

# **DEGREE IN PHYSICAL ACTIVITY AND SPORT SCIENCES**

**FIRST YEAR**

**Campus CEADE, Isla de la Cartuja. Sevilla.**

## DEGREE IN PHYSICAL ACTIVITY AND SPORT SCIENCES

Year	1 <sup>st</sup>
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Motor System Functional Anatomy	First Semester
Physical and Sports Education Basis	First Semester
Human Physiology	First Semester
Sports Basis I (Athletics, Gymnastics and Volleyball)	First Semester
Physical Education and Sports Psychology	Second Semester
Theory and history of Physical Education and Sports	Second Semester
Basic motor skills and games	Second Semester
Sports Basis II (Football, Fight sports and Handball)	Second Semester
	Second Semester

# MOTOR SYSTEM FUNCTIONAL ANATOMY

## 1. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Motor System Functional Anatomy
Module	Human motor skills scientific basis
Department	Social and Health Sciences
Term	First
Total credits	6
Year	1º
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.

CG2 - Acquiring basic scientific training applied to physical education and sports in its different manifestations.

CG3 - Having a knowledge and an understanding of the physiological and biomechanical factors which have an impact on practicing a physical activity or a sport.

CG4 - Having a knowledge and an understanding of the behavioural and social factors which have an impact on practicing a physical activity or a sport.

CG5 - Having a knowledge and an understanding of the effects that physical exercise has on the human body's structure and its functioning.

CB1 - Students should be able to prove their knowledge in certain areas of study which have their basis in general secondary education, and although these are supported in advanced textbooks, it also includes knowledge which comes from

the forefront area of its field.

**CB2 – Students should be able to apply their knowledge to their work or vocation in a professional manner and they must have the skills which can be seen in the elaboration and defence of argumentations and the resolution of problems within their study area.**

**CB3 – Students should have the skill to gather and interpret relevant data (normally within their study field) so that they can have an informed opinion including a reflection about relevant social, scientific or ethical subjects.**

**CB4 – Students should be able to transmit information, ideas, problems and solutions both to specialized and unspecialized audiences.**

**CB5 – Students should have developed the learning skills which are necessary to carry on with their subsequent studies with a high degree of autonomy.**

## **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.**

## **2.3. Specific Skills**

No data

# **3. CONTENT**

**Introduction and general matters. Motor system: trunk, head, upper extremities and lower extremities. Splanchnology and angiology. Nervous system and sense organs.**

## PHYSICAL AND SPORTS EDUCATION BASIS

### 2. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Physical and Sports Education Basis
Module	Human motor skills scientific basis
Department	Social and Health Sciences
Term	First
Total credits	6
Year	1º
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.**

**CG2 - Acquiring basic scientific training applied to physical education and sports in its different manifestations.**

**CG3 - Having a knowledge and an understanding of the physiological and biomechanical factors which have an impact on practicing a physical activity or a sport.**

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**CB5 – Students should have developed the learning skills which are necessary to carry on with their subsequent studies with a high degree of autonomy.**

## **2.5. 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.**

## **2.6. Specific Skills**

No data

# **4. CONTENT**

**Concept terminology for Physical Education and sports and sport initiation. Basis for the teacher's intervention in the learning of physical and sports education: planning process, teaching styles, classroom organization and control, communication in teaching, annual evaluation and programming. Exercise systematic: structure, classification, phases and mechanical - functional analysis of physical exercise.**

## HUMAN PHYSIOLOGY

### 3. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Human Physiology
Module	Human motor skills scientific basis
Department	Social and Health Sciences
Term	First
Total credits	6
Year	1º
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.

CG2 - Acquiring basic scientific training applied to physical education and sports in its different manifestations.

CG3 - Having a knowledge and an understanding of the physiological and biomechanical factors which have an impact on practicing a physical activity or a sport.

