



**UCAM**  
UNIVERSIDAD  
CATÓLICA DE MURCIA

# Teaching Guide 2018/2019

## Teaching Guide 2018/2019

### *Individual and Team Sports I*

Degree in the Science of Physical Activity and Sport

On-site Teaching Method

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## Individual and Team Sports

### Individual and Team Sports I

Module: **Fundamentals of sports**

Subject: **Fundamentals of sports**

Type: **Basic Training**

No. of credits: **4.5 ECTS**

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

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

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Coordinating Teacher of module, subject or course: **Dr. Luis Manuel Martínez Aranda**

### Brief Description

It is essential for physical education and sports professionals have a basic knowledge of the basic fundamentals that should take precedent in individual and team sports. Furthermore, they should be aware of which strategies, methodologies and participation procedures are more suitable, depending on different contexts within sports (sports schools, school sports, etc.). Content will also be covered directly relating to that included in the module of Fundamentals of Sports “General Rules: Characteristics and elements, Historical evolution, Regulation, Fundamentals, Methodology in introduction to 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 introducing Athletics and Football.
2. To learn, understand and analyses the basic technical and tactical elements for introducing Athletics and Football.
3. To learn, understand and analyses the teaching-learning process during the introduction to Athletics and Football.
4. To elaborate, develop and implement teaching-learning tasks related to the introduction of Athletics and Football.

## Skills and Learning Outcomes

### Transferable Skills

- (1) Ability to analyses and summarise
- (2) Ability to organize and plan
- (3) Oral and written communication in native language
- (7) Problem solving
- (8) Decision making
- (9) Team work.
- (13) Critical thinking
- (14) Ethical commitment
- (15) Autonomous learning.
- (CT21) Be motivated by quality.

### Specific Skills

- (CES10) Apply the computer and communication technologies (CCT) in the field of Physical Activity and Sports Sciences.
- (CES14) To learn, understand and know how to teach the abilities and teaching methods of basic practice of sport, combining theory and practice.
- (CES15) Possess and know how to apply practical sporting ability.
- (CES16) Know how to teach basic sporting activity in accordance with the horizontal and vertical structures of principles for training people.

### Learning Outcomes

- (RA) Understand and distinguish between the possibilities for the various computer and communication technologies in physical activity and sport.
- (RA) Use the computer and communication technologies (CCT) for performance of your training and professional activities.
- (RA) Understand and distinguish between the possibilities of basic sport practice.
- (RA) Design and carry out teaching-learning processes in basic sport practice.
- (RA) Acquire practical applied knowledge in basic practice of various sports.
- (RA) Understand and distinguish between the relationship and evolution of practicing various sports.
- (RA) Design in an integrated manner and carry out teaching-learning processes, keeping in mind the relation and evolution of practicing various sports.
- (RA) Collaborate with other professionals, recognizing the different benefits that other areas of expertise contribute to the professional exercise.
- (RA) Undertake actions promoting interest and motivation in the research.

## Methodology

Methodology	Hours	On-site Working Hours	Off-site Working Hours
Theoretical presentation, seminars and workshops	18	45 hours (40%)	
Monitoring tutorials	2.3		
Seminars and workshops	2.9		
Teaching practices	19.5		
Assessment	2.3	67 hours (60%)	
Autonomous work	33.75		
Applied work	33.75		
Methodology	Hours	On-site Working Hours	Off-site Working Hours

## Syllabus

### Programme of Theoretical Teaching

#### *Teaching Unit I. Athletics as an individual sport.*

##### Topic 1. Introduction to athletics

- 1.1. Athletics as a sport. Formal and functional analysis. Internal structure.
- 1.2. Historic overview and evolution of the different athletic specialties.
- 1.3. Athletics at present. Analysis of the corporate structure.
- 1.4. Classification of the various specialties in athletics.
  - 1.4.1. Races
  - 1.4.2. Race walking
  - 1.4.3. High jump
  - 1.4.4. Shot put.

##### Topic 2. Teaching athletics in various fields.

- 2.1. Athletics in school. A vision of using athletics as a fundamental part of the curricular itinerary in primary and secondary schools.
- 2.2. Introduction to athletics. Different models of introduction to sports.

