



16525 - INDIVIDUAL SPORTS II (2018-19)

General

Code: 16525

Lecturer responsible:

CEJUELA ANTA, ROBERTO

Credits ECTS:	6
Theoretical credits:	0,6
Practical credits:	1,8
Distance-base hours:	3,6

Departments involved

- **Dept:** GENERAL DIDACTICS AND SPECIFIC DIDACTICS

Area: PHYSICAL EDUCATION AND SPORT

Theoretical credits: 0,6

Practical credits: 1,8

This Dept. is responsible for the course.

This Dept. is responsible for the final mark record.

Study programmes where this course is taught

- DEGREE IN PHYSICAL ACTIVITY AND SPORTS SCIENCES
Course type: COMPULSORY (Year: 2)

Competencies and objectives

Course context for academic year 2018-19

The subject individual sports the this IInd directed the education of the triatlón, a combination of three sports (swimming, cycling and career afoot) in the same competition and without pauses. The first organized triatlón that knows itself, arose from spontaneous form in 1974, in San Diego (The United States; Ruiz, 2006). In the year 2000, in sydney (Australia), the début of the triatlón took place in the Olympic Games. The subject individual sports the this IInd directed the education of the triatlón, one Nevertheless, in 1875 the Baron Pierre de Coubertin, founder of the modern Olympic Games, already had publicized the need to rely on a sport that it should combine the swimming, the cycling and the athletics (COE, 2004). The motives that have led us to studying the sport of the Triatlón are: 1. The fact that it is a sport of recent creation in comparison with the majority of the sports studied in the scientific and formative investigation. 2. The perfect identification with the signs of identity of the UA: He identifies with the geographical environment and climatic Mediterranean conditions. The sustainable development of the physical and sports activities in the nature and the innovation and development of the new sports. 3. Because in the national and international context the triatlón is positioned as a sport in growth which development allows a labor future the futures classified in sciences of the sport.

Course content (verified by ANECA in official undergraduate and Master's degrees)

General Competences (CG)

- **CG2.1** : Ability for oral and written communication when developing conceptual and procedural content, with special attention to mastering argument and critical reasoning in the subjects in the Sciences of Physical Activity and Sport degree course.
- **CG4.1** : Ability for interpersonal, and effective relationships and emotional control during teamwork and the development of leadership when carrying out learning activities and tasks in the subjects on the Sciences of Physical Activity and Sport degree course.
- **CG4.2** : Development of responsibility and the capacity for initiative, entrepreneurial spirit and originality in the instrumental learning of the subjects on the Sciences of Physical Activity and Sport degree course.
- **CG5.1** : Commitment to the values of equality with regard to questions of gender, diversity and democracy when practising physical activity and sport.
- **CG5.2** : Commitment to ethical values in sporting competition.

Specific Competences (CE)

- **CE14** : Master the basic techniques of different sports so as to be able to execute them efficiently.
- **CE15** : Capacity to design, apply and evaluate high-quality processes, programmes and projects to control the training programmes of individual and team sports, sports using implements, marine sports, gymnastic skills and Valencian pelota, knowing how to select and use the appropriate sports material and equipment for each kind of activity.
- **CE16** : Competence to analyse technical gestures, detecting basic errors relating to specific skills in sports training and discovering their possible causes.
- **CE7** : Capacity to manage and apply knowledge of the foundations of sport.

Exclusive skill taught in this course

No data

Learning outcomes (Training objectives)

No data

Specific objectives stated by the academic staff for academic year 2018-19

To understand the beginning of the physics that intervene in the interaction land waters down. To know the technical beginning of four styles of swimming. To know the factors of efficiency in the swimming, I pedal and the career afoot. Practical as sports experience and trainer of the triathlon. To acquire experiences in the accomplishment of practices of improvement of the technology of three segments and the transitions. To realize practices of observation and analysis of the technology in practical cases of triatlón. The most habitual mistakes in the technical execution of every segment and transition. To know methodology and exercises for the improvement of the technical efficiency of every segment and transition. To provide to the student body of means of control of the training in triathlon and swimming.

Content and bibliography

Content for academic year 2018-19

Topic 1. Swimming. - The forces that affect the triathlete / swimmer. - Basic aquatic skills. - Crawl style - Open water open style. - Other styles: Butterfly, backstroke and breaststroke. Topic 2. Transitions. - T1: swimming-cycling. - T2: cycling-running. Topic 3. Cycling segment. - Individual technical skills - group technical skills - tactics - mechanics. Topic 4. Running segment. - Pre-fatigue run skills - Post-fatigue run skills.

Assessment

Assessment procedures and criteria 2018-19

The assistance to the practical and theoretical classes is very advisable, is not obligatory. If some student cannot represent regularly there is recommended to request attention in seminars attend them and tutorships where it follows the development of the contents of the classes.

Description	Criteria	Type	Weighting system
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Partial and practical examinations.	<ul style="list-style-type: none"> - Practical swimming test: 200 meters styles in less than 5 minutes. Value over 1 maximum point. Date: week 8. Schedule of the practical class in the pool of the UA. - Partial theoretical exam of swimming. Value over 1 maximum point. Date: week 8. Theoretical class schedule. - Practical exam of transition, cycling and running. Value over 1.5 points maximum. Week 15. Practical class schedule. - Theoretical partial exam of transitions, cycling and running. Value over 1 maximum point. Last week of the course. Theoretical class schedule. - Continuous evaluation up to 0.5 points maximum. Participate as an athlete in a triathlon or volunteer in the organization of a triathlon competition. Another option would be to perform a theoretical work on any of the contents of the subject that must be authorized in advance by the coordinator of the subject. 	ACTIVITIES OF EVALUATION DURING THE SEMESTER	50
Final evaluation	<p>Evaluation C3. 5 points on the 10 total of the subject correspond to the exam in the official call. The exam may contain theoretical or practical questions of type test, long, short, multiple answer, practical cases or any other.</p> <p>Evaluation C4. The notes of the continuous evaluations during the course may be saved. If some students failed the partial evaluations, they can be examined again on the evaluation date C4, with the same practical and theoretical evaluation tests (on 5 points maximum) The other 5 points of the evaluation can be obtained in an examination in official call. The exam may contain theoretical or practical questions of type test, long, short, multiple answer, practical cases or any other.</p>	FINAL TEST	50

Official exam dates for academic year 2018-19

Exam session	Date	Time	Group - Classroom(s) allocated	Comments
(C3) Periodo ordinario para asignaturas de segundo semestre y anuales	11/06/2019			
(C4) Pruebas extraordinarias para asignaturas de grado y máster	08/07/2019			

