VNIVERSITAT DE VALÈNCIA

Course Guide
33238 Activities in Nature

COURSE DATA

Data Subject	
Code	33238
Name	Activities in Nature
Cycle	Grade
ECTS Credits	4.5
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	4	First term

Subject-matter

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	36 - Activities in nature	Optional

Coordination

Name	Department
GONZALEZ CABARCOS, ALFONSO XOSE	122 - Physical and Sports Education
MUNDINA GOMEZ, JOSE JAVIER	95 - Didactics of Physical, Artistic and Music Education

SUMMARY

This course aims to help develop criteria and acquire resources to meet the sports practiced in nature, especially those that can be practiced at sea (given our geographic location). Also, to understand the scope of our practice in the natural environment. To do this the theoretical foundations of these sports will be defined and practices that provide greater knowledge and experience will be made.
Such practices will be developed in two blocks: the sailing week and the activities proposed by students and teachers.
Nautical week. Dedicated to sports such as sailing, rowing and canoeing.
Recreational and competitive activities. In which will accommodate other sports that take place in nature (mountain biking, surfing, rock climbing, etc ...). They will be developed by the students to demonstrate their organizational and technical capabilities. They have the support of teachers, sports services of the university and other entities.

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

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

Other requirements

Nautical weeks are held during the first two weeks of February. And all sessions take the whole day from 9 am to 8 pm.

1312 - Degree in Physical Activity and Sport Sciences

- Conocer, el origen de los diferentes deportes que se desarrollan en el programa (vela, piragüismo, ciclismo y orientación).
- Conocer normas básicas y específicas de respeto hacia el medio ambiente.
- 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.
- 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.
- Understand, analyse and reflect on the theoretical and methodological bases of the sports practised in nature.
- Obtain enough information so as to develop individually those aspects that are most attractive for one's personal and professional development, and assume the role and importance that one's interventions and research can have for the development of the well-being and quality of life of human beings.
- Describe and apply the main rules and basic elements of these sports.
- Know how to analyse, plan and sequence the basic contents of these sports and apply them to teaching these sports.
- Have sufficient capacities to make sound judgments and to apply the principles of excellence and quality to professional practice.
- Become aware of the vital importance of studying and understanding these sports and how they can be interrelated with other subject areas in the curriculum.
- Know basic and specific rules of respect for the environment.

Knowing the importance of theoretical and methodological bases in conducting physical and sports activities in the natural environment.Solvency manage the organization and implementation of sports activities in natureAcquire knowledge and practical skills in different sports that can be developed in the program, both in the water and by land or air: sailing, wind surfing, kite surfing, surfing, canoeing (sea kayaking, kayak flatwater and whitewater , kayak polo, etc ...), rowing, cycling, climbing and mountaineering, orienteering, etc ...Knowing how to analyze, plan and sequence the basic contents of sporting activities in the natural environment and learning how to apply some of these sports in the natural environment.Make judgments and criteria and to have habits of excellence and quality in professional practice in the field of physical activities in the natural environment.Respect basic and specific rules on safety in these sports in the natural environment.Resolving cases and real situations of practice in the various fields of possible action, whether owned or related to the area of physical education and sports.Respect basic and specific standards of respect and protection for the environment.

DESCRIPTION OF CONTENTS

1. ACTIVITIES IN THE NATURAL ENVIRONMENT

1. Safety practices and protocols, techniques and materials in NEAs
2. Protection of the environment in the practice of sports activities
3. Weather forecast
4. Orientation with maps, compass and GPS. Current resources.
5. Historical approach to sports in nature. Characteristics of NEAs. Classifications and systematization of these sports
6. Water sports: in boats or on sliding boards.
7. Terrestrial sports: cycling, mountaineering, climbing, orienteering
8. Air sports: paragliding, skydiving
9. Normative aspects and regulations of sports in nature.
10. Materials and their evolution. Management of resources in outdoor activities and sports.
11. Organization of courses, sporting events in nature
12. Education and training: Principles and foundations in the NMAs in general. Initiation in nature. Recreation. Teaching proposals.