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- 2.3. Ideal age for introduction to athletics. Technical models of introduction to athletics. Design of an operating model.
- 2.4. Alternatives to the traditional model of childhood competition. Vision of new models of success in the promotion of athletics.
  - 2.4.1. Mini-athletics.
  - 2.4.2. New approaches.
- 2.5. Design of tasks and activities
  - 2.5.1. The motor basics of athletic specialities.
  - 2.5.2. Characteristics of the tasks.
  - 2.5.3. Design of improvement in activities.

### Topic 3. Athletic Specialities.

- 3.1. Flat races and hurdle races.
  - 3.1.1. Basics: History and evolution. Regulation and competition dynamics.
  - 3.1.2. Technical fundamentals.
  - 3.1.3. Common errors.
  - 3.1.4. Teaching: Improvement in activities. Evaluation of technical analysis.
- 3.2. Race Walking.
  - 3.2.1. Basics: History and evolution. Regulation and competition dynamics.
  - 3.2.2. Technical fundamentals.
  - 3.2.3. Common errors.
  - 3.2.4. Teaching: Improvement in activities. Evaluation of technical analysis.
- 3.3. Long Jumps and High Jumps.
  - 3.3.1. Basics: History and evolution. Regulation and competition dynamics.
  - 3.3.2. Technical fundamentals.
  - 3.3.3. Common errors.
  - 3.3.4. Teaching: Improvement of activities. Evaluation of technical analysis.
- 3.4. Shot Put: Weight, Javelin and Discus and Hammer.
  - 3.4.1. Basics: History and Evolution. Regulation and competition dynamics.
  - 3.4.2. Technical fundamentals.
  - 3.4.3. Common errors.
  - 3.4.4. Teaching: Improvement of activities. Evaluation of technical analysis.
- 3.5. Combined Tests.
  - 3.5.1. Basics: History and evolution. Regulation and competition dynamics.
  - 3.5.2. Teaching: Improvement of activities.

### ***Teaching Unit II. Football as a Team Sport.***

#### Topic 4. Basics of football

- 4.1. Historic overview of football.
- 4.2. Characteristics of football for teaching.
- 4.3. Models of teaching football training.

#### Topic 5. General Principles of the Game. Converse, progress and finish.

- 5.1. Preliminary considerations.
- 5.2. Roles of the football player.
- 5.3. Principles of the football game.
- 5.4. Tactical intentions.
- 5.5. Abilities which the footballer uses in the game cycle.

#### Topic 6. Individual Abilities. New Considerations.

- 6.1. Preliminary considerations
- 6.2. Individual T-T means in Attack
- 6.3. Individual T-T means in Defence.
- 6.4. Specific T-T means of the Goalkeeper.

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### Topic 7. Tactics in Football.

- 7.1. Preliminary considerations
- 7.2. Team T-T means in Attack
- 7.3. Team T-T means in Defence

### Topic 8. Stages in the game and Systems in an 11-a-side football game. 7-a-side football. Other team abilities.

- 8.1. Team T-T means in Attack.
- 8.2. Team T-T means in Defence.
- 8.3. Game systems.
- 8.4. Game systems for 11-a-side football.
- 8.5. Game systems for 7-a-side football.

### Topic 9. Scheduling Football Training.

- 9.1. Preliminary considerations.
- 9.2. Types of tasks.
- 9.3. Structure of a session.

## Practical Teaching Programme

Practical:

- Practice 1.* Flat races and relay races.
- Practice 2.* Hurdle races.
- Practice 3.* Long jumps
- Practice 4.* High jumps
- Practice 5.* Shot put
- Practice 6.* Teaching models in football.
- Practice 7.* From individual technique to tactical intentions.
- Practice 8.* From individual abilities to team actions.
- Practice 9.* Team strategy and tactics I.
- Practice 10.* Team strategy and tactics II.

*Workshop 1.* Regulations - Athletics

*Workshop 2.* Regulations - Football.

## Connection to other Subjects in the Syllabus

The subject of Individual and Team Sports I is directly related to the subjects included in the module of Fundamentals of Sports (Fundamentals of Introduction to Sports, Individual and Team Sports II, Combat and Instrument Sports, Gymnastics and Musical support, Racket sports and Water Sports and sliding). Furthermore, it also complements many other subjects in the degree which correspond to the module of Physical Education, Applied Sciences in Physical Activity and Sport, Biological Sciences, Social Sciences and Methodology, Scheduling and Training Control, as they share the field of expertise of introduction to sports. It also provides the basic conceptual elements for the later module of Sport specialization.

