



**UCAM**  
**UNIVERSIDAD**  
**CATÓLICA DE MURCIA**

**Academic Year/course: 2022/23**

## **15545 - End-of-degree Project Major in Physical Education and Sports**

**This document is a draft until its final approval in the Board of the Center**

### **Syllabus Information**

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**No informado:** 64 - Degree in Physical Activities and Sports Sciences

**Academic year:** 2022/23

**Module:**

**Field:**

**Character:** 1 - Not informed

805 - Final Project

806 - Final Project

7 - Not informed

807 - Final Project

8 - Not informed

797 - Final Project

798 - Final Project

799 - Final Project

**Nº of credits:** 6.0

**Year:**

**Academic Sessions:** Second semester

### **Course Description**

It is a subject that will be taught during the fourth academic year, and it is composed of a four-month subject that will be taught in the eighth term. Article 11 of Royal Decree 1393/2007, of 29 October, which establishes the order of the official university teachings, states that the Undergraduate Dissertation will have between 6 and 30 credits, must be carried out in the final phase of the curriculum and must be oriented towards the evaluation of skills associated with the degree.

### **Prerequisites**

The completion of the Undergraduate Dissertation is linked to the official mentions of the degree. Therefore, each student must do the specific Undergraduate Dissertation for one of the official mentions.

### **Objectives**

#### **Main objective**

To apply the knowledge, skills and abilities acquired throughout the Bachelor's Degree to situations related to professional practice.

#### *Objective for the Mention of Sports Training*

To elaborate a proposal of intervention in sports training, based on the experience acquired in their professional training period during the Practicum and throughout the Bachelor's Degree.

#### *Objective for the Mention of Sports Management and Recreation*

To design an intervention programme in sports management based on their experience of professional initiation during the Practicum and throughout the Bachelor's Degree.

#### *Objective for the Mention of Physical and Sports Education*

To design an educational (or teaching) intervention programme based on their experience of professional initiation during the Practicum and throughout the Bachelor's Degree.

#### *Objective for the Mention of Physical and Sports Re-education*

To design an intervention project in physical activity and health based on their professional experience acquired during the Practicum and throughout the Degree.

#### *Objective for the Mention of Sport Sailing and Organisation of Regattas*

To elaborate an intervention proposal in sailing training and regatta organisation, based on their experience during the development of the course.

### **Competences and training results**

#### **Transversal competences**

- (T1) Analytical and synthesis capacity.
- (T2) Organisational and planning capacity.
- (T3) Oral and written communication in native language.
- (T4) Foreign language knowledge.
- (T5) IT skills with regard to the field of study.
- (T6) Information management capacity.
- (T7) Problem solving.
- (T8) Decision making.
- (T9) Teamwork.
- (T10) Work in an international context.
- (T11) Ability in interpersonal relationships.
- (T12) Knowledge of diversity and multiculturalism.
- (T13) Critical reasoning.
- (T14) Ethical commitment.
- (T15) Autonomous learning.
- (T16) Adaptation to new situations.
- (T17) Leadership.
- (T18) Creativity.
- (T19) Knowledge of other cultures and customs.
- (T20) Initiative and entrepreneurship.
- (T21) Motivation for quality.

#### **Specific competences**

(E47) To carry out, present and defend individually before a court an original work in which some of the contents dealt with during the training in the Bachelor's Degree are deepened.

## Learning achievements

(RAE47) To elaborate, present and defend an original work in which some of the contents dealt with during the training in the Bachelor's Degree are deepened.

## Methodology

Methodology	Hours	Hours of face-to-face work	Hours of remote work
Explanation, seminars, and follow-up tutoring sessions of the student's work	15.5	60 hours (40 %)	
Field practices	42		
Assessment	2.5		
Autonomous work of the student	45		90 hours (60 %)
Applied works	45		
<b>TOTAL</b>	<b>150</b>	<b>60</b>	<b>90</b>

### *Presentation, seminars and tutoring sessions to follow-up the students work*

Presentation of the theoretical and practical contents by the teacher in the classroom or through audiovisual means. The presentations and/or support materials for the study will be available to the students in the virtual campus. Topics related to each unit will be addressed.

