



## COURSE DATA

### Data Subject

<b>Code</b>	33210
<b>Name</b>	Swimming
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	6.0
<b>Academic year</b>	2024 - 2025

### Study (s)

<b>Degree</b>	<b>Center</b>	<b>Acad. year</b>	<b>Period</b>
1312 - Degree in Physical Activity and Sport Sciences	Faculty of Physical Education and Sport Sciences	3	First term
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Faculty of Physical Education and Sport Sciences	3	First term

### Subject-matter

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
1312 - Degree in Physical Activity and Sport Sciences	8 - Foundations of individual sports	Obligatory
1331 - Degree in Physical Activity and Sport Sciences (Ont)	8 - Fundamentos de los Deportes Individuales	Obligatory

### Coordination

<b>Name</b>	<b>Department</b>
ENCARNACION MARTINEZ, ALBERTO	122 - Physical and Sports Education
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## SUMMARY

The aquatic activities and particularly swimming are physical activities that are developed in a environment for that the human being is not adapted from an evolutionary point of view. For this reason, it is an ontogenetic and not filogenetic movement. Consequently, the type of methodology to use in the learning process determines the students' skills much more than in terrestrial activities.



So, the main objective of this subject will be to make the students know and understand the particularities of the human movement in the aquatic environment and the different possibilities of development. From this knowledge, the student must be able to carry out aquatic programs adapted to the users, facilities and available materials.

## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

### Other requirements

None

### 1312 - Degree in Physical Activity and Sport Sciences

- Know and understand the fundamentals, structures and functions of human motor skills and movement patterns.
- Know and understand the fundamentals of game play and sport.
- Design, implement and evaluate the teaching-learning processes related to physical activity and sport, paying attention to the individual, collective and contextual characteristics of people.
- Plan, implement and evaluate the motor skills training process at its different levels and practice environments.
- Select and know how to use sports material and equipment, suitable for each type of activity and population.
- Develop resources to adapt to new situations and to solve problems, and for independent learning and creativity.
- Know and understand the historical evolution of individual sports (athletics, gymnastics and swimming).
- Know and understand the regulations of individual sports (athletics, gymnastics and swimming).
- Know and understand the technical and tactical fundamentals of individual sports (athletics, gymnastics and swimming).
- Know and understand the teaching fundamentals of individual sports (athletics, gymnastics and swimming).
- Know and understand the areas of application of individual sports (athletics, gymnastics and swimming).



- Apply information and communication technologies (ICT) to the field of individual sports.
- Develop leadership, interpersonal and teamwork skills.
- Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, the culture of peace and democratic values.

When finishing this course, the student will be able to know and understand the historic evolution of the aquatic activities in concerning the aspects in all areas that have been used (leisure, military purposes, transport, competition,...).

The student will be able to distinguish the main aspects of swimming competition rules.

The development of the contents will allow the students to evaluate qualitatively the four swimming strokes, the starts and turns, and to plan and direct learning activities for the swimming techniques.

Through the learning process, the student will be able to distinguish and use different areas of application of aquatic activities.

With the development of collaboration work, the students will acquire the necessary skills to elaborate multimedia contents about sports technique, besides the team work and the interpersonal relation.

## DESCRIPTION OF CONTENTS

### 1. Historical origins of swimming

Tema I.1. The aquatic activity. Historic evolution.

Tema I.2. The swimming competition. Origins and evolution.

Tema 2

### 2. Physical and biological bases of swimming

Tema II.1. Physical and biological bases of the human locomotion in water.

### 3. The learning process in swimming. Drills and games for beginners

Tema III.1. Basic motor skills in aquatic environment.

Tema III.2. Teaching basic motor skills.

Tema III.3. Material, facilities, health and safety at aquatic facilities.

**4. Strokes technique, starts and turns. Learning exercises**

Tema IV.1. Common aspects of strokes technique.

Tema IV.2. Front crawl stroke, start and turn.

Tema IV.3. Butterfly stroke, start and turn.

Tema IV.4. Breaststroke, start and turn.

Tema IV.5. Backstroke, start and turn.

Tema IV.6. Individual medley turns.

