



UCAM
UNIVERSIDAD
CATÓLICA DE MURCIA

2018/2019 Course Guide

Sports and Gymnastic Activities and Musical Support

Bachelor's in Physical Activity and Sports Science

ON CAMPUS

[Course]

Index

| | |
|---|-----------|
| Sports and Gymnastics Activities and Musical Support | 3 |
| Brief Description of the Course..... | 3 |
| Prerequisites..... | 4 |
| Objectives | 4 |
| Competencies and Learning Outcomes | 5 |
| Methodology | 6 |
| Syllabus..... | 7 |
| Relationship to Other Courses in the Study Plan | 8 |
| Grading System | 9 |
| Bibliography and Reference Sources | 10 |
| Related Websites | 10 |
| Study Recommendations..... | 11 |
| Teaching Materials | 11 |
| Tutorials | 11 |

Sports and Gymnastics Activities and Musical Support

Module: **FUNDAMENTALS OF SPORTS**

Subject: **FUNDAMENTALS OF SPORTS**

Level: **Mandatory**

No. of Credits: **4.5**

Academic Session: **2nd Course – First Semester**

Course Professor: **Carmen Martínez Villanueva and Oriol Abellán Aynés**

E-mail: cmvillanueva@ucam.edu ; oabellan@ucam.edu

Office Hours: Oriol Abellan: Thursday from 11:00 to 12:00. Tuesday from 16:00 to 17:00

Professor coordinating the Module, Subject or Course: Carmen Martínez Villanueva

Brief Description

The subject of **Sports and Gymnastics Activities and Musical Support** makes up part of the Fundamentals of Sports module and course, with 31.5 mandatory credits. The main objective of this course is for students to know the characteristics, differences, progressions, and approaches that can be made in relation to the artistic and sports teaching-learning process in the introduction to artistic gymnastics, choreographic sequences and compositions and fitness activities with musical support (aerobic, Body Combat, biking, yoga, gymnastics). In turn, the student must acquire basic knowledge in the development of sound technical and aesthetic execution in the introduction to these sporting activities with musical support. To achieve this objective, they will address any content related to the technique of each gymnastics element, the characteristics of each activity, the teaching-learning methodology of the fundamentals of gymnastics activities and the foundations of support in musical activities.

Prerequisites

There are no prerequisites or prior conditions needed to take this course.

Objectives

1. Know the methodological progressions and techniques required to achieve a complete exercise in artistic gymnastics.
2. Execute technical exercises in artistic gymnastics.
3. Help partners in performing these gymnastic exercises.
4. Know, direct, and know how to instruct activities for the improvement of the physical condition with the elements, movements, exercises, and choreographic techniques in aerobics and their related variants, applying quality criteria to both the process and the results, always to promote health, motivation and well-being.
5. To execute the basic and advanced steps of aerobics according to the different styles, modalities and most current variants with the necessary technical mastery that allows these to be used as basic structural elements in the preparation of choreographic sequences and compositions.
6. To interpret and execute choreographic sequences and compositions either by imitation or from the reading of the medium in which it is represented, with the mastery and sense of rhythm necessary to transmit fluency and expressivity, to explore resources and strengthen application in the creation of autonomous choreographic sequences and compositions.
7. To choose and use different types and styles of musical support looking for their adaptation to different choreographic sequences and compositions, demonstrating artistic sensitivity and sufficient interpretative mastery for an adequate reading and technical application.
8. To design choreographies from the combination of basic and advanced steps that are characteristic of aerobics in all its variants and related activities, according to the most current trends for inclusion in programs and group sessions of physical conditioning with musical support.

Competencies and Learning Outcomes

Interdisciplinary Competencies

(CT1) Analysis and synthesis.

Course

- (CT2) Organization and planning.
- (CT3) Oral and written communication in the native language.
- (CT7) Problem-solving.
- (CT8) Decision-making.
- (CT9) Teamwork.
- (CT15) Autonomous learning.
- (CT21) Motivation for quality.

Specific Competencies

1. (CES1) To know methodological and technical progressions.
2. (CES2) To develop technical exercises in artistic gymnastics.
3. (CES3) To execute the basic and advanced steps in aerobics.
4. (CES4) To use different types of styles of musical support.

Learning Outcomes

- (RA) To understand, reason and synthesize content from various fields of knowledge.
- (RA) To manage and organize any information acquired during the learning process.
- (RA) To correctly express oneself in oral and written form in one's native language.
- (RA) To acquire the necessary skills for conflict resolution.
- (RA) To decide between different options in a comprehensive and critical way.
- (RA) To acquire and implement collaboration strategies and skills that promote cooperative work.
- (RA) To make judgments and critically position oneself in the face of diversity of situations in everyday life.
- (RA) To recognize and defend the fundamental rights of any individual.
- (RA) To proactively manage their learning process.
- (RA) To value the importance of the proper performance of their work.
- (RA) To understand the value of respect and care for the environment and, consequently, develop actions to protect and defend it.
- (RA) To understand and distinguish the characteristics of the different measurement and instrumental protocols in physical activity and sport.
- (RA) To interpret the data obtained from measurements and specific instruments of physical activity and sport.

