



UCAM
UNIVERSIDAD
CATÓLICA DE MURCIA

Teaching Guide 2018/2019

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Combat and Implement Sports

Bachelor of Physical Activity and Sport Sciences

On-site Teaching Method

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Combat and Implement Sports

Module: **Fundamentals of Sports**

Subject: **Fundamentals of Sports**

Type: **Basic Training**

No. of credits: **4.5**

Time period: **First course – 1º semester**

Subject Teacher: **Dr Domenico Cherubini (Head) - Dr. Luis Manuel Martínez Aranda.**

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Office hours for pupils: **Wednesdays from 11:30am to 12:30pm / Tuesdays from 9:30 to 11:30.**

Coordinating Teacher of module, subject or course: **Dr Pedro Sánchez González.**

Brief Description

Physical activity and sports professionals must have resources to help them in their future careers as teachers or coaches. This is why we aim for the sports concepts to be clear and varied. This course aims to provide a basic learning and teaching tool for combat and instrument sports, focusing on the sport of fencing in the latter. Furthermore, content will be studied which is directly related to that included in the module of Fundamentals of Sports. "General Principles: Characteristics and elements, Historical evolution, Regulation. Fundamentals, Methodology in Youth Sports, Teaching and learning of technical and tactical fundamentals." This content covers all aspects deemed necessary for understanding this complex process and lays the foundation on which athletes are built.

Requisitos Previos

There are no prerequisites

Objetives

1. To learn and understand the basic concepts for introduction to combat and instrument sports.
2. To learn, understand and analyses the basic technical and tactical elements for the introduction to combat and instrument sports.
3. To learn, understand and analyses the teaching-learning process during the introduction to combat and instrument sports.
4. To elaborate, develop and implement teaching-learning tasks related to the introduction to combat and instruments sports
5. To learn the rules of the game regulating combat and instrument sports.

Skills and Learning Outcomes

Transferable Skills

- (CT1) Be able to correctly express yourself in Spanish in your field of discipline.
- (CT2) Consider the principles of Christian humanism as essential values in the development of professional practice.
- (CT3) Be able to show the knowledge, skills and abilities acquired to promote a society based on the values of freedom, justice, equality and pluralism.
- (CT7) Problem solving
- (CT8) Making decisions
- (CT9) Team work
- (CT13) Critical thinking
- (CT14) Ethical commitment
- (CT15) Autonomous learning
- (CT21) Motivation for quality

Learning Outcomes

- (RA) Understand, reason and summarise content in the various fields of expertise.
- (RA) Manage and organize the information acquired during the learning process.
- (RA) Correctly express yourself in both oral and written form in your native language.
- (RA) Acquire the abilities necessary for conflict resolution.
- (RA) Comprehensively and critically decide between different options.
- (RA) Acquire and implement collaborative strategies and abilities which promote cooperative work.
- (RA) Make judgments and take a critical stance when faced with various situations in daily life.
- (RA) Recognize and defend the fundamental rights of any individual.
- (RA) Proactively manage their learning process.
- (RA) Asses the importance of correct practice.
- (RA) Use Computer and Communication Technologies (CCT) for performance of your training and professional activities.
- (RA) Understand and distinguish between the possibilities of basic sports practice.
- (RA) Design and carry out teaching-learning processes for basic sports practices.
- (RA) Acquire knowledge practically applied to basic practice of various sports.
- (RA) Understand and distinguish between the relation and evolution of the practice of various sports.
- (RA) Correctly use spelling and grammar in oral and written language.

Methodology

Methodology	Hours	On-site Working Hours	Off-site Working Hours
Theoretical presentation	18	45 hours (40%)	
Monitoring tutorials	2.3		
Seminars and workshops	2.9		
Teaching practices	19.5		
Assessment	2.3	45	67.5 hours (60%)
Autonomous work	33.75		
Applied work	33.75		
Total	112.5		
Methodology	Hours	On-site Working Hours	Off-site Working Hours

Syllabus

Programme of Theoretical Teaching

- Topic 1. General history of fencing. Arms and conventions of combat.
- Topic 2. Handle material and field of combat. Preparation of fencer.
- Topic 3. Psychological considerations.
- Topic 4. Competitions, regulations, penalties and arbitration.
- Topic 5. Presentation of work.
- Topic 6. Brief history of combat sports, definition, characteristics and classification.
- Topic 7. Performance process and educational aims for combat sports.
- Topic 8. Methodological guidance, teaching applications, safety and benefits of combat sports.
- Topic 9. JUDO: Background, fundamental principles, maxims and its role in the educational field.

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Topic 10. Sport area: Regulations and competition in judo.

Practical Teaching Programme

Seminar 1. Guard, basic movement and headgear

Seminar 2. Straight blow, back, return to guard, ligament and pass.

Seminar 3. Standstill-response.

Seminar 4. Hitting and dodging

Seminar 5. Competition assaults and arbitration

Seminar 6. Basic fundamentals of Judo.

Seminar 7. Basic fundamentals of technique in base judo I (Nage waza). Hand techniques (Te-waza).

Seminar 8. Basic fundamentals of technique in base judo II (Nage waza). Hip techniques (Koshi-waza) and leg techniques (Ashi-waza).

