

Bachelor's Degree in Physical Activities and Sport Sciences*

YEAR 1

<i>First semester</i>			
Code	Course	General description of contents	Credits
41120001	Human Anatomy	<ul style="list-style-type: none"> • Introduction to human anatomy study. • Upper body. • Lower body. • Torso and neck. • Head. 	9
41120002	On Site Handling of Sport Diseases	<ul style="list-style-type: none"> • Sport injuries prevention. • Physical-pathological bases in concurrent diseases in sport practice and on site management. • First aid at crash sites. • Injured evacuation: ways and types. 	3
41120003	Theory and Evolution of Physical Activity and Sports	<ul style="list-style-type: none"> • Evolution of the philosophical way of thinking related to Physical Activity and Sports in different cultures. • Evolution of Physical Activities and Sports. • Physical Activity: main theories and trends. • Physical Activity: current trends. • Sport culture evolution. 	6
41120004	Mobility Games	<ul style="list-style-type: none"> • Conceptualisation and evolution of mobility games. • Taxonomy of mobility games. • Mobility games as an educational means. • Traditional and popular games. 	6
41120005	Team Sports I	<ul style="list-style-type: none"> • Origin, concept and classification of team sports. • Rules and regulations of team sports: basketball and volleyball. • Basketball: fundamental aspects. • Volleyball: fundamental aspects. 	6
<i>Second semester</i>			
41120006	Psychology of Physical Activity and Sports	<ul style="list-style-type: none"> • Origin and evolution of sport psychology as a scientific discipline. • Sport psychology: basic theory. • Sport psychology: research and study methods. • Sport psychology: Learning, motivation and emotional processes. • Sport psychology and personality development. • Consequences of psychological assessment in the performance in sports and school sports. • Psychological and educational aspects of sports and sport teaching. 	6
41120007	Exercise Physiology 1	<ul style="list-style-type: none"> • Exercise Physiology of the respiratory system. • Exercise Physiology of the circulatory system. • Exercise Physiology of body fluids. • Metabolism. • Exercise Physiology of the endocrine system. • Neurophysiology 	6
41120008	Physical Education I	<ul style="list-style-type: none"> • Epistemology of the teaching-learning process of Physical activity and Sports. • The Physical Education curriculum in Secondary school. • Planning and programming in the teaching-learning process of Physical activity and Sports. 	6
41120009	Physical Conditioning: Theory and Practice	<ul style="list-style-type: none"> • Historical perspective of training. • Training and the biological adaptation laws. • Physical conditioning factors: basic physical abilities. • Physical exercise and physical conditioning on children, teenagers and adults. • Physical condition evaluation: field tests and laboratory tests. 	6
41120010	Individual Sports I	<ul style="list-style-type: none"> • Origin, concept and classification of individual sports (athletics and acrobatic gymnastics.) • Rules and regulations of individual sports: Athletics and acrobatic gymnastics. • Athletics: fundamental aspects. • Acrobatic gymnastics: fundamental aspects. 	6