## Evaluation System

February/June Semester:

- **Theoretical Tests:** 50% 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 that must be pass independently. The value of each of these tests will be: first exam 25% and second exam 25%. 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:** 50% of the total grade. Requirements: Attendance to 80% of all sessions in each separate field.

It will be necessary to score 5 points in each test given to use the average.

Requirements:

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 or "suspenso")

5,0-6,9 Pass (C or "aprobado")

7.0-8.9 Outstanding (B or "notable")

9,0-10 Excellent (A or "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.



## Bibliography and Reference Sources

### Basic Bibliography

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### Additional Bibliography

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## Related Websites

- Website for UCAM Department of the Physical Activity and Sports Sciences.  
<http://www.ucam.edu/estudios/grados/cafd>
- Website for the Journal of the Department of Physical Activity and Sports Sciences with all types of articles related to introduction to sports. <http://ccd.ucam.edu>
- Website of school sports for the Superior Council of Sports (CSD)  
<http://www.csd.mec.es/csd/competicion/05deporteescolar/view>
- Website for the Federation of Athletics of the Murcia Region
- <http://www.rfef.es/>
- <http://es.fifa.com/>
- <http://es.uefa.com/>
- [www.fútbol-táctico.com](http://www.fútbol-táctico.com)
- [www.fef.com](http://www.fef.com)
- [www.insidesoccer.com](http://www.insidesoccer.com)
- <http://sportsbrand.tv/football-for-kids-by-jose-mourinho/>
- <http://www.futbolofensivo.com/>
- [www.abfutbol.com](http://www.abfutbol.com)

## Study Advice

- Active and critical participation during class facilitates assimilation of the subject content.
- Elaboration of individual notes encourages preparation for exams, avoiding misunderstanding of materials provided by the teacher.
- The recommended bibliography in each subject will help to stay up to date in each subject.
- Attending tutorials, practicals, workshops and seminars allows the student to successfully carry out assignments, dealing with both the general guidelines and the formal conditions for compulsory completion.
- Follow the subject calendar to avoid missing submission dates for assignments, exams, etc.
- Following the virtual campus, email and/or notice board on a daily basis will allow the student to stay informed of possible notices during the course of the semester.

## Teaching Material

- For the correct development of the subject, the student should have the necessary passwords to access the Computer classrooms, the Library and the University's virtual campus. During these practices in the computer classrooms, all students will have access to a computer and the internet.
- During the theoretical-practical classes in the classroom, a computer and projector will be used for presenting theoretical content. The teams will be provided with Microsoft Office Powerpoint software or similar to help the teacher to use the guideline presentations with the students in order to follow the class and make their own notes.
- To carry out workshops, seminars and tutorials, the material provided by the teacher will be enough (activity spreadsheets are fundamental) and Microsoft Office Word and Microsoft Office Powerpoint software or similar.
- Other bibliography materials will be pointed out and/or provided by the teacher during the development of different topics. In particular, scientific articles and reports will be shared through the Virtual Campus.

## Tutorials

### Brief description

#### *Academic tutorial*

In the academic tutorial, the Decree no. 359/2009, of 30th October will be implemented so that an educational response is established and regulated in relation to the diversity of the student body in the Autonomous Community of the Murcia Region. As has been explained in the Methodology section of this guide, the general aim of tutorials is to guide the students in the elaboration and presentation of their work. The aim is for all students to learn about the stylistic regulations for the formal presentation of written work, to understand the importance of these regulations for the transfer of knowledge, respecting professional deontology and the implementation of this in their academic work. In particular, it aims to achieve the following objectives:

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- To learn the most commonly used stylistic rules in Physical Activity and Sports Science.
- To assimilate the basic formal rules for presentation of work (according to APA regulations).
- To understand the importance of the requirements of uniformity to encourage the exchange of knowledge.

Methodology in the tutorials will combine theoretical explanations with performance of practical activities. The practical activities will be worked on in small groups. As a training activity, the elaboration of bibliographic references and quotes will be suggested: to find citation and referencing errors and to correct them, to identify references or create a list of bibliographic references from a series of documented sources, among others.

Evaluation will be carried out through the assessment of formal presentation of work and activity on the subject, which should be carried out according to the stylistic rule explained in the tutorials (Regulations of the American Psychological Association - APA regulations).

### *Personal tutorial*

The University also has a Specialised Body of Tutors who 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>