



UCAM
UNIVERSIDAD
CATÓLICA DE MURCIA

2018/2019 Course Guide

Water Sports and Sliding

Bachelor's in Physical Activity and Sports Science

Mode: On Campus

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Water Sports and Sliding

Module: **Fundamentals of Sports.**

Subject: **Fundamentals of Sports.**

Level: **Mandatory.**

No. of Credits: **4.5**

Academic Session: **Second Course – Quarterly**

Course Professors: **Francisco Segado Segado, Pedro Sánchez González, Aarón Manzanares Serrano, and Fernando Alacid Cárceles**

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Professor coordinating the Module, Subject, or Course: **Dr. D Pedro Sánchez González.**

Brief Description

The subject of Water Sports and Sliding is part of the module and field of Fundamentals of Sports, 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 teaching-learning process in aquatic and terrestrial environments, through initiation into modern water sports and sliding aboard different types of vessels (school boats, Vaurien, bay boats, gliding boards with sails or human propulsion, and roller skates or longboard). In turn, the student must acquire basic knowledge of the development of sound technical and practical implementation in the introduction to these sports in both aquatic and terrestrial environments. To achieve this objective, content related to the technique and characteristic of each activity, teaching-learning methodology of the fundamentals of sport, physical foundations of sailing, canoeing and skating will be addressed.

Prerequisites

There are no prerequisites for the course

Course Objectives

1. The main objective of this course is to develop knowledge of the characteristics, adaptations, approaches, and models that can be made in relation to the teaching-learning process in sports initiation, and to acquire the fundamental knowledge for the development of proper initiation to water sports and sliding.
2. To know and understand the fundamentals of sports.
3. To promote and evaluate the learning of sustained and autonomous habits of physical activity and sports practice.
4. To identify health-related risks caused by inappropriate practice of physical activities.
5. To choose and know how to use sports material and equipment that is suitable for each type of activity.
6. To develop skills in adapting to new situations, problem-solving, and for autonomous learning.
7. To know the basic foundations of sailing and canoeing.
8. To identify the different modalities of both sailing and canoeing.
9. To develop the basic skills necessary to perform with ease in a sailboat and a canoe.
10. To know the main safety rules to follow in navigation.
11. To discover the educational values of water sports.
12. To provide the student with the knowledge and basic nomenclature that allows for a clear understanding of the fundamentals of water sports, as well as its transmission.
13. To develop habits that favor collaboration and teamwork.
14. To become familiar with the new material of gliding on land: roller skates, and longboard.
15. To develop the basic skills of gliding on wheels.
16. An introduction to sports on wheels.

Competencies and Learning Outcomes

Interdisciplinary Competencies

- (CT1) Analysis and synthesis.
(CT2) Organization and planning.

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- (CT3) Oral and written communication in the native language.
- (CT7) Problem-solving.
- (CT8) Decision-making.
- (CT9) Teamwork.
- (CT13) Critical Reasoning.
- (CT14) Ethical Commitment.
- (CT15) Autonomous learning.
- (CT21) Motivation for quality.
- (CT22) Sensitivity towards environmental issues.

Specific Competencies

- (CES9) To know and apply the most common measurements and instrumentation protocols in the field of Physical Activity and Sports Science.
- (CES10) To apply information and communication technologies (ICT) to the field of Physical Activity and Sports Sciences.
- (CES14) To know, understand, and know how to teach by combining theoretical and practical skills with didactics of basic sports practice.
- (CES15) To have and know how to apply practical sports skills.
- (CES16) 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, reason and synthesize content from various fields of knowledge.
- (RA) To manage and organize the information acquired during the learning process.
- (RA) To correctly express oneself orally and in writing in their 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 position oneself critically when faced with diverse 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 proper performance in 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.
- (RA) To determine and use the different measurement and instrumental protocols that are most appropriate in physical activity and sports for the performance of their training and professional activities.
- (RA) To understand and distinguish the possibilities that different information and communication technologies have in physical activity and sport.

Methodology

Methodology	Hours	Hours of Classroom Work	Hours of Non-Classroom Work
Lecture Classes	24.8	45 (40 %)	
Teaching Practicums	9		
Seminars and Workshops	6.75		
Tutorials	2.22		
Evaluation Activities	2.22		
Autonomous Work	33.75		67.5 (60 %)
Applied Work	33.75		
TOTAL	112.5	45	67.5

(RA) To use information and communication technologies (ICT) for the performance of their training and professional activities.