Seminar 9. Basic fundamentals of technique in floor judo II (Ne waza): Immobilisation techniques (Osaekomi waza), kesa gatame and shiho gatame group.

Seminar 10. Basic fundamentals of technique in floor judo II (NE WAZA): Strangling and dislocation techniques (Shime and kansetsu waza).

Connection to other Subjects in the Syllabus

The subject of Combat and Implement Sports is directly related to the subjects in the module of Fundamentals of Sports (Fundamentals of Introduction to Sports, Individual and Collective Sports II, Individual and Collective Sports, Gymnastics and Musical support, Racket sports and Water sports and windsurfing). It is also related to many other subjects in the degree, such as those which correspond to the module of Physical Education, Physical Activity and Sport Applied Sciences, Biological Sciences, Social Sciences and Methodology, Planning and Training Control, as they share the area of expertise of introduction to sports.

Evaluation System

February/June Semester:

- **Theoretical Tests:** 60% of the total grade. Requirements: Students who exceed 50% of class attendance. In this case, the theoretical part of the subject will be assessed in two partial exams (fencing and judo) that must be pass independently. The value of each of these tests will be: first exam 30% and second exam 30%. It will be necessary to obtain a grade of 5 points in each one of the tests that are proposed to apply the average.
- **Practical Tests:** 40% of the total grade. Requirements: Attendance to 80% of all sessions in each separate field. In this case, the practical part of the subject will be assessed

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in two partial exams (fencing and judo) which must be independently passed. The value of each of the exams will be: first exam 20% and second exam 20%. It will be necessary to score 5 points in each test given to use the average.

The student will pass the subject when the weighted average is equal to or greater than 5 points in all the parts that make up the evaluation system that imply 20% of the final grade.

If the student has less than a 5 in any of the parts whose weighting is equal to or greater than 20%, the subject will be failed and must recover that part (s) in the next call within the same academic year. Past part (s) in official calls (February / June) will be saved for the successive convocations held in the same academic year.

In case the subject is not passed in the September Call, the approved parts will not be taken into account for successive academic courses.

The grading system (RD 1.125 / 2003, of September 5) will be as follows:

0-4,9 Fail (F for “suspenso”)

5,0-6,9 Pass (C for “aprobado”)

7.0-8.9 Outstanding (B for “notable”)

9,0-10 Excellent (A for “sobresaliente”)

The mention “with honors” may be granted to students who have obtained a mark equal to or greater than 9.0. Their number may not exceed 5% of the Students enrolled in a subject in the corresponding academic year, except that the number of students enrolled is less than 20, in which case it can be grant a single distinction.

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Related Websites

UCAM Department of Physical Activity and Sports Sciences

<http://www.ucam.edu/estudios/grados/cafd>

CCD - Culture, Science and Sport. Journal for the Department of Physical Activity and Sports Sciences

<http://www.ucam.edu/ccd>

School Sports for the Superior Council of Sports (CSD)

<http://www.csd.mec.es/csd/competicion/05deporteescolar/view>

Spanish Judo Federation and Associated Sports:

www.rfejudo.com y <http://www.judoinfo.com/>

International Judo Federation

www.intjudo.eu

Judo Federation in the Murcia Region

www.judomurcia.com

Royal Spanish Fencing Federation

www.esgrima.es/

International Fencing Federation

<http://fie.org/>

Study Advice

Consider the instructions that the teachers give at the start of the course. The teacher will specify to the group of students the period of the content, the bibliography and study material, the methodologies to follow, as well as other interest guidelines which affect subject learning. Attend classes and actively participate in them. Focus your efforts and study towards argued reasoning of the subject content. Use the established timetable, the virtual campus or email to consult and resolve doubts with your teacher. Keep the knowledge acquired in other subjects of the Fundamentals of Sports module in mind, to relate them to the topics covered in this subject and to acquire, in this way, a global and well-founded knowledge. Consult the recommended bibliography in each subject and do not limit study to notes taken in class. In the written work and tests, a point will be deducted from the final grade if there is a serious spelling mistake.

Teaching Material

Use appropriate clothing to carry out the practical session. In the case of Judo, the use of judogi with a white belt is compulsory. Student who have practiced or do practice Judo should use the belt with the grade they have achieved. Use a computer, projector, internet connection and speakers for theoretical classes. Practical seminars: Fencing room measuring approximately 29 by 15 metres, fencing floor, jackets, protective garments, gloves, wires, swords, helmets, tennis balls, signaling device and rollers.

Tutorials

Brief description

Academic Tutorial

The academic tutorial, Decree no. 359/2009, of 30th October, will be implemented so that the educational response is established and regulated in relation to the diversity of the student body in the Autonomous Community in the Murcia Region. Attendance to academic tutorials is fundamental to learn about the performance and use of all of the teaching materials and the regulations of this subject. The aim of these is to guide and advise the student in the teaching-learning process and to contribute to the reinforcement of knowledge, skills, abilities, expertise and attitudes linked to the student's cross-disciplinary or general competencies such as team work, oral and written communication, professional values and ethics and autonomous learning.

Personal Tutorial

The University also has a Specialized Body of Tutors to give personal tutorials to the students registered on the Degree. The personal tutor accompanies the students during the whole university phase. Please consult the following link:

<http://www.ucam.edu/servicios/tutorias/preguntas-frecuentes/que-es-tutoria>