### *Autonomous work*

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

### *Applied works*

They include the time that the student dedicates to the elaboration of the works of the subject.

## Contents

The criteria followed for the definition of the characteristics of the TFG have been to reflect the competences associated to each mention, given that to obtain the official Mention, the Undergraduate Dissertation must be done within the framework of a specific pathway, which will also coincide with the one chosen for the Practicum period.

### **TFG for the Mention of Sports Training:**

To elaborate a proposal for intervention in sports training, based on the experience acquired in their professional training period during the Practicum. Students must analyse the characteristics of the practical work done, reflect on them, on their advantages and disadvantages and, based on these reflections, design an intervention programme in the field of sports training, which includes from basic training to sports performance, in individual and/or team sports. Students must make proposals for improving problems and difficulties found during the development of the professional phase.

### **TFG for the Mention of Sports Management and Recreation:**

To design an intervention programme in sports management based on their experience of professional initiation during the Practicum. Therefore, students must analyse and reflect on their intervention in the Practicum and design a management project, the organisation of an event, a programme or a useful tool in sports management, in which they develop the skills and knowledge acquired in theory and practice as the completion of their studies.

### **TFG for the Mention of Physical and Sports Education:**

To design an educational (or teaching) intervention programme based on their experience of professional initiation during the Practicum. Therefore, students must analyse the characteristics of their future professional exercise, reflect on the main actions undertaken by the sports educator (observe and analyse the context, programme, intervene and assess) and, based on those reflections, design an intervention programme that seeks to solve a problem or improve a given situation. The TFG must integrate previous experiences and theoretical knowledge considering the current legislative or administrative framework.

### **TFG for the Mention of Physical and Sports Re-education:**

Students must design an intervention project based on their professional experience acquired during the Practicum. After analysing the characteristics of the practical work carried out, they must reflect on their advantages and disadvantages, and based on those reflections, design an intervention programme on the problem(s) in the area of Physical and Sports Re-education that will help to improve the problem(s) posed. For example, to develop a management programme or the utilisation of ICTs to create physical and sports habits; a physical activity project in public or private spaces; project to create healthy habits and physical education to people, etc.

### **TFG for the Mention of Sport Sailing and Organisation of Regattas:**

To elaborate an intervention proposal in sailing training and regatta organisation, based on their experience during the development of the year. Therefore, students must analyse the characteristics of the sailors and the regattas, reflect on the main actions undertaken by the sports sailing specialist (observe and analyse the context, programme, intervene and assess) and, based on those reflections, design interventions that seeks to solve a problem or improve a given situation, both in the water and on land. The TFG must integrate previous experiences and theoretical knowledge considering the current legislative or administrative framework.

### **Connection with other subjects of the study plan**

The Undergraduate Dissertation (TFG) in the Bachelor's Degree in Physical Activity and Sports Sciences integrates general and specific skills and knowledge acquired throughout the Bachelor's Degree. Furthermore, it is linked to the choice of the Practicum pathway chosen by the student, as well as to the official Mentions.

## **Assessment**

### **Exam session of June:**

**Tutor's report:** 80% of the total mark. It will be established on the basis of the adequacy of the work done to the contents of the Bachelor's Degree in Physical Activities and Sports Sciences (CAFD), and to the scientific and methodological rigour of the work done.

**Practical part:** 20% of the total mark. It will be obtained from the public presentation and defence of the undergraduate dissertation before the tribunal.

### **Exam session of July:**

**Tutor's report:** 80% of the total mark. It will be established on the basis of the adequacy of the work done to the contents of the Bachelor's Degree in Physical Activities and Sports Sciences (CAFD), and to the scientific and methodological rigour of the work done.

**Practical part:** 20% of the total mark. It will be obtained from the public presentation and defence of the undergraduate dissertation before the tribunal.

