



UCAM
UNIVERSIDAD
CATÓLICA DE MURCIA

2018/2019 Course Guide

Outdoor Physical Activity

Bachelor's in Physical Activity and Sports Science

Mode: On Campus

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Outdoor Physical Activity

Module: **Applied Sciences and Motor Skills.**

Subject: **Motor Skills.**

Level: **Mandatory.**

No. of Credits: **4.5.**

Academic Session: **Second Course – Quarterly**

Course Professors: **Benito Zurita Ortiz, Carmen Martínez Villanueva, and Juan de Dios Bada Jaime**

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Office Hours: **Tuesday and Friday from 6:00 pm to 7:00 pm.**

Professor coordinating the Module, Subject, or Course: **Dr. Sebastián Gómez Lozano**

Brief Description

The habits of citizens during their leisure time, has largely evolved into them enjoying activities that take place in the natural environment. This feature of society is more evident in the field of physical activity, sports, and recreation as they contribute to the practitioners' goals of fitness, health, and sociability not found in other facets of human life. This situation provides a challenge that researchers and teachers are concerned about: the integration of practices in the natural environment and its sustainable development. For this reason, it is considered essential to make a situational analysis that allows us to characterize, classify, and organize these concepts in order to systematize their study and development. It also works to provide a secure framework giving guarantees to both individuals and groups; something that is only possible with the professionalism of promoters. It is for these reasons that there is a need to train professionals to master content, procedures, and attitudes related to practice, safety techniques, and progression in the most common spaces. This is to harmoniously develop these activities and the conservation of the environment where they develop, both in design and organization, and in the course of all these activities and programs where they belong.

Prerequisites

There are no prerequisites for the course.

Objectives

1. To plan, develop, and evaluate the realization of programs of physical activities and sports.
2. To choose and know how to use sporting accessories and equipment suitable for each type of activity.
3. To develop leadership skills, interpersonal relationships, and teamwork.
4. To develop skills in adapting to new situations, problem-solving, and for autonomous learning.
5. To develop habits of excellence and quality in professional practice.

Competencies and Learning Outcomes

Interdisciplinary Competencies

- (CT1) Ability for analysis and synthesis.
- (CT2) Ability for organization and planning.
- (CT3) Oral and written communication in the native language.
- (CT7) Problem-solving.
- (CT8) Decision-making.
- (CT9) Teamwork.
- (CT12) Recognition of diversity and multiculturalism.
- (CT15) Autonomous learning.
- (CT16) Adaptation to new situations.
- (CT18) Creativity.
- (CT20) Entrepreneurial initiative and spirit.

Specific Competencies

- (CES9) To know and apply the most common measures and instrumentation protocols in the field of Physical Activity and Sports Science.
- (CES11) To know, understand, and know how to teach by combining theoretical and practical skills with didactics in expressive manifestations, motor skills, motor games, and outdoor activities.

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(CES12) To have and know how to apply practical skills in expressive manifestations, basic skills, motor games, and outdoor activities.

(CES13) To know how to teach activities in expressive manifestations, basic skills, motor games, and outdoor activities according to the principles of horizontality and verticality in the organization of training others.

Learning Outcomes

(RA) To understand and distinguish the possibilities of outdoor activities in the field of physical activity and sports.

(RA) To design and carry out teaching-learning processes in outdoor activities.

(RA) To acquire practical applied knowledge to outdoor activities.

Methodology

Methodology	Hours	Hours of Classroom Work	Hours of Non-Classroom Work
Theoretical Lectures	18	45 hours (40 %)	
Group Discussions, Seminars	8		
Evaluation	2		
Tutorials	2		
Personal Study	30	67.5 hours (60 %)	
Preparation and Presentation of Projects	30		
Analysis of Scientific Articles	3.75		
Bibliographical Searches	3.75		
TOTAL	112.5	45	67.5

Syllabus

Theoretical Instructional Program

Topic 1. Physical activities, sports, and recreation in nature.

1.1 The reason for the boom in activities in nature.

1.2 Analysis and assessment of “risk”.

1.3 Basic concepts. Types of activities and classifications.

Topic 2. The natural environment as a live setting for practicing physical activities, sports, and recreation in nature.

2.1 Classification of natural spaces.

2.2 Sustainable development and physical activities, sports, and recreation.

2.3 Environmental impact assessment in these types of activities.

Topic 3. Legislation and the practice of physical activities, sports, and recreation in nature.

3.1 National and international legislation in this field.

3.2 Autonomic legislation.

3.3 Local legislation.

Topic 4. Organization of physical activities, sports, and recreation in nature.

4.1 Walking and camping techniques.

4.2 Life and movement techniques in nature.

4.3 Health and safety in nature.

Topic 5. Physical activities, sports, and recreation on land, water, and air.

5.1 Hiking and trekking.

5.2 The sport of Orienteering in Nature.

Topic 6. Physical activities, sports, and recreation adapted to nature.

