



**UCAM**  
UNIVERSIDAD  
CATÓLICA DE MURCIA

# Guía Docente 2018/2019

## Practicum

### *Practicum*

Master's in High Performance Sport: Strength and  
Conditioning

Mode: Semi-presencial

Practicum - Tlf: (+34) 968 278 611

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## Practicum

Module: **IX**.

Subject matter: **Practicum**.

Requisite: **Mandatory**.

Nº of credits: **6**.

Academic term: **2nd semester**

Professors: **Dra. Elena Marín Cascales**

Email: **emarin@ucam.edu**

Office hours: **by appointment via email**

Coordinator: **Dra. Elena Marín Cascales**

## Brief Description

This module builds upon and consolidates skills and knowledge acquired from the curriculum. Students further their understanding of theoretical concepts of Strength and Conditioning by developing and conducting their Master's project thesis, under the guidance of an advisor in the related field of interest. Much of the weight of this module lies in conducting research practices.

## Breve descripción del módulo

El módulo Practicum requiere una especial consideración. A parte de la documentación y lecturas que el alumno habrá de realizar para afrontar el Practicum, el peso del módulo recae en la realización de unas prácticas de investigación. Respecto a estas prácticas cabe matizar que no tienen un carácter profesional, sino investigador, y que se concretarán con la realización de un trabajo de campo.

## Pre-requisites

None.

## Objectives

1. Design an intervention program and or a research project. This design would constitute simple investigations that may be analytical, descriptive, experimental / quasi-experimental

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(transverse), qualitative, etc., in research centers, laboratories, fitness rooms and / or sports / clubs centers with which the University has an agreement with.

2. Do the practicum in research centers, laboratories, fitness rooms, and/or sports centers.

## Competencies and Learning Outcomes

**MECES1:** Students will know how to apply the acquired knowledge and have the capacity to problem solve in new or unfamiliar settings within broader (or multidisciplinary) contexts related to their field of study.

**MECES2:** Students will be able to integrate knowledge and handle the complexity of formulating judgment based on information that may be incomplete or limited, including reflections on social and ethical responsibilities linked to the application of their knowledge and judgment.

**MECES3:** Students will know how to communicate their conclusions (and the knowledge and rationale underpinning them) to the public (specialists and non-specialists) in a clear and unambiguous manner.

**MECES4:** Students will possess learning skills that will allow them to continue studying in a way that is largely self-directed or autonomous.

**MECES5:** To have and understand knowledge that will provide them the foundation or opportunity

**G1:** To acquire skills through the teaching-learning process that allows them to continue learning in the field of sports training and conditioning not only with established contacts with Master's Degree professors and professionals but also autonomously.

**G2:** To acquire and to consolidate the initiative, the entrepreneurial spirit to start up projects related to sports training and conditioning.

**T1:** Capacity for analysis and synthesis.

**T2:** Capacity for organization and planning.

**T4:** Decision making.

**T5:** Teamwork.

**T6:** Work in an international context.

**T7:** Skill in interpersonal relationships.

**T8:** Critical thinking.

**T9:** Ethical commitment.

**T10:** Study autonomously.

**T11:** Adapting to new situations.

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**T12:** Creativity.

**T13:** Leadership.

**T14:** Motivation for quality.

**T15:** Capacity for reflection.

**T16:** Problem solving.

**U1:** Consider the principles of Christian humanism as core values in the development of professional practice.

**U2:** Being able to project the acquired knowledge and skills to promote a society based on the values of freedom, justice, equality and pluralism.

**S1:** Be able to acquire advanced and applied scientific training for Sports Performance and Conditioning.

**S3:** The student will be capable of knowing the characteristics of measurement and instrumentation in the scientific field.

**S7:** Recognize the necessary criteria to develop proper program design and periodization of strength training in the field of performance and conditioning in different stages of maturational development.

**E4:** Be capable of applying the physiological, biomechanical, behavioral and social fundamentals, according to the research object.

**E7:** Be able to design programs for injury prevention or for promotion of physical activity practice in today's society.

**E8:** Apply assessment techniques, monitoring and control for quantitative and qualitative research of physical activity related to sports performance and fitness.

**E9:** To identify the different methods for evaluating performance, as well as health in the area of performance and conditioning.

**E10:** Students will be able to propose concrete measures in various groups and institutions in order to improve the health of people that form them.

**C1:** Be capable of analyzing and reviewing the scientific literature in sports performance and conditioning in the English language and other significant languages in science.

**C2:** Be capable of applying information and communication technologies (TIC) in an advance manner in Sports Performance and Conditioning.