CG4 - Having a knowledge and an understanding of the behavioural and social factors which have an impact on practicing a physical activity or a sport.

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the forefront area of its field.

**CB2 – Students should be able to apply their knowledge to their work or vocation in a professional manner and they must have the skills which can be seen in the elaboration and defence of argumentations and the resolution of problems within their study area.**

**CB3 – Students should have the skill to gather and interpret relevant data (normally within their study field) so that they can have an informed opinion including a reflection about relevant social, scientific or ethical subjects.**

**CB4 – Students should be able to transmit information, ideas, problems and solutions both to specialized and unspecialized audiences.**

**CB5 – Students should have developed the learning skills which are necessary to carry on with their subsequent studies with a high 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.**

## **2.9. Specific Skills**

No data

# **5. CONTENT**

**Introduction to human physiology. Nervous system. Circulatory system. Respiratory system. Excretory system. Nutrition, energy metabolism and digestion. Endocrine system.**

# SPORTS BASIS I

## (ATHLETICS, GYMNASTICS AND VOLLEYBALL)

### 4. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Sports Basis I (Athletics, Gymnastics and Volleyball)
Module	Human motor skills basis and manifestations
Department	Social and Health Sciences
Term	First
Total credits	12
Year	1º
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.**

## 6. CONTENT

**Athletics: History. Racing technique. Start and finish lines. Races: relay race, hurdle race and obstacle race. Racewalking. Jumps: long jump, triple jump, high jump and pole vault. Throwing sports: shot put , discus throw, javelin throw and hammer throw.**

**Gymnastics: origin of Acrosport and current acrobatic gymnastics. Gymnastic skills. Artistic and acrobatic gymnastics. Code of points. Methodology. Composition and evaluation of an acrobatic gymnastics exercise. Gymnastics sports clubs.**

**Volley ball: Historic evolution. Volleyball basic elements and characteristics. Technical basis. Positions and movements. Collective tactics, game systems and team composition. Rules and methodology.**

## PHYSICAL EDUCATION AND SPORTS PSYCHOLOGY

### 5. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Physical Education and Sports Psychology
Module	Human motor skills scientific basis
Department	Social and Health Sciences
Term	Second
Total credits	6
Year	1º
Type	Compulsory
Language	Spanish

### 2. SKILLS

#### 2.11. Basic and General Skills

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

**CG2 - Acquiring basic scientific training applied to physical education and sports in its different manifestations.**

**CG3 - Having a knowledge and an understanding of the physiological and biomechanical factors which have an impact on practicing a physical activity or a sport.**

**CG4 - Having a knowledge and an understanding of the behavioural and social factors which have an impact on practicing a physical activity or a sport.**

**CG5 - Having a knowledge and an understanding of the effects that physical exercise has on the human body's structure and its functioning.**

**CB1 - Students should be able to prove their knowledge in certain areas of study which have their basis in general secondary education, and although these are supported in advanced textbooks, it also includes knowledge which comes from**

the forefront area of its field.

**CB2** – Students should be able to apply their knowledge to their work or vocation in a professional manner and they must have the skills which can be seen in the elaboration and defence of argumentations and the resolution of problems within their study area.

**CB3** – Students should have the skill to gather and interpret relevant data (normally within their study field) so that they can have an informed opinion including a reflection about relevant social, scientific or ethical subjects.

**CB4** – Students should be able to transmit information, ideas, problems and solutions both to specialized and unspecialized audiences.

**CB5** – Students should have developed the learning skills which are necessary to carry on with their subsequent studies with a high degree of autonomy.

### **2.12. 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.

### **2.13. Specific Skills**

No data

## **7. CONTENT**

Historical and conceptual evolution. Action and intervention fields. Field model applied to sports. Basic principles of human learning. Motivation and emotion in sport. Attention and concentration. Burnout and Overtraining Syndrome. Leadership, communication and team cohesion. Psychological benefits of physical exercise.

