VNIVERSITAT DE VALÈNCIA

Course Guide
33228 Motor skills

COURSE DATA

Data Subject	
Code	33228
Name	Motor skills
Cycle	Grade
ECTS Credits	6.0
Academic year	2024 - 2025

Study (s)

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Faculty of Physical Education and Sport Sciences	1	First term
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Faculty of Physical Education and Sport Sciences	1	First term

Subject-matter

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	24 - Motor skills	Obligatory
1331 - Degree in Physical Activity and Sport Sciences (Ont)	24 - Habilidad Motora	Obligatory

Coordination

Name	Department
APARICIO APARICIO, INMACULADA	122 - Physical and Sports Education

SUMMARY

Motor Skill is applied within the concept of Physical Education Basis. Its main aim is the study and practical application of the relationships established between human motor skills and perceptive faculties, the main elements involved in the educational and research treatment of Motor Skills.

This subject uses as basic teaching-learning contents the motor-psychomotor, cognitive, and socio-affective areas, fundamental in the educability of body efficiency, the main objective of Motor Skills, applicable in the teaching of Physical Education, Special Education, Sports Initiation and in the Physical-sports Preparation.

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

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

Other requirements

The theoretical and practical contents of this subject offer the student the opportunity to acquire knowledge from practice to theory, with unique and specific activities that give it character, not requiring any specific requirement, regardless of the minimum academic education, to course university studies. However, it is recommended that students have a physical activity experience, which is a guarantee that their motor experience facilitates understanding.

1312 - Degree in Physical Activity and Sport Sciences

- Know and understand the effects of the practice of physical exercise on the structure and function of the human body.
- Know and understand the fundamentals, structures and functions of human motor skills and movement patterns.
- Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.
- 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.
- 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.
- Understand and develop the basic skills derived from play actions.
- Plan teaching-learning processes for the acquisition of motor skills.
- Plan training processes for the development and improvement of motor skills.
- Understand and master the motor skills related to sports initiation.
- Master the material resources and apply them to improving motor skills.

1. The Study, analysis and application of the basic contents of interaction between the theoretical variables of the motor function and perceptual factors involved in Motor Skill, to know and understand the foundations, structure and functions of skills and human movement patterns.

2. Introduction of students in the study, research and educational applications of Motor Skill, as the first manifestation of perceptual-motor body efficiency, based on a basic skills understanding and development resulting from motor actions.

3. Acquiring theorical and practical knowledges about the variables or elements that interact meaningfully in the motor skills development, through planning processes of Motor Skills teaching and learning.

4. Materials and methods of the situations and motor skill tasks practical experience, in the context of Sport and Physical Education at the same time as planning the development and improvement process (training) of the motor ability.

5. Motor skills understanding and testing, related to the sport beginning, with the aim of dominating the relevant educational resources and materials.

DESCRIPTION OF CONTENTS

1. Ability and Motor Skills in physical education and sport.

Introduction, previous concepts, and contextual application. Specific theoretical-practical constructs to socio-motor, perceptual-motor and psycho-motor skills.

2. Basic motor skills.

Introduction, previous concepts. Motor and perceptual characteristics of the basic motor skill, specific constructs of the basic, coordinative, and visual motor skill.

3. Motor Skill teaching and learning.

Introduction, previous concepts and contextual application. Theory on the teaching-learning of Motor Skills. Theoretical-practical constructs specific to dissociated and perceptual motor skills. Displacement.

4. Motor Skill Training.

Introduction, previous concepts and contextual application. Theory on physical-sports training of Motor Skills. Theoretical-practical constructs specific to motor skills: running, dribbling and throwing.

5. Sports-Motor Skill.

Introduction, previous concepts and contextual application. Sports initiation, teaching-learning stages of sports. Theoretical-practical constructs specific to motor skills: oculo-manual and oculo-pedal.

6. Perceptual mechanisms of Motor Skill.

Introduction, previous concepts and contextual application. Perception and educational action of Motor Skills. Perceptual-motor learning in physical education.

7. Fundamentals of Motor Skill.

Introduction, previous concepts and contextual application. Motor-enabled relationships and play in physical-sports education. The play as a perceptual-motor playful skill and its impact on Motor Skill.

8. Educational status of sport-motor skill.

Introduction, previous concepts and contextual application. Educational situation of the teaching-learning of sports-motor skills.

9. Motor Skill educational designs.

Introduction, previous concepts and contextual application. Programming / educational planning of Motor Skills in its different contexts. Principles of educational programming and elements for diversity. Design methodology for motor skill tasks.

WORKLOAD

ACTIVITY	Hours	% To be attended
Classroom practices	45,00	100
Theory classes	15,00	100
Development of individual work	30,00	0
Study and independent work	30,00	0
Preparation of evaluation activities	30,00	0
TOTAL	**150,00**	

TEACHING METHODOLOGY

Teaching methodology of the theory will be developed through presentations by the teacher in an introductory way to the different topics and through activities with technological support, both individually and in groups. In the practical classes, the teacher will exemplify the different groups of skills and motor abilities with sessions, giving tools for the understanding of the topics and for the development of sessions by the students. In this sense, the students develop some activities in the sessions, to end up presenting a complete session as a group.

The classes will be complemented with different readings and visualization of audiovisual material on which they will work individually or in groups to generate debate and group work dynamics.

EVALUATION

Students will choose one of the evaluation modalities at the beginning of the course. There are two types of evaluation:

Modality A) Continuous and formative evaluation (it will be necessary to attend a minimum of 80% of the theoretical and practical classes). Students will be evaluated through a different individual/pairs and group theoretical-practical activities to be carried out throughout the course:

- Group task 1: 20%
- Group task 2: 25%
- Individual task or in pairs: 25%
- Exam: 30%

Modality B) Final evaluation

Students will do a theoretical-practical written test in which they will have to accredit the knowledge acquired in relation to the contents of the subject. This test will be composed of two parts: 1) theoretical content, 2) theoretical-practical content.

In both modalities, all the sections must be approved to obtain the final evaluation average.

REFERENCES

Basic

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básicas. Barcelona: Inde.

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Wickstrom, R. L. (1983). Patrones motores básicos. Madrid: Alianza.

Additional

- Blázquez, D. (1999). La iniciación deportiva y el deporte escolar. Barcelona: Inde.
Díaz, J. (1999). La enseñanza y aprendizaje de las habilidades y destrezas motrices básicas. Barcelona: Inde.
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Navas Torres, M. (2010). Fichero de habilidades motrices básicas / Miguel Navas Torres. Segunda edición. Barcelona: INDE -Ruíz Pérez, L. (1987). Desarrollo motor y actividades físicas. Madrid: Gymnos.
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