WORKLOAD

ACTIVITY	Hours	% To be attended
Classroom practices	30,00	100
Theory classes	15,00	100
Attendance at events and external activities	10,00	0
Development of group work	10,00	0
Development of individual work	10,00	0
Study and independent work	10,00	0
Readings supplementary material	10,00	0
Preparation of practical classes and problem	10,00	0
Resolution of case studies	5,00	0
TOTAL	**110,00**	

TEACHING METHODOLOGY

The teaching of this subject part of a comprehensive approach to content and skills to develop in each subject by the teacher. The introduction of the contents, accompanied by numerous practical examples, is to enable a participatory dynamic in the classroom and effective participation of students in the development of this. Much of the contents to be developed will be available in good time in the virtual classroom or reprographics, so that students can access and prepare to advance teaching, so that a better use of these sessions is achieved.

The approach of practical classes require prior knowledge of students in basic standards of safety and respect for and protection of the environment. From such knowledge exercises and practices leading to the acquisition of the most basic skills will be developed, which as far as possible (as long as it can ensure the safety of people, materials and environment where they develop) will respond to methodologies active learning. So that students can not only learn and practice different sports, if not to distinguish the advantages and disadvantages of different teaching methods that can be used.

The work will be carried out individually and in groups, taking advantage of most of the sessions are practical for the introduction, explanation and resolution of any doubts that may arise by students.

Face-to-face classes (theory and practice)

They occupy 45 hours of teaching. They are actively developed mixing theory and practice at the same time, generating an agile learning of the basic concepts and their real application. Although, 15 hours of the total will be done in a classroom where practical content can only be done emulating real situations.

The introduction of the contents will always be accompanied by numerous practical examples to enable participatory dynamics in the class and also effective in its development.

The practical classes will require prior knowledge of some basic safety standards, as well as protection and respect for the environment. So that the safety of people, materials and the environment where the practices are carried out can be guaranteed at all times (risks will always be minimized to the maximum, but everyone must be aware that in the natural environment these will never be nil) . From this knowledge, exercises and practices conducive to the acquisition of basic skills will be carried out.

Therefore, students will not only learn various sports in practice, but will be able to distinguish between the advantages and disadvantages of the different teaching methods that can be used.

The work will be done individually and in groups, taking advantage of the fact that most of the sessions are practical.

Complementary tasks, works and activities

They can be proposed by the teaching staff, by the students themselves, by the UV Sports Service (SESPORT UV) or even by collaborating companies. They are fundamentally practical work that will be carried out in groups, being tutored by teachers or by qualified personnel in the different activities. They consist of the organization and implementation of an activity or sport in the natural environment with a variable duration in which students can participate voluntarily.

Thus, students must show initiative and organizational capacity to carry out the chosen activity.

The possibility of voluntarily organizing and participating in conferences, workshops, conferences that may be interesting due to their content for the subject is opened (in the case of some that are usually organized by SESPORT UV: Orientation-Precision Workshops, internal sailing competitions, orientation , etc..).

EVALUATION

This subject is presented in a theoretical-practical way, so the students must carry out the following activities to pass it.

FOR THE EVALUATION IN THE FIRST CALL TWO EVALUATION OPTIONS ARE POSED:

Option A.-

Evaluation with assistance, active participation and delivery of tasks, that is, continuous evaluation. To be eligible for option B of evaluation, students will have to:

1.- Attend a minimum of 80% of the theoretical classes and 80% of the practices taught by the teachers (IF THERE IS NO PRESENCE, THE ATTACHED SHEET IS EXPLAINED), and show active

participation in them. The teachers will list all the sessions and if the students attend fewer than 80% of the total classes taught both in theory and in practice, it will mean not being able to take the assessment A, having to take option B (Exam in the theoretical-practical part and delivery of work in the practical part).