# THEORY AND HISTORY OF PHYSICAL EDUCATION AND SPORTS

## 6. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Theory and history of Physical Education and Sports
Module	Human motor skills scientific basis
Department	Social and Health Sciences
Term	Second
Total credits	6
Year	1º
Type	Compulsory
Language	Spanish

## 2. SKILLS

### 2.14. Basic and General Skills

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

**CG2 - Acquiring basic scientific training applied to physical education and sports in its different manifestations.**

**CG3 - Having a knowledge and an understanding of the physiological and biomechanical factors which have an impact on practicing a physical activity or a sport.**

**CG4 - Having a knowledge and an understanding of the behavioural and social factors which have an impact on practicing a physical activity or a sport.**

**CG5 - Having a knowledge and an understanding of the effects that physical exercise has on the human body's structure and its functioning.**

**CB1 - Students should be able to prove their knowledge in certain areas of study**

which have their basis in general secondary education, and although these are supported in advanced textbooks, it also includes knowledge which comes from the forefront area of its field.

**CB2** – Students should be able to apply their knowledge to their work or vocation in a professional manner and they must have the skills which can be seen in the elaboration and defence of argumentations and the resolution of problems within their study area.

**CB3** – Students should have the skill to gather and interpret relevant data (normally within their study field) so that they can have an informed opinion including a reflection about relevant social, scientific or ethical subjects.

**CB4** – Students should be able to transmit information, ideas, problems and solutions both to specialized and unspecialized audiences.

**CB5** – Students should have developed the learning skills which are necessary to carry on with their subsequent studies with a high degree of autonomy.

### **2.15. 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.

### **2.16. Specific Skills**

No data

## **8. CONTENT**

History of sport. Theories about the origin of physical activity. The first ancient civilizations. Physical activity in Greek and Roman Classic cultures, the Middle Ages, Renaissance, Illustration and Pre Columbian Cultures. Gymnastic schools. Sport in the XIX and XX centuries. Gymnastics and physical education in Spain. The Olympic Movement and the Modern Olympic Games.

## BASIC MOTOR SKILLS AND GAMES

### 7. SUBJECT DESCRIPTION

<b>Degree</b>	<b>Physical Activity and Sport Sciences</b>
<b>Subject</b>	<b>Basic motor skills and games</b>
<b>Module</b>	<b>Human motor skills basis and manifestations</b>
<b>Department</b>	Social and Health Sciences
<b>Term</b>	Second
<b>Total credits</b>	6
<b>Year</b>	1º
<b>Type</b>	<b>Compulsory</b>
<b>Language</b>	Spanish

### 2. SKILLS

#### 2.17. 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.**

## 9. CONTENT

**Motor skills and tasks classification. Methodology, evaluation and teaching applications of basic motor skills. Popular games and traditional sports. The role of games in sports education and initiation. Games and sports using alternative equipment.**

## SPORTS BASIS II (FOOTBALL, FIGHT SPORTS AND HANDBALL)

### 8. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Sports Basis II (Football, Fight sports and Handball)
Module	Human motor skills basis and manifestations
Department	Social and Health Sciences
Term	Second
Total credits	12
Year	1º
Type	Compulsory
Language	Spanish

### 2. SKILLS

#### 2.18. 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.

## 10. CONTENT

**Football: History. Main principles of the game. Individual skills or individual technique. Team and group skills. Game phases and systems. Teaching- training planning in football: tasks and sessions.**

**Handball: Origin and basic rules of handball. Individual techno- tactics, offensive and defensive. Group and collective tactics, offensive and defensive. Basic game systems, offensive and defensive. Initiation to handball. Exercises design and training sessions.**

**Fight sports: General characteristics of the sport. Classification. Historic evolution of fight sports. Standing up and on the floor Judo basis. Sport initiation. Judo learning process at an early age. Energy requirements and time structure of the judo combat. Strength training in fight sports.**