(RA) To understand and distinguish the possibilities of basic sports practice.

(RA) To design and carry out teaching-learning processes in basic sports practice.

(RA) To acquire practical applied knowledge to different basic sports practice.

(RA) To understand and distinguish the relation and evolution of the practice of different sports.

(RA) To design and carry out teaching-learning processes in an integrated way, taking into account the relationship and evolution of the practice of different sports.

(RA) To correctly use the orthographic and grammatical norms in oral and written language.

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 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 material (documentary) to be discussed later. Group projects done by the students will also be presented.

Teaching Practicums

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The knowledge acquired in the lectures will be applied at a practical level in these practicums. There will be nine practicums in sports facilities and dinghy sailing excursions.

Autonomous Work

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

Applied Work

This includes the time that the student devotes to the development of the work on the subject.

Syllabus

Theoretical Instructional Program

Teaching Unit I. Water Sports with Sails.

- Topic 1. Concept and historical evolution of sailing.
- Topic 2. Knowledge and conservation of the material.
- Topic 3. Physical foundations and basic concepts of sailing.
- Topic 4. Basic notions of meteorology.
- Topic 5. Fundamentals of technique and initiation into regattas.

Teaching Unit II. Water Sports with Human Propulsion.

- Topic 6. Overview of canoeing.
 - 6.1. Boats in canoeing.
 - 6.2. Origins of canoeing.
 - 6.3. Maneuvers in canoeing.
- Topic 7. Physical foundations of canoeing.
- Topic 8. Kayak Polo and Sea Kayaking.
- Topic 9. Stand Up Paddleboard (SUP).
 - 9.1. History and Evolution.
 - 9.2. Modalities and competitions.
 - 9.3. Elements of SUP.
 - 9.4. Physical principles of SUP.
 - 9.5 Techniques in SUP.
 - 9.6. Social dimensions of SUP.
 - 9.7. Teaching SUP.
- Topic 10. Physical condition in paleo sports.
 - Topic 10.1. Physical Condition Test in SUP.

Teaching Unit III. Sliding Sports.

- Topic 11. Roller skating. Roller.

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- 11.1. History of roller skating.
- 11.2. Inline skating or roller skating modalities.
- 11.3. Inline skating and protection.
- 11.4. Technical foundations of inline skating.
- Topic 12. The Skateboard.
- 12.1. Introduction to Skateboarding.
- 12.2. Material and skills on a Skateboard.
- Topic 13. The Law and Skating.

Practical Instructional Program

- Practicum 1.* Roller skate- Longboard.
- Practicum 2.* Roller skate- Longboard
- Practicum 3.* Kayak Polo and Sea Kayaking.
- Practicum 4.* Kayak Polo and Sea Kayaking
- Practicum 5.* SUP and Windsurf
- Practicum 6:* Navigation and maneuvering on paths bearing windward and leeward
- Practicum 7.* Navigation and maneuvering on paths bearing windward and leeward
- Practicum 8.* Navigation and maneuvering on windward and leeward paths
- Practicum 9.* Navigation and maneuvering on windward and leeward paths
- Seminar 1.* Roller skate- Longboard
- Seminar 2.* Roller skate- Longboard
- Seminar 3.* SUP and Windsurf
- Seminar 4.* SUP and Windsurf
- Seminar 5.* Windward and perpendicular maneuvers
- Seminar 6.* Straightening maneuvers of the boat

Relationship to Other Courses

The course of Water Sports and Sliding 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 reflect also 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 Learning, Development, and Motor Control, Pedagogical Fundamentals of Sports, Basic Skills and Motor Games, Teaching-Learning Processes in Physical Activity and Sport, Games, Leisure, and Sports Animation, and Personal Training and Fitness.

Grading System

Continuous Evaluation

For the February/June/September Sessions:

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- **Written work:** 60% of the total grade. The theoretical part of the course will be evaluated in two eliminatory partial exams, which must each be passed independently. The value of each exam will be: the first partial 30% and the second partial 30%, which will be done in a final exam.
- **Theoretical-practical work:** 30% of the total grade. Requirements: Attendance of at least 80% of the total number of practicums and a score of 5 points in each of the tasks that are proposed.
- **Practical workshops:** 10% of the total grade. Requirements: Attendance of at least 60% of the workshops and a score of 5 points in each of the exercises proposed. When during the school year the student has completed the subject in the modality of continuous assessment, the evaluation system in September will be the same as that of continuous assessment, with the student having to pass all parts not passed. In the rest of the cases, the evaluation in September will be done according to the percentages of the remedial evaluation.

