

**COURSE DATA****Data Subject**

Code	33218
Name	Physical sports recreation
Cycle	Grade
ECTS Credits	6.0
Academic year	2021 - 2022

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
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	Faculty of Physical Education and Sport Sciences	4	First term

Subject-matter

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	14 - Physical sports recreation	Obligatory
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	14 - Recreación Físico-Deportiva	Obligatory

Coordination

Name	Department
GADEA VERDUN, RICARDO	122 - Physical and Sports Education

SUMMARY

The subject of Physical Recreation Sport is a compulsory subject consisting of 6 ECTS credits. Recreation is an experience, a necessary experience of the individual and the human community that is made up of a multitude of activities that produce pleasure and pleasure and have no meaning labor. Recreation promotes the individual and society personal and social values so necessary today. Through the contents of the subject recreation as a discipline that aims to research the social phenomenon of recreation, organization and management will be presented, while helping through processes, experiences or experiences of playful type involved in the development of people. Thus, the combination of theoretical and practical sessions ensure a progressive evolution in learning different skills related to sports physical recreation, understood as the natural activity of the person who contributes to their overall development and well-being, and animation as means for this animation application either voluntary or



professional.

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

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

Other requirements

OUTCOMES

1312 - Degree in Physical Activity and Sport Sciences

- Conocer los conceptos y los fundamentos teóricos de la recreación físico-deportiva.
- Conocer la vertiente recreativa de las actividades físico-deportivas y el tratamiento del cuerpo.
- Analizar críticamente la realidad de las actividades físico-deportivas recreativas, así como su ámbito profesional.
- Experimentar con los recursos prácticos para el desarrollo de actividades físico-deportivas recreativas.
- Experiment with practical resources for physical and sporting recreational activities.

LEARNING OUTCOMES

- That the / the students distinguish between leisure, play and recreation.
- That the / students differentiate various types of recreation, the most spontaneous to the most targeted.
- That the / the students know what are the characteristics and trends of leisure.
- That the / the students are able to produce recreational physical activities through the management of its variables: material, space and regulations.
- That the / the students understand the main strategies is to use a recreational sport animator to energize the group.
- That the / the students are able to take advantage of any materials at its disposal, recycling and waste for building materials that can be developed recreational sport and physical activities.
- That the / the students aware of the possibilities of recreational physical activity that the natural environment has to offer.
- That the / the students identify the different aspects to consider in the design and development of recreational sports programs and physical activities.
- That the / the students know the basics of recreational sport and physical activities.
- That the / the students recognize the importance of play in leisure time and leisure.



DESCRIPTION OF CONTENTS

1.

2.

3.

4. The recreational aspect of physical-sports activities and the treatment of the body

This theme explores the relationship between physical and sporting recreation and the treatment of the body today. Physical sports recreation and the treatment of the body in the present day. The importance of the body as a concept in our society and how we relate the search for the body the search for modifications of the body with recreation. We also reflect on whether or not physical sports recreation should or should not be at the mercy of aesthetic objectives.

5. Body culture

This topic explores the concept of body culture and the external agents that control it. It also deals with the relationship between society and body culture. And the importance of body culture today.

6.

WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	45,00	100
Classroom practices	15,00	100
Attendance at events and external activities	5,00	0
Development of group work	15,00	0
Development of individual work	15,00	0
Study and independent work	20,00	0
Readings supplementary material	10,00	0
Preparation of evaluation activities	5,00	0
Preparing lectures	5,00	0
Preparation of practical classes and problem	5,00	0
Resolution of case studies	10,00	0



TOTAL	150,00
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TEACHING METHODOLOGY

In the previous section we discussed the development of the work of this subject according to two axes face; lectures and practices. The characteristics of each of these sessions are shown:

Classes Theory: Its duration will be 2 hours and 55 minutos in them is intended that the student / to be an active subject, which is why students will be placed in small groups to read different documents that make up the different sections contained in the content. After reading the curriculum material, students undertake a reflection, sometimes seek a critical sense and answer some questions in groups and then each group will present their answers to other colleagues from other groups. Prior to this reading, the teacher conduct a synthesis of different aspects to be discussed at each meeting the objectives of the meeting and what they will find students / as in the documents.

This group learning is a basic element that gives the dynamics of a participatory character classes, seeking that students can feel more involved in the process of teaching and learning.

Along with the lectures practical classes that have a versatile format that can develop in the classroom or outside on the sports facilities are organized. Practical classes seek to experience, reflect, discuss, ultimately bringing to reality the contents presented in the theoretical sessions.

Axis are also another face tutorials in which the students are offered another way to clarify or expand on the contents presented in the theoretical and practical sessions. So, your goal is to strengthen the positive climate, and created classes for the student / to improve their interpersonal relationships and awaken your curiosity to learn. The tutorial action can make an important guiding work seated in counseling, coordination of individual or group work and offering alternatives, clarification or advice on a particular topic.

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EVALUATION

To make student assessment, the proposed final grade is as follows:

A) A summative evaluation will serve:

A.1) 10% Attendance and participation in the theory classes.

A.2) 60% Theoretical exam about the contents of the subject

A.3) 20% Development of group work and individual.

A.4) 10% Attendance and participation in practical classes.

In order to pass the course should take a note of 5 points obtained as the sum of the exposed sections, though, to add must be obtained in paragraph A.2 and A.3 half its partial score, ie three points and one point A.2 in section A.3.

Students must attend at least 80% of practical classes in order to pass the course.

"The literal or partial copy of presenting works of others as their own is considered unacceptable behavior in academia. Moreover the law and protection of intellectual property are usually forbidden total or partial reproduction of the work of others, which may result in noncompliance with the corresponding offenses or criminal offenses ".

REFERENCES

Basic

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Additional

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ADDENDUM COVID-19

This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council

Blended learning situation:

The contents of the theoretical part will be developed through online classes on the platform, and weekly assignments of the contents covered. The contents of the practical part will be developed through practical classes at the centre. The contents of the theoretical-practical part will be developed with the elaboration of a project and the creation of a video with the exhibition of the work.

Evaluation:

PRACTICAL PART 30%.

Active participation in the practical classes: (10 %)

Video record of a game or activity of your choice: (10%)

Organisation and management of sessions: (10%)

THEORETICAL PART 40%

30 % Theoretical exam on the contents of the subject.

10 % Weekly homework.

THEORETICAL-PRACTICAL PART 28%.

Elaboration of a project. (14 %)

Presentation and defence with a video (14 %).

EXTERNAL ACTIVITIES 2%

Participation and delivery of a report of two external activities (2%).

Non-attendance situation:

The contents of the theoretical part will be developed through online classes on the platform, and weekly assignments of the contents covered. The contents of the practical part will be developed through online tasks related to the practice throughout the course and the creation of a video file. The contents of the theoretical-practical part will be developed with the elaboration of a project and the creation of a video with the exhibition of the work.

Evaluation:



PRACTICAL PART 20%.

Delivery of tasks related to the practical part: (10 %)

Video file of a game or activity of your choice: (10%)

THEORETICAL PART 50%.

30 % Theoretical exam on the contents of the subject.

20 % Weekly homework.

THEORETICAL-PRACTICAL PART 30%.

Elaboration of a project. (15 %)

Presentation and defence with a video. (15 %)