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Classroom practices	60,00	100
Development of group work	50,00	0
Development of individual work	20,00	0
Study and independent work	16,00	0
Preparation of evaluation activities	4,00	0
<b>TOTAL</b>	<b>150,00</b>	

**TEACHING METHODOLOGY**

## 1- Group learning with the teacher

The beginning of each session (15 min) will serve to establish the theoretical basis of the following practical drills. Next, the students will access dressing rooms and the facility (8-10 mins). The next 90-100 minutes the students will experiment in a practical way the contents already explained. In the swimming pool, students will experience in a practical way, the contents taught in the classroom and, increasingly, must reach the level of performance required

## 2- Team work

Carrying out this type of work, the student will be able, besides the motivation, to analyze and to process the information, and it also will promote the interpersonal relationships, the problems, hopes and solutions sharing of team work.

## 3- Tutoring

Tutoring will be held individually or in groups, either in the tutoring timetable, during classes or through the virtual classroom.

## 4- Individual study and forum participation

It is about conducting the student into learning-oriented activities. The model to apply is participatory, where the student gathers information, analyzes, presents activities and comes to conclusions.



## EVALUATION

### Ordinary convocatory.

To pass this subject, the student should obtain at least 5 points in section 1, and “pass” in sections 2 and 3. The final grade will depend on the following sections:

#### SECTION 1:

A test of 50 multiple choice questions that will be held in the date and time set by the Faculty. The questions will arise four options, and only one of them will be correct. There will be the possibility of including an open-response question, the value of which will be reflected in the exam template and will be indicated to the students well in advance by the responsible teacher. The punctuation will be:

- Each correct answer will sum 0,2 points ( $10/50 = 0.2$ ).
- Each error or incorrect answer will subtract 0,066 points ( $0,2/3$ ).

This section represents up to 10 points of the final grade.

#### SECTION 2:

A practical exam of making a video where the student has to analyze a concrete technical skill (start, swimming stroke or turn), to identify the technical mistakes and to propose correcting drills.

This exam will be held in the date and time set by the Faculty.

The score will be “pass” or “fail”.

#### SECTION 3

The exam will consist in swimming 200 meters Individual Medley according to the technical standards (developed in the contents of the course) and within FINA rules.

The score will be “pass” or “fail”.

This exam will be held in the date and time set by the Faculty.

Note: by attending at least to 80% of the sessions and to pass the practical contents\* related with the 4 swimming strokes will be considered as “pass” in this section and may suppose up to 2 points of the final score.

\*To pass the practical contents, it will be assessed:

- Swimming each one of the technical aspects of the 200 m Individual medley in the technical and reglamentary standards.
- Attending to sessions in an active way.



- Completing the proposed tasks of each section.

#### SECTION 4:

##### COMPLEMENTARY ACTIVITIES

1) Individual voluntary works. The theme of the work will be agreed by the teacher and each student, within a period of 2 weeks from the start of classes. Once approved this, the student will have one week to present a justified table of contents and, once approved this, 2 months to deliver the job. It will be up 1 extra point to the final score.

2) Attendance at a swimming Congress. The student must present to the teacher the program of this Congress and approval should be given. After attending the conference, the student must present a certificate of attendance and a self-made document which indicate and justify the main contributions of the Congress Depending on the number of hours, topics and speakers, the score may be up 1 extra point to the final score.

#### Second convocatory

The evaluation criteria will be the same as in the first convocatory:

The evaluation is unique to each academic year, therefore previous courses grades won't be taken into account.

NOTE: Those students with an approved theoretical section and sections 2 and/or 3 (work and practical evaluation, respectively) qualified as "NOT SUITABLE", will be graded with a numerical grade of 3 in the final grade. Those students who do not present themselves for the practical evaluation and/or do not submit their work will be classified as "NOT PRESENTED". This procedure will be applied both in the first and in the second call.

*PD: "Literal or partial copying of works of others as his own is considered unacceptable behaviour in academia. Moreover the law and protection of intellectual property are often prohibited or partial reproductions of the works of others can result in noncompliance with the relevant offenses or criminal offenses. "*

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