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

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- Bernal J.A. & Corral, A. (2002). *Juegos y actividades con monopatín. [Games and Activities with Skateboards.]* Sevilla: Wanceulen. (Teaching Unit III)
- Bernal J.A. (2002). *Juegos y ejercicios de patines en línea. [Games and Activities with Inline Skating.]* Sevilla: Wanceulen. (Teaching Unit III)
- Hutchinson, D. (2002). *Kayak de mar. Manual completo. [Sea Kayaking. Complete Manual.]* Madrid: Desnivel Ediciones. (Teaching Unit II)
- Sánchez, G., Segado, S. & Romero, Z. (2010). *Manual de iniciación a la vela y el piragüismo: sesiones prácticas. [Manual of initiation to Sailing and Canoeing: practical sessions.]* Murcia: Diego Marín Librero editor. (Teaching Unit I and II)
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- Botta, G. (2002). *Curso de vela. [Course in Sailing.]* Barcelona: De Vecchi.
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- Budworth, G. (2000). *Nudos náuticos. [Nautical knots.]* Barcelona: Paidotribo.
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- Hay, J.G. (1993). *The biomechanics of sports techniques.* New Jersey: Prentice Hall.
- Kenny, D. (1994) *Las velas. [Sails.]* Madrid: Pirámide.
- Mas, J. (1991). *La vela latina: un símbolo de la cultura Mediterránea. [Latin Sailing: a symbol of the Mediterranean culture.]* Murcia: Mediterráneo.
- Pinsach, J. (2004). *Metodología de la enseñanza en vela. [Methodologies in teaching sailing.]* Barcelona: Paidotribo.
- Seidman, D. (2006). *El kayakista de mar. Guía completa para el palista en mar abierto. [The Sea Kayaker. The Complete Guide for the Open Water Kayaker.]* Badalona: Paidotribo.
- Robison, J. (2003). *Sea Kayaking Illustrated. A visual guide to better paddling.* Maine: McGraw Hill.

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- Verrney, M. (2001). Mantenimiento, y conservación de barcos. [*Maintenance and Conservation of Boats.*] Madrid. Tutor.

Violán, C. J. & Pinsach, J. (2002). Entrenamiento psicológico en vela. [*Psychological training in Sailing.*] Barcelona: Paidotribo.

Related Websites

- Website for the Physical Activity and Sports Science Department of UCAM.
<http://www.ucam.edu/estudios/grados/cafd>
- Website for the Journal of the Physical Activity and Sports Science Department with articles of all types related to sports initiation.
<http://ccd.ucam.edu>
- The Royal Spanish Federation of Canoeing
<http://www.rfep.es>
- International Dragon Boat Federation
<http://www.idbf.org>
- ICF Canoe Planet
<http://www.canoeicf.com/>
- The Royal Spanish Federation of Sailing
<http://www.rfev.es>
- The Spanish Association of Meteorology
<http://www.aemet.es/es/>
- Sail Safe
<http://www.nmm.ac.uk/sailsafe/>

Study Recommendations

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 of the Sports Management and Recreation module to relate them to the topics covered in this subject and in this way, to acquire an overall and sound knowledge. Use the established schedule, the Virtual Campus, or the e-mail for consultation and to ask questions to the professor. Consult the recommended bibliography in each topic and do not limit yourself to the study of the notes taken in class. The presentations (PowerPoint) are a guide for the course, they are not the notes for the class and it is not the only teaching material. In the tasks and written tests, the following points will be subtracted from the final grade: a) 0.2 for a missing tilde, b) between 0.5 and 1 for serious spelling errors.

Teaching Material

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 for the subject). Students should prepare their own notes using all the teaching materials that are described here.

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- Scientific articles, which will be shared through the Virtual Campus and which will be related to the specific topics. The forum and social networks (Twitter) will be used to ask questions of reflection and practical application for each of the articles.
- 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. These will also be related to each topic.

Tutorials

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 the 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 in 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:

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