YEAR 2

Third semester			
41120011	Exercise Physiology II	<ul style="list-style-type: none"> • Energy sources for movement. • Exercise response and adaptation. • Fatigue. Pathological-structural changes. • Environmental exercise physiology. Adaptation of exercise to the environment and extreme conditions (height, depth and temperature.) 	6
41120013	Sociology of Physical Activity and Sports	<ul style="list-style-type: none"> • Sociological perspective and development of the sociology of physical activity and sports. • Social relations, culture and values in physical activity and sports. Health and body worship. • Social aspects of physical activities and sport practice: habits and unevenness • Physical activities and sports, technology and the media. Sports as a show. • Physical activities and sports, organisations, politics, economy, work and development. 	6
41120016	Movement Analysis and System	<ul style="list-style-type: none"> • Basic principles and analysis of kinesiological components. • Anatomic and functional fundamentals of human movement. • Kinetic chains analysis. • Functional assessment of the human musculoskeletal system. Measurement systems for movement analysis. • Conceptual analysis and fundamentals of the systematics of physical exercise. • Exercise classification and its application in sports. • Structural analysis of human movement. 	6
41120022	Mobility Skills Fundamentals	<ul style="list-style-type: none"> • Mobility skills: conceptual framework and classification. • Perceptive abilities. • Basic and generic abilities. • Teaching resources and motor abilities. 	6
41120018	Team Sports II	<ul style="list-style-type: none"> • Rules and regulations of collective sports: football and handball. • Football: fundamental aspects. • Handball: fundamental aspects. 	6
Fourth semester			
41120014	Statistics Applied to Physical Activity and Sports	<ul style="list-style-type: none"> • Introduction: statistics on Physical Activity and Sports • Data collection and analysis. Data synthesis, polishing, and organisation. • Adjustment and regression. Prediction of possible results. • Probability. Common models in physical activity and sports. • Statistical inference. Decision-making. • Statistical techniques application, using computers for data analysis. 	6
41120015	Biomechanics Applied to Physical Activity and Sports	<ul style="list-style-type: none"> • Introduction to human biomechanics. Concept and application. • Basics of movement in biomechanics: Kinematic. Static. Kinetic. Work and Energy. Applications in physical activities and sport. • Instrumental methods in biomechanics. Electronic techniques. Time measuring techniques. Movement registration techniques. Interaction registration techniques. Other instrumental methods. Practical application. • Biomechanics of human movement: Race walks, races, jumps, throws, hits, swimming. Biomechanical tests for assessment. 	6
41120012	Learning, Control and Motor Development in Physical Activity and Sports	<ul style="list-style-type: none"> • Motor behaviour. • Motor behaviour principles. • Motor control: concept, mechanisms, models • Motor learning: concept, explanative models, acquisition process and motor abilities modification, classification and analysis of motor abilities, evaluation. • Motor development: concept, explanative models, fundamentals and longitudinal and cross-sectional 	6

				<i>approaches, evaluation.</i>	
41120020	Water Sports I			<ul style="list-style-type: none"> • <i>Conceptual approach to Water Sports.</i> • <i>Elements intervening in Water Sports.</i> • <i>Water Sports techniques and basic manoeuvres.</i> • <i>Applied methodology to Water Sports.</i> • <i>Rules, regulations and organisation of water events.</i> • <i>Security principles in water sports.</i> 	6
41120019	Individual Sports II			<ul style="list-style-type: none"> • <i>Origin, concept and classification of individual sports (Swimming and Golf.)</i> • <i>Rules and regulations of individual sports: Swimming and Golf.</i> • <i>Swimming: fundamental aspects.</i> • <i>Golf: fundamental aspects.</i> 	6

YEAR 3

<i>Fifth semester</i>					
41120017	Didactics of Sport Initiation			<ul style="list-style-type: none"> • <i>Sport: concept and classification.</i> • <i>Structural analysis of Sports.</i> • <i>Sports as a learning tool.</i> • <i>Team sports versus individual sports.</i> • <i>Sport initiation: concept and phases.</i> • <i>Sport games teaching: traditional versus modern methods.</i> 	6
41120029	Health-Related Assessment	Physical	Fitness	<ul style="list-style-type: none"> • <i>Physical Fitness and Health.</i> • <i>Physical Fitness Benefits.</i> • <i>Biological basis for Health-Related Physical Fitness Assessment: laboratory and field-based tests.</i> • <i>Process and control of Health-Related Physical Fitness Assessment</i> • <i>Psychological tests of Health-Related Physical Fitness.</i> 	6
41120030	Sports Systems Management	Organisation	and	<ul style="list-style-type: none"> • <i>Concept of Sport System and Organisation.</i> • <i>Origin of sport services.</i> • <i>Public and private organisations.</i> • <i>Administration of sports organisation and staff management.</i> • <i>Management models: Direct, indirect and mixed. Comprehensive application.</i> • <i>Organisation and planning of physical and recreational activities in several physical activity management fields.</i> • <i>Excellence in direction, management and marketing in Sport organisations.</i> • <i>Sport organisations legislation.</i> 	6
41120025	Teaching-Learning Process of Physical Activity and Sport		of	<ul style="list-style-type: none"> • <i>Didactic intervention in the teaching-learning process of Physical activity and Sports: teaching approaches, strategies, teaching and organising resources, teacher-student communication, teacher action...</i> • <i>Assessment in the teaching-learning process of Physical Activity and Sport.</i> 	6
41120023	Body Expression and Dance			<ul style="list-style-type: none"> • <i>Body expression: Conceptualisation and fundamental aspects.</i> • <i>Body and movement as a means of expression.</i> • <i>The elements of expressive movement.</i> • <i>Body expression techniques: dance styles.</i> • <i>Teaching resources in body expression and dance.</i> 	6
<i>Sixth semester</i>					
41120028	Physical Activity for Health			<ul style="list-style-type: none"> • <i>Physical activity and Health, conceptual framework and implications.</i> • <i>Physical activity benefits.</i> • <i>Screening and preventing Physical activity and Sports' risks</i> • <i>Physical exercise prescription.</i> • <i>Health education and promotion through Physical activity.</i> • <i>Physical activity and Health programmes.</i> 	6
41120031	Sport Facilities and Equipment			<ul style="list-style-type: none"> • <i>Sport facilities and equipment: concepts.</i> • <i>Facilities evolution: Public and Private.</i> • <i>Facilities planning. Design, accessibility and</i> 	6