2.- Submit all the works proposed in the theoretical part and the two in the practical part (in group or individual, as determined by the teaching staff). The works will have to be delivered on the date indicated by the teachers in the calendar that will be communicated for this purpose, and all of them will have to exceed 5 to be able to make an average. The option is given to retrieve the suspended tasks after tutoring with the responsible teachers, and with delivery on the date indicated.

It will be reason for failure in the task (Theoretical-Practice):

• Poor content or not adjusted to what is required in the activity.

• Delivery after the deadline or by means other than that required.

• Delivery in a format other than that required.

• The literal copy, total or partial, of works or works of others making them pass as their own.

To average the works of the theoretical part and of the practice of the subject, it will be essential to reach the minimum grade of 5 in each and every one of them.

In case of not passing the grade of 5 in all the works, the student must be evaluated with Option B.

The value of the work in the subject is as follows:

- Works Practical cases in the Theory part: Individual delivery. VALUE: 40% of the note

- Group work 1 in the Practice part. VALUE: 30% of the note

- Group work 2 in the Practice part VALUE: 30% of the grade

Students who choose option A have the right to take the option B exam. The final grade will be the higher of the two evaluation modalities (A or B).

Option B.-

1. Theoretical part:

The examination of the theoretical subject of Activities in the Natural Environment consists of three sections.

SECTION 1: Fifteen questions with four alternative answers. Whose correction formula will be: The correction formula will be: correct fewer errors divided by three, all divided by fifteen and multiplying the result by ten. Ie ((A-E / 3) / N) x 10

SECTION 2: Three short questions taken directly from the bibliography and from the theoretical-

practical class sessions.

SECTION 3: A “Reflection” question that accompanies the bibliography or the practical work presented in class.

Regarding the assessment, indicate the following, taking into account that each of these sections will score out of ten:

1. The completion of the first section offers the possibility of obtaining the pass (if it is passed). Provided that the score obtained is equal to or greater than five or that having obtained a score of four in this - never lower - enough is obtained in the following section so that, when divided by two, five or more than five are obtained.

2. That the completion of the second section offers the possibility of obtaining the notable. Provided that by dividing the sum of both sections, a score equal to or greater than seven is obtained.

3. That the completion of the third section offers the possibility of obtaining the outstanding and the honor registration, provided that by dividing the sum of the scores in the three sections, a score equal to or greater than eight is obtained.

So that:

1. A student can pass answering only the first section and presenting all the works.

2. You can ensure the pass by answering the first and the second; noting, in this case, that the second section will only be corrected if a minimum score of four is obtained in the first.

3. In order to obtain the notable it is essential to carry out the first and second sections or that, having also completed the third, its sum divided by three is equal to or greater than seven; in this case, the third will only be corrected if a minimum score of six is obtained in the second.

4. In order to obtain the outstanding and the honors registration, it is essential to have completed all three sections and obtain an average score equal to or greater than eight.

2. Practical part:

It has two evaluative elements that are:

a) The presentation of the two works developed in the practical part.

b) The presentation of a paper previously communicated by the teacher in tutoring to each student who chooses this option.

The evaluation of the practical part will have the qualification of the works and will be essential to pass the practical part.

FOR THE SECOND CALL EVALUATION, ONLY YOU CAN DO OPTION B (take the exam (theoretical-practical and delivery of the work of the practical part).

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webs con acceso a artículos y libros interesantes

http://www.barrabes.com

Editorial propia, bibliografía seleccionada, links, artículos, foros de debate etc.

http://www.libreriadesnivel.com

Librería virtual con información similar a la página reseñada arriba.

webs meteorología

http://www.windguru.cz/es/

http://es.meteocat.gencat.cat/?lang=es

http://www.aemet.es/es/portada

- webs meteorología
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