

DEGREE IN PHYSICAL ACTIVITY AND SPORT SCIENCES

FOURTH YEAR

Campus CEADE, Isla de la Cartuja. Sevilla.

DEGREE IN PHYSICAL ACTIVITY AND SPORT SCIENCES

Year	4th
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Sports Training Methodology and Programming	First Semester
Nutrition in Physical Activity and Sports	First Semester
Planning and evaluation of Physical Activity and Sports	First Semester
Optional 3	First Semester
Physical Activities and Sports for people with disabilities	Second Semester
Physical activity, Sport and Recreation. Active Tourism	Second Semester
Sport organization and legislation	Second Semester
Optional 4	Second Semester
External work experience	Annual
End of Degree Dissertation	Annual

OPTIONAL

Innovative Methodology, New Trends in Physical Activity and Sports	4 th year/1 st semester
Sports Specialization 1	4 th year/1 st semester
Functional Assessment and Kinesiology	4 th year/2 nd semester
Sports Specialization 2	4 th year/2 nd semester

SPORTS TRAINING METHODOLOGY AND PROGRAMMING

1. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Sports Training Methodology and Programming
Module	Applied knowledge
Department	Social and Health Sciences
Term	First
Total credits	6
Year	4º
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.

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.

2.2. 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.

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.

3. CONTENT

Methodology and evaluation of strength, endurance, speed and flexibility. Training programme. Transfer in sport training.

NUTRITION IN PHYSICAL ACTIVITY AND SPORTS

2. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Nutrition in Physical Activity and Sports
Module	Applied knowledge
Department	Social and Health Sciences
Term	First
Total credits	6
Year	4º
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.

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.

2.5. 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.

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.

2.6. 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.

4. CONTENT

Energy and nutritional requirements for sportspeople. Nutrition basis for sports practice. Nutritional evaluation of sportspeople and planning of their diet.

PLANNING AND EVALUATION OF PHYSICAL ACTIVITY AND SPORTS

3. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Planning and evaluation of Physical Activity and Sports
Module	Applied knowledge
Department	Social and Health Sciences
Term	First
Total credits	6
Year	4º
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

The main planning processes and principles for physical activities and sports. Basic principles for the evaluation of physical education. Regulatory framework for the evaluation of Physical Education. Physical Education planning.

PHYSICAL ACTIVITIES AND SPORTS FOR PEOPLE WITH DISABILITIES

4. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Physical Activities and Sports for people with disabilities
Module	Applied knowledge
Department	Social and Health Sciences
Term	Second
Total credits	6
Year	4º
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.

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.

2.11. 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.

2.12. 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.

6. CONTENT

Adapted physical activities and disabilities. Sports adapted to diversity and their teaching. Physical activity and adapted sport as a means for social integration.

PHYSICAL ACTIVITY, SPORT AND RECREATION. ACTIVE TOURISM

5. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Physical activity, Sport and Recreation. Active Tourism
Module	Applied knowledge
Department	Social and Health Sciences
Term	Second
Total credits	6
Year	4º
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.

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.

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

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

7. CONTENT

The concept of leisure time. Sports activities itinerary. Physical and sports animation. Active tourism.

SPORT ORGANIZATION AND LEGISLATION

6. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	Sport organization and legislation
Module	Applied knowledge
Department	Social and Health Sciences
Term	Second
Total credits	6
Year	4º
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.

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.

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

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

8. CONTENT

Scopes of action. Public and private organization of the sports sector. Sports levels. Sports degrees and their professional practice. The work statute for the professional sportsperson. Current legislation as regards postulates of the fundamental right of equality between men and women, the principles of universal accessibility for people with disabilities (adapted sport) as well as the values which belong to a culture of peace and democratic values. Prevention of child abuse in the sports field.

EXTERNAL WORK EXPERIENCE

7. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	External work experience
Module	External Work Experience and End of Degree dissertation
Department	Social and Health Sciences
Term	Second
Total credits	6
Year	4º
Type	Compulsory
Language	Spanish

2. SKILLS

2.19. Basic and General Skills

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.

2.20. Cross Skills

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.

2.21. Specific Skills

No data

9. CONTENT

The purpose of Practicum is to enable the students to put into practice the knowledge acquired during the course of the degree in a real context of application, in Practice Centres which could be located in different places(Public Bodies, Local Corporations, Schools, Sports clubs, Sports companies or Sports management companies et cetera)

END OF DEGREE DISSERTATION

8. SUBJECT DESCRIPTION

Degree	Physical Activity and Sport Sciences
Subject	End of Degree Dissertation
Module	External Work Experience and End of Degree dissertation
Department	Social and Health Sciences
Term	Second
Total credits	6
Year	4º
Type	Compulsory
Language	Spanish

2. SKILLS

2.22. Basic and General Skills

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.

2.23. Cross Skills

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.

2.24. Specific Skills

No data

10. CONTENT

An original research, development or revision assignment which deals with different aspects of Physical Education and Sport Sciences.