

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

Code	33223
Name	Sports training: technique and tactics
Cycle	Grade
ECTS Credits	6.0
Academic year	2019 - 2020

Study (s)

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Faculty of Physical Education and Sport Sciences	3	Other cases
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	Faculty of Physical Education and Sport Sciences	3	Other cases

Subject-matter

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	19 - Sports training: technique and tactics	Obligatory
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	19 - Entrenamiento deportivo: técnica y táctica	Obligatory

Coordination

Name	Department
DE MATIAS CID, PEDRO JOSE	122 - Physical and Sports Education
MARTINEZ GALLEGO, RAFAEL	122 - Physical and Sports Education
MUNDINA GOMEZ, JOSE JAVIER	122 - Physical and Sports Education

SUMMARY

The subject “Sports training: Skills and Tactics” is a quarterly core subject, taught in the third year of the degree in Science in Sport and Physical Activity. In the curriculum in place, Plan 2009, has a total of 6 credits. This course is intended for students to deepen that knowledge of technique training and tactics acquired previously in the sporting disciplines in which each student has greater knowledge, and also to complete that knowledge.



This knowledge and skills essential to lay the foundation for the student to subsequently address the study of different sports as they appear in all the technical and tactical action.

This subject arises from the need to demonstrate knowledge of training techniques and tactics in the field of sport training. The subject is developed in an empirical and theoretical environment. The distribution of content is studied through both, theoretical and practical sessions, in order to assure the students the knowledge and mastery of skills needed in the workplace of sports training.

The evolution of sports training requires the addition of subjects to complete the education of our students in the technical and tactical aspects of different sports.

From this it is concluded that this subject ensures the appropriate mix of theoretical and practical sessions and explain that the student has to perform the work practices demanded

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

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

Other requirements

Given that this is a subject in the third year, it is recommended that the student had successfully passed the sport subjects of the previous two years of the degree.

OUTCOMES

1312 - Degree in Physical Activity and Sport Sciences

- 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.
- Develop habits of professional excellence and quality.
- Learn how to plan, implement and evaluate the motor skills training process at its different levels and practice environments.
- Know and apply the principles of training to the training of technique and tactics.
- Be able to design, develop and evaluate the processes of learning and training sports techniques.
- Be able to design, develop and evaluate the processes of learning and training sports tactics.
- Use information and communication technology (ICT).

LEARNING OUTCOMES

Once the course has been passed, students should be able to:



- Analyze the specific practice of sports and different types of sports.
- To know the functional structure of sports.
- To know the common tactical principles of sports.
- Plan training according to specific technical and tactical needs.
- Assess and use technical and tactical performance assessment tools.
- To know different methodologies for technical education.

DESCRIPTION OF CONTENTS

1. Concept of technique, tactic and strategy.

2. Concept of technique, tactic and strategy .

3. Technique in sport.

4. Coach-Athlete communication.

5. The tactic action in sports.

6. The technique, tactic and strategic teaching/learning process.

7. Tactics and training control processes.

8. Analysis of performance in sports.

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Theory classes	30,00	100
Classroom practices	30,00	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	

TEACHING METHODOLOGY

Teaching methods used during the course are:

- Group learning with the teacher lectures.

The initial part of each topic, in establishing the theoretical framework, will last for 2 to 4 hours depending on introducing new content and classroom dynamics. It is intended to explain the concepts so that questions and concerns arise among students to conduct a methodological approach that encourages active participation of students.

- Group learning with peers and case analysis in practical sessions.

It is a basic point in the way of developing the course. As for the practical sessions, small groups will be organized to expedite the fluency of the classes. The control of these small groups will be done by the students themselves, resulting in a continuous feedback between its members. The small groups will do:

Formulation, development and testing of a working hypothesis about a situation where one can apply sports theoretical and practical knowledge in the subject exposed.

Reflection on documentation in small groups on a proposal by the faculty with specific methodology of group dynamics.

Conducting practical seminars on the contents taught in the theoretic part.

- Tutoring.



Tutorials are carried out individually or in groups, using the hours of students. Will be particularly valued, through which students can be in continuous contact with teachers. The overall objective of this work is to create a positive climate of relationship. From that improvement of interpersonal relationships, the teacher can perform an important role in advising, coordinating individual and group work and providing alternatives or advice on a particular activity, or clarification of doubts appeared on any topic.

- Individual study and participation in discussion forums.

It calls for the student in learning-oriented activities. The model to be applied is participatory where the student gathers information, analyzes, presents activities and draws conclusions.

- ICTs.

The work of technical and tactical analysis of different sports, should have the following structure:

- 1.-Description of the technique (using images and videos).
- 2.-Description of the tactic (using images and videos).
- 3.-Record of exercises to develop the technique or tactics.

EVALUATION

Subject evaluation system

In order to evaluate the student, the proposal for the final grade is as follows:

- a) 50% theoretical examination.
- b) 50 % practical part. This section consists of group work (20%) and individual assessment (30%) through work, attendance at class seminars and practical assessment. These criteria will be explained in the first session of the course.

In order to pass the course, each of the sections indicated for the final grade must be passed. The attendance with active participation is obligatory in the practical classes, being able to be justified up to 20% for reasons of force majeure.

Those students who do not comply with the aforementioned requirements have the right to take a theoretical-practical examination at the second call and to present the work agreed upon to pass the practical section of the subject.

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Basic

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- RUIZ, L.M. y SÁNCHEZ, F. Rendimiento deportivo. Claves para la optimización de los aprendizajes. Gymnos. 1997.
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- SUN TZU. El arte de la guerra. Diferentes versiones: Efad, S.A. Thomas Cleary. Arca de Sabiduría (1999).

Additional

- BAYER, C. Técnica: La formación del jugador. Hispano-Europea. 1987. Barcelona.
- DELGADO NOGUERA, M.A. Influencia entre la información visual y verbal en la iniciación al fútbol. Inef. 1983. Madrid.
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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

ADDENDA A LA GUIA DOCENT MOTIVADA PER COVID 19 - 2n QUADRIMESTRE (1r i 2n CONVOCATÒRIA)

Continguts / Contenidos

Es mantenen els continguts inicialment arreplegats a la guia docent. La formació no presencial no impedeix impartir cap contingut per raons inherents a les característiques d'aquest tipus de docència.

Volumen de trabajo y planificación temporal de la docencia

Es manté el pes de les diferents activitats que sumen les hores de dedicació en crèdits ECTS marcades en la guia docent original. No s'afegiren activitats pel canvi de metodologia docent ja que l'estructura de l'assignatura, amb treballs individuals semanals, s'ajusta molt bé a la docència no presencial.

Metodología docente

Les actuacions docents previstes:

1. Pujada de materials a l'Aula virtua. Aquests materials serán audiovisuales, en lloc d'únicament visuals
2. Proposta d'activitats per aula virtual
3. Debats al fòrum
4. Desenvolupament de projectes. Projecte col·lectiu per al qual cal que els estudiants col·laboren per a la seua el·laboració.
5. Fòrum en Aula Virtual.

Evaluación

Es manté l'avaluació proposada composta per:



1. Proves d'avaluació per treballs acadèmics
 2. Proves d'avaluació per projectes
 3. Prova escrita oberta (examen tradicional) però distribuïda en aula virtual
- L'única diferencia és la prova escrita oberta que caldrà fer-la a través de l'aula virtual