		functionality characteristics.	
		<ul style="list-style-type: none"> • Types of facilities. • School facilities. • Equipment. Different taxonomies. • Maintenance of facilities and equipment. 	
41120024	Leisure Physical Activities in the Natural Environment	<ul style="list-style-type: none"> • Arguments for leisure physical activities in the natural environment. • Theory and practice fundamentals of leisure physical activities in the natural environment. • Development of leisure activities in nature and sustainability. • Leisure activities in the natural environment. Possibilities of organisation. • Natural environment itineraries: types, characteristics and resources. 	6
41120027	Sports Training Planning	<ul style="list-style-type: none"> • Sports training fundamentals: adaptation, power, form and principles of sports training. • Basic fundamentals of sports training planning. • Fundamentals, structure and training methods of skill components: strength, speed, endurance and flexibility. 	6
41120021	Racquet Sports	<ul style="list-style-type: none"> • Origin, concept and classification of racquet sports. • Rules and regulations of racquet sports. • Tennis: fundamental aspects. • Badminton: fundamental aspects. • Padel: fundamental aspects. • Table tennis: fundamental aspects. 	6

YEAR 4

Seventh semester			
41120026	Research on Physical Activity and Sports	<ul style="list-style-type: none"> • Research in the field of Physical Activity and Sports. • Research methodology in the field of Physical Activity and Sports. • Scientific research in the field of Physical Activity and Sports: Databases, search techniques and document recovery. • Scientific communication: written and oral. Research papers writing. 	6
41120...	Optional course 1		6
41120...	Optional course 2		6
41120...	Optional course 3		6
41120032	Practicum 1	<ul style="list-style-type: none"> • Work placement for students to gain experience in a professional field related to Physical activity and Sports. • Seminars before, during and after the placement. • Planning and scheduling of work and activities suitable for each field. • Objectives and development of necessary strategies to accomplish the tasks. • Tool usage and procedures for developing different professional actions. • Structuring of knowledge to apply them in a professional environment. • Strategy formulation to permanently assess professional actions in various situations. 	6
Eighth semester			
41120...	Optional course 4		6
41120...	Optional course 5		6
41120033	Practicum 2	<ul style="list-style-type: none"> • Work placement for students to gain experience in a professional field related to Physical activity and Sports. • Seminars before, during and after the placement. • Planning and scheduling of work and activities suitable for each field. • Objectives and development of necessary strategies to accomplish the tasks. • Tool usage and procedures for developing different professional actions. 	6

		<ul style="list-style-type: none"> • Structuring of knowledge to apply them in a professional environment. • Strategy formulation to permanently assess professional actions in various situations. 	
41120034	Undergraduate Dissertation	<ul style="list-style-type: none"> • Report production. • Objectives, contents and structure of the Undergraduate Dissertation. • Guidance for the presentation and defence of the Undergraduate Dissertation. 	12