### **Resit session:**

**Tutor's report:** 80% of the total mark. It will be established on the basis of the adequacy of the work done to the contents of the Bachelor's Degree in Physical Activities and Sports Sciences (CAFD), and to the scientific and methodological rigour of the work done.

**Practical part:** 20% of the total mark. It will be obtained from the public presentation and defence of the undergraduate dissertation before the tribunal.

## **Bibliography and Reference Sources**

### **Basic bibliography**

Thomas, J.R. & Nelson, J.K. (2006). *Research Methods in Physical Activity*. Human Kinetics.

Heinemann, K. (2003). *Introducción a la metodología de la investigación empírica en las ciencias de la actividad física y del Deporte*. Editorial Paidotribo.

Corbetta, P. (2007). *Metodología y Técnicas de investigación social*. McGraw-Hill.

Anguera, M.L. (2000). *Observación en el deporte y conducta cinésico-motriz: aplicaciones*.

### **Complementary bibliography**

Bouchard, C., Blair, S.N., and Haskell, W.L. (2007). *Physical Activity and Health*. Human Kinetics.

Jiménez, A. (Coord.) (2005). *Entrenamiento Personal. Bases, Fundamentos y Aplicaciones*. Editorial INDE.

Rodríguez García, P.L. (2008). *Ejercicio físico en salas de acondicionamiento muscular. Bases científico-médicas para una práctica segura y saludable*. Ed. Médica Panamericana.

## **Related Websites**

Website of the Faculty of Physical Activity and Sports Sciences of UCAM. <http://www.ucam.edu/estudios/grados/cafd>

Website of the ARETÉ research group, whose research objectives focus on sports initiation. <http://investigacion.ucam.edu/educacion-fisico-deportiva/>

Website of the Journal of the Department of Physical Activity and Sports Sciences with articles of all kinds related to sports initiation. <http://ccd.ucam.edu>

School sports website of the Higher Sports Council (Consejo Superior de Deportes, CSD)  
<http://www.csd.mec.es/csd/competicion/05deporteescolar/view>

## Study Recommendations

To attend classes and participate actively in them. To guide the effort and study to the understanding of the contents of the subject. To keep in mind the knowledge acquired in other subjects of the module of Sports Foundations in order to relate it to the topics addressed in this subject and thus acquire global and reliable knowledge. To use the established timetable, the Virtual Campus or the e-mail to ask and resolve doubts with the teacher. To consult the recommended bibliography on each topic and not limit to studying the notes taken in class. The presentations (PowerPoint) are a guide to the subject, they are not the notes nor the only teaching material. In the works and written tests, the following will be subtracted from the final mark: a) 0.2 for missing accent; b) between 0.5 and 1 for serious spelling mistakes.

## Teaching Material

The teaching materials to be used in this subject to facilitate the acquisition of the skills are: Presentations (PowerPoint), that are used by the teacher as a guide (not as notes of the subject). Students must elaborate their own notes by using all the teaching materials described here. Scientific articles, that will be shared through the Virtual Campus and will be related to each specific teaching unit. Supporting documents, which will also be shared through the Virtual Campus or students will be asked to search for them through information and communication technologies. They will also be related to each teaching unit.

## Tutorials

### *Academic tutoring session*

During the academic tutoring session, we will work according to Decree no. 359/2009, of 30 October, which establishes and regulates the educational response to the diversity of students in the Autonomous Community of the Region of Murcia. The attendance to the academic tutoring sessions is essential to know the functioning and the use of all the teaching materials and the regulations on this subject. They are intended to guide and advise the students in the teaching and learning process and to contribute to the consolidation of knowledge, skills, abilities and attitudes linked to transversal or general skills such as teamwork, oral and written communication, values and professional ethics and autonomous learning of the student.

### *Personal tutoring sessions*

Furthermore, the University has a special group of tutors that provides personal tutoring to the students registered in the bachelor's degree. The personal tutor accompanies the students throughout their whole university stage. For further information, please follow the link below:

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