Course

Methodology

| Methodology | Hours | Hours of Classroom Work | Hours of Non-Classroom Work |
|--|--------------|-------------------------|-----------------------------|
| Theoretical Lectures | 24.8 | 45 hours (40 %) | |
| Group Discussions, Seminars | 9 | | |
| Evaluation | 6.75 | | |
| Tutorials | 2.22 | | |
| Personal Study | 2.22 | 67.5 hours (60 %) | |
| Preparation and Presentation of Projects | 33.75 | | |
| Analysis of Scientific Articles | 33.75 | | |
| Bibliographical Searches | 24.8 | | |
| TOTAL | 112.5 | 00 | 00 |

Theoretical-Practical Lectures

Presentation of the theoretical-practical content by the professor in the classroom or through audiovisual media. The presentations and/or supporting study material will be made available to the students on the Virtual Campus.

Follow-up Tutorials

Two tutorials will be held throughout the semester to answer questions or problems that come up in the learning process, to direct projects, to review and discuss any material and topics presented in class and to orient students in their projects.

Seminars and Workshops

Topics related to each teaching unit will be addressed. Some theoretical content will be illustrated with computer and/or audiovisual (documentary) material in order to later complete the group projects done by students.

Teaching Practicums

The knowledge acquired in lectures will be applied at a practical level in these practicums. There will be twelve practicums in the gymnasium and musical support from the Sport Center gymnasium.

Autonomous Work

This includes the time that the student devotes to theoretical and practical personal study to assimilate any materials and topics presented in class.

Course

Syllabus

TEACHING UNIT 1. ARTISTIC GYMNASTICS

Topic 1. Introduction to gymnastic abilities

Topic 2. Classification of gymnastic abilities

Topic 3. Fundamentals of gymnastic abilities

Topic 4. Teaching gymnastic abilities.

Topic 5. Technical gymnastic elements and their progressions

Teaching Unit 2. Musical Support

Topic 1. Guided aerobic activities.

Topic 2. Classification of guided aerobic activities.

Topic 3. Guided toning activities.

Topic 4. Classification of guided toning activities.

Theoretical Instructional Program

TEACHING UNIT 1. ARTISTIC GYMNASTICS

Topic 1. Introduction to gymnastic abilities

Topic 2. Classification of gymnastic abilities

2.1. Aerobic gymnastics

2.2. Esthetic gymnastics

2.3. Artistic gymnastics

2.4. Trampoline gymnastics

2.5. Rhythmic gymnastics

Topic 3. Fundamentals of gymnastic abilities

Topic 4. Teaching gymnastic abilities.

Topic 5. Technical gymnastic elements and their progressions

Teaching Unit 2. Musical Support

Topic 1. Guided aerobic activities.

Topic 2. Classification of guided aerobic activities.

Topic 3. Guided toning activities.

Topic 4. Classification of guided toning activities.

Seminar 1. Tempo and musical support.

Seminar 2. Aerobic and step.

Seminar 3. BodyJump.

Course

Seminar 4. Spinning.

Seminar 5. Yoga and Pilates.

Seminar 6. Choreographic composition.

Practical Instructional Program

Practicum 1. Floor flips and handstands.

Practicum 2. Bridges and wheels.

Practicum 3. Spins.

Practicum 4. Jumps.

Practicum 5. Jumping flips and joining elements.

Practicum 6: Diagonals.

Practicum 7. Guided activities with musical support 1 (Tempo and basic choreography steps)

Practicum 8. Guided activities with musical support 2 (Aerobic and step)

Practicum 9. Guided activities with musical support 3 (BodyJump.)

Practicum 10. Guided activities with musical support 4 (Spinning)

Practicum 11. Guided activities with musical support 5 (Yoga and Pilates)

Practicum 12. Guided activities with musical support 6 (Choreographic presentation)

Relationship to Other Courses in the Study Plan

The Sports and Gymnastics Activities and Musical Support Subject complements the rest of the subjects in the degree since any area of knowledge and its development in the field of motor skills leads us to also reflect from a sociological, historical, and evolutionary point of view within the framework of sports. A relationship is established both with the field of dance and expressive motor skills and with the rest of the Fundamentals of Sports module; it is also related to other subjects that do not belong to its own module, such as:

- Human Anatomy.
- Biomechanics of Sport
- Learning, Development, and Motor Control
- Pedagogical Fundamentals of Sports
- Dance and Bodily Expression
- Basic Skills and Motor Games
- Teaching-Learning Processes in Physical Activity and Sport
- Games, Recreation, and Sports Animation
- Personal Training and Fitness.