**C3:** To identify research lines in sports performance and conditioning.

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**C4:** To design and implement research projects to improve the quality of teaching, learning and evaluation processes in sports performance and conditioning.

**C5:** To develop skills to carry out field work in scientific research.

**C6:** To critically evaluate, from the perspective of data analysis, methods, results and conclusions that are written in any scientific report.

**C8:** To develop collaborative skills with others and teams from the branch of health.

## Methodology

Methodology	Hours	Work hours Required attendance	Work hours no attendance
Practical classes	2.7	2.7 hours (1.8 %)	
Tutorials	10.8	10.8 hours (7.2%)	
External Practicals	108	108 hours (72%)	
Evaluation	13.5	13.5 hours (9%)	
Elaboration of Practicum document	15		15 hours (10 %)
<b>TOTAL</b>	<b>150</b>	<b>135</b>	<b>15</b>

## Syllabus

### Theoretical Teaching Program

Topic 1. Design an intervention program and or research project.

Topic 2. Do the practicum in research centers, laboratories, fitness rooms and/or sports centers.

## Relationship with other subjects of the curriculum

This material is linked with the Master's Thesis.

## Evaluation System

February/June/September Call:

### EVALUATION OF THE PRACTICUM DOCUMENT

The evaluation of the document is worth 70% of the total grade for the Practicum module. The document, which should reflect in written form all work realized during the Practicum period, will be presented to and graded by the Practicum tutor.

### EVALUATION OF PRACTICUM PERIOD

The evaluation of the practicum period is worth 30% of the total grade for the Practicum module and is based on work realized during this period by the student and graded by the Practicum tutor.

The scoring system will be as follows, set by R.D. 1.125/2003 of September 5<sup>th</sup>: Fail: 0-4,9; Pass: 5-6,9; Notable: 7-8,9; Outstanding: 9-10. The honorable mention of Distinction (Matrícula de honor) will be awarded by the professor to the student. Based on the number of students enrolled, only 5% will be eligible for this honorable mention, except for when the enrollment is under 20 in which case only one student will be granted this honor.

The honorable mention of Distinction (Matrícula de honor) will be awarded by the professor to the student. Based on the number of students enrolled, only 5% will be eligible for this honorable mention, except for when the enrollment is under 20 in which case only one student will be granted this honor.

To have a passing grade for this module, one must obtain at least half of the total score for each of the instruments of evaluation.

## Bibliography

### Basic Bibliography

## Practicum

- Arias, F. (2006). El proyecto de investigación: Introducción a la metodología científica (5a ed.). Caracas: Episteme.
- Asti Vera, A. (1982). Metodología de la investigación. Caracas: Kapelusz.
- García Avilés, A. (1996). Introducción a la metodología de la investigación científica. México: Plaza y Valdés.

### Complementary bibliography

- Haag, H. (2004). Research methodology for sport and exercise science. Germany: Die Deutsche Bibliothek.
- Heinemann, K. (2003). Introducción a la metodología de la investigación empírica en las ciencias del deporte. Barcelona-España: Paidotribo.
- Hernández, R., Fernández, C. y Baptista, Pilar. (1998). Metodología de la investigación (2a ed.). México: McGraw-Hill.
- Ramírez, T. (1999). Cómo hacer un proyecto de investigación. Caracas: Panapo.
- Sabino, C. (2000). El proceso de investigación. Caracas: Panapo.
- Selltiz, C.; Wrightsman, L. y Cook, S. (1980). Métodos de investigación en las relaciones sociales (9a ed.). Madrid: Rialp.
- Tamayo, M. (2001). El proceso de investigación científica (4a ed.). México: Limusa.
- Thomas, J. y Nelson, J. (2006). Introduction to research in health, physical education recreation and dance. Champaign-Illinois: Human Kinetics Publishers.

## Related websites

CCD - Cultura, Ciencia y Deporte. Revista del Departamento de Ciencias de la Actividad Física y del Deporte.

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

Master's in High Performance Sport: Strength and Conditioning (UCAM)

<http://www.ucam.edu/estudios/postgrados/rendimiento-deportivo-semipresencial>

## Study tips

- Pay attention to what the professor has to share with you at the start of the course. The professor will present the syllabus, bibliography and assignments, methodological approaches to follow, as well as other relevant material of interest that will help the learning process of the subject.

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- Attend classes and actively participate in the classroom
- Orient the effort and study on the argumentative reasoning of the course contents.
- Consult recommended reading on each topic and not limit oneself to just the study of class notes.
- Use established office hours, Campus Virtual o email to consult and resolve problems with the professor/tutor.

## Educational materials

Based on tutor recommendations and those required for the proposed work.