speed and flexibility. Types, classifications and determining factors.