Practical Instructional Program

Practicum 1. Setting up a camping tent and camp

Practicum 2. Outdoor evening events and workshops

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Practicum 3. Night games in nature

Practicum 4. Orienteering competition in nature

Workshop 1. Planning and carrying out an itinerary

Workshop 2. Knot-tying and rope techniques

Workshop 3. Outdoor and environmental daytime games

Workshop 4. Learning orienteering in nature

Relationship to Other Courses in the Study Plan

The subject of Outdoor Physical Activity is complemented with other subjects such as Games, Leisure, and Sports Animation, Training in Values in Physical Activity and Sports, Processes of Teaching-Learning in Physical Activity and Sport, and Sports Recreation.

Grading System

For the February/June/September Sessions:

- **Theoretical Part:** 50% of the total grade.

- **Practical Part:** 50% of the total grade. Requirements: Attendance at 80% of the total and a score of 5 points in the practical part and in the work to be done. If the student does not fulfill the attendance percentage, they must take a practical sufficiency exam. The exam will consist of questions about the practical applications taught throughout the year.

The student shall pass the subject when the weighted average is equal to or greater than 5 points and all the parts that make up the grading system have been passed, with an overall weight equal to or greater than 20%.

If the student has less than 5 in any of the parts with a weight equal to or greater than 20%, the subject will be suspended, and the student must retake the part(s) in the next session within the same academic year. The suspended part(s) in official sessions (February/June) will be saved for successive sessions that are held in the same academic year.

In the event that the subject is not passed in the September session, the passed parts will not count for successive academic years.

The **grading system** (RD 1.125/2003. of September 5) shall be the following:

0-4.9 Suspended (SS)

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5.0-6.9 Passed (AP)

7.0-8.9 Excellent (NT)

9.0-10 Outstanding (SB)

Honorable mention may be granted to students who have earned a grade equal to or greater than 9.0. This number may not exceed 5% of the total number of students enrolled in a subject in the corresponding academic year, unless the number of students enrolled is less than 20, in which case only a single honorable mention may be granted.

Bibliography and Reference Sources

Basic Bibliography

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- Ayora, A. (2012). *Riesgo y liderazgo. Cómo organizar y guiar actividades en el medio natural*. [Risk and Leadership. How to Organize and Guide activities in nature.] Madrid: Editorial Desnivel.
- Costa, P.J., Giménez, L. (2001). *Orientación en la naturaleza*, [Orienteering in Nature.] Murcia: Natursport.
- Guillén, R., Lapetra, S., Casterad, J. (2000). *Actividades en la naturaleza*. [Activities in Nature.] Barcelona: Inde.
- Pinos, M. (1997). *Iniciación a los deportes en la naturaleza: Guía práctica*. [An Introduction to Sport in Nature: A Practical Guide.] Madrid: Gymnos.

Additional Bibliography

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- Sáez, F. (1999). *Descubrir, conocer y disfrutar la naturaleza a través del juego*. [Discover, Know, and Enjoy the Outdoors Through Games.] Murcia: Natursport,
- Santiuste, Y., Villalobos, E. (1999). *Juegos en el medio natural*. [Games in Nature.] Madrid: Pila Teleña.
- Villalvilla, H., Blázquez, A., Sánchez, J. (2001). *Deporte y naturaleza*. [Sports and Nature.] Madrid: Talasa.

Related Websites

- Website for the Faculty of Physical Activity and Sports Science of the UCAM.
<http://www.ucam.edu/estudios/grados/cafd/>
- Website for the Journal of the Department of Physical Activity and Sports Science with articles of all kinds related to activities in nature.
<http://ccd.ucam.edu/>
- Website for the Superior Council of Sports (CSD)
<http://www.csd.mec.es/csd/>
- Website for the Spanish Olympic Committee.
<http://www.coe.es/>
- Website for the Autonomous Community of the Region of Murcia.
<http://www.carm.es/>
- Website for the Ministry of Tourism of the Region of Murcia.
<http://www.murciaturistica.es/>
- Website with resources on sustainable sports.
<http://www.deportesostenible.es/>

Study Recommendations

It is important to keep in mind any instructions given by the professor during the presentation sessions of the course. The professor will specify the time frame of the content, practical sessions, bibliography selection, methodology, etc. In these first sessions, students will be given guidelines that may be of interest and that will impact their learning throughout the course. It is recommended to attend the theoretical and practical sessions, and to actively participate in them. The study of the subject matter must be reflexive and must be oriented towards supporting the argument of the contents of the subject. Consult the bibliography provided to follow the progress of the course.

Teaching Materials

The teaching materials that will be used in this subject to facilitate the acquisition of competencies are:

- Presentations (PowerPoint), which the professor will use as a guide (not as notes on the subject). Students should prepare their own notes using all teaching materials described here.
- Scientific articles, which will be shared through the Virtual Campus and which will be related to the specific topics.

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- Supporting documents, which will also be shared through the Virtual Campus, or students will be asked to look for them through information and communication technologies. They will also be related to each topic.

Tutorials

Brief Description

Academic tutoring is fundamental to knowing the purpose and the use of all the teaching materials and regulations of this subject. These are intended to guide and advise the student in the teaching-learning process and to contribute to the consolidation of knowledge, abilities, skills, capabilities, and attitudes related to general or transversal competencies.