Course

Grading System

For the February/June/September Sessions:

In order to pass the subject, at least half of the score of each of the assessment instruments must be obtained.

- **Theoretical Part:** this will be worth 25% of the total grade and will be evaluated in two partial exams, which must each be passed independently. Each partial exam will be worth half of the percentage of this section.

- **Practical Part:** this will be worth 40% of the total grade divided between projects (40%), seminars and workshops (25%). It is essential to attend at least 80% of the practical classes.

- **Attitude:** 10%

Remedial Session:

Theoretical-Practical exams: (100%) evaluation of the contents of the topics taught through theoretical and practical presentations.

The course will be evaluated in a single exam with theoretical-practical contents that will correspond to 100% of the grade.

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)

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

- Monem Jemni et al.(2011). The science of gymnastics. New York. Routledge
- Verner et al. (2012). Teaching children gymnastics. Champaigns. Human Kinetics

Additional Bibliography

- Alemany Clavero, E. (1964) Tratado de equilibrios gimnásticas de aplicación a la gimnasia deportiva, ornamental y circense. [*Treatment of gymnastic balances applied to the sports, ornamental, and circus gym.*] Ed. Sintes, Barcelona.(Teaching Unit I)
- Beuzelin, D.Delannet, M (1988) L'acrospport: une innovation en milieu scolaire. Ed Association Enseignant EPS, París-Septiembre 88.(Teaching Unit II)
- Araujo, C. (2004). "Manual de ayudas en gimnasia". [*Manual of Assists in Gymnastics.*] Barcelona. Editorial Paidotribo (Teaching Unit I)
- Estapé, E. (1999). "Las habilidades gimnásticas y acrobáticas en el ámbito escolar". [*Gymnastic and Acrobatic Abilities in the School Environment.*] Barcelona. INDE Publicaciones (Teaching Unit I)
- Vernetta, M. (2000). "Unidades didácticas para secundaria XI. Habilidades Gimnásticas: mini circuitos". [*Teaching Units for Secondary XI. Gymnastic Abilities: Mini Circuits.*] Barcelona. INDE Publicaciones.(Teaching Unit I)
- Vernetta, M. (2000). El Acrospport en la Escuela. [*Acrospport in School.*] Barcelona INDE Publicaciones (Teaching Unit II)
- CernyMinton, S. (2010). COREOGRAFIA: METODO BASICO DE CREACION DE MOVIMIENTO. [*CHOREOGRAPHY: BASIC METHOD OF CREATING MOVEMENT.*] Paidotribo. (Teaching Unit II)
- Martínez, E.(2007).RITMO Y EXPRESION CORPORAL: MEDIANTE COREOGRAFIAS. [*RHYTHM AND BODY EXPRESSION: THROUGH CHOREOGRAPHY.*] Paidotribo (Teaching Unit II)
-

Related Websites

- Website for the Physical Activity and Sports Science Department of UCAM.
<http://www.ucam.edu/estudios/grados/cafd>
- Website for the International Dance Festival held every summer in Vienna (Austria).
<http://www.impulstanz.com>
- Cirque du Soleil Website
<http://www.cirquesusoleil.com>

Course

- Website for the Centro Párraga, Place of Research for the Research Group in Scenic Arts of the UCAM. <http://www.centroparraga.es>
- Website for the Royal Federation of Gymnastics in Murcia. <http://federaciongimnasiamurcia.es.tl/>

Study Recommendations

Take into account any instructions given by your professor at the beginning of the course. The professor will specify to the students the time frame of the content, the methodologies to be followed, as well as other guidelines of interest that will impact the learning of the subject. Attend classes and participate in them actively. Orient efforts and studies to the understanding of the contents of the subject. Take into account the knowledge acquired in other subjects from the Comprehensive Education module to relate them to topics covered in this subject and in this way, to acquire an overall and sound knowledge. Consult the recommended bibliography in each topic and do not limit yourself to the study of the notes taken in class. Use the established schedule, the Virtual Campus, or the e-mail for consultation and to ask the professor questions. Attend academic tutorials to resolve any questions related to the subject.

Teaching Material

Course Book.

Tutorials

Brief Description

Academic Tutoring

In academic tutorials, the focus will be to work on Decree No. 359/2009, of October 30th, which establishes and regulates an educational response to the diversity of students in the Autonomous Community of the Region of Murcia. Attending academic tutorials is fundamental in knowing the purpose and the use of all the teaching materials and the 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 the transversal or general competencies such as group work, oral and written communication, values, and professional deontology and autonomous learning by the student.

Personal Tutoring

The University also has a Special Body of Tutors that conducts personal tutoring with the students enrolled in the degree. The personal tutor accompanies the students throughout the university phase. You can check the following link:

Tutoring hours: Tuesdays and Thursdays from 2:00-3:00 pm.

Course

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