OPTIONAL COURSES

	41120035	Physical Activity for the Elderly	<ul style="list-style-type: none"> • Physical and physiological characteristics of the elderly. • Physical activity needs for adults and the elderly. • Social response to the demand of physical exercise for adults and the elderly. • Individual and collective physical activities aimed at the elderly. Aspects to consider when scheduling. • Main teaching methods. 	6
	41120036	Physical Activity for Specific Population Groups	<ul style="list-style-type: none"> • Intervention models in specific physical activity. • Adapted and specific sport activities. • Inclusion procedures in specific physical activities. • Teaching-learning processes, design and evaluation. 	6
Physical activity and Health Specialisation	41120037	New Fitness and Wellness Trends	<ul style="list-style-type: none"> • Conceptual framework and trends in fitness and wellness. • Fitness and wellness activities. • New fitness and wellness trends. • Materials in the fitness and wellness field. 	6
	41120038	Physical and Sport Readaptation	<ul style="list-style-type: none"> • Origin, basics and phases in injury readaptation. • Physical and sport readaptation. • Strategies and intervention proposals related to prevention and physical and sport readaptation. 	6
	41120039	Body Composition and Nutrition	<ul style="list-style-type: none"> • Concept and general factors in anthropometry. • Body compartments. • Somatotype. • Body composition and sport performance. • Basic factors in nutrition and sport. • Bioenergetic knowledge. • Nutritional status assessment. Diet planning. • Nutritional ergogenic aids and doping. 	6

	41120040	Sailing Sports	<ul style="list-style-type: none"> • <i>Sailing and new modes.</i> • <i>Rules for sailing sports' new modes.</i> • <i>Specific methodology applied to sailing sports' new modes.</i> • <i>Techniques and tactics in the initiation of sailing sports' new modes.</i> • <i>Specific safety principles in sailing sports' new modes.</i> • <i>Specific characteristics of facilities for sailing sports' new modes.</i> 	6
	41120041	Current and Emerging Aquatic Sports	<ul style="list-style-type: none"> • <i>Conceptual approach to current and emerging aquatic sports.</i> • <i>Structural and functional analysis of current and emerging aquatic sports.</i> • <i>Technical aspects of current and emerging aquatic sports.</i> • <i>Applied methodology in the practice of emerging aquatic sports.</i> • <i>Basic rules and management of current and emerging aquatic sports.</i> • <i>Safety rules in the practice of current and emerging aquatic sports.</i> 	6
Management and Sport Recreation Specialisation.	41120042	Management, Marketing and Sport Services	<ul style="list-style-type: none"> • <i>Sports marketing fundamentals.</i> • <i>Marketing and its variables.</i> • <i>Marketing communication in sports: advertisement, sponsorship and public relations.</i> • <i>Marketing plan applied to sport.</i> • <i>Innovation in sports services offer.</i> 	6
	41120043	Dynamisation and Recreation: Swimming-Pools and Beaches	<ul style="list-style-type: none"> • <i>Leisure as a human manifestation.</i> • <i>Objectives, functions and fields in animation and recreation.</i> • <i>Leisure activities in swimming pools.</i> • <i>Leisure activities on beaches.</i> • <i>Games and alternative sports in swimming-pools and beaches.</i> 	6
	41120044	Dynamisation and Recreation: Tourist Sector and the Natural Environment	<ul style="list-style-type: none"> • <i>Functions, objectives and role of the tourist entertainer.</i> • <i>Leisure activities in tourism sectors.</i> • <i>Leisure activities in nature.</i> • <i>Sports shows in tourism sectors and nature.</i> • <i>Leisure entertainer and group dynamism.</i> 	6
	41120045	Introduction to Nautical Sciences	<ul style="list-style-type: none"> • <i>Naval technology.</i> • <i>Manoeuvres.</i> • <i>Maritime security.</i> • <i>Navigation.</i> • <i>Meteorology.</i> 	6

*Please, note that teaching is mainly in Spanish. This information in English is provided purely for information and to facilitate recognition and does not imply that the subjects are taught in English.