

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

Code	33231
Name	Specific applications for swimming training
Cycle	Grade
ECTS Credits	6.0
Academic year	2020 - 2021

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	29 - Applications for swimming training	Optional
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	29 - Aplicación específica al entrenamiento en Natación	Optional

Coordination

Name	Department
CHULVI MEDRANO, IVAN	122 - Physical and Sports Education
LLANA BELLOCH, SALVADOR	122 - Physical and Sports Education

SUMMARY

Swimming as a sport emerged in the late nineteenth century. Since then, much he has changed his training, both technically and in water and dry. In this matter, the / as alumni / ae will expose the most accepted by the international community regarding the different alternatives for training aimed at skills competition.



PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

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

Other requirements

To be able to take the course, students must have a basic knowledge of the technical execution model of the four styles of competition, as well as their starts and turns

OUTCOMES

LEARNING OUTCOMES

The / the student / a will be able to start in swimming at competition level, acquiring the regulatory knowledge required level (1) (2) training of technical and tactical swimming, (3) physical training in water and dry, and (4) to plan competition seasons.

DESCRIPTION OF CONTENTS

1. Specific components of swimming training

the swimming technique of the competition styles (butterfly, back, breaststroke, freestyle, individual and relay styles), their starts and turns

2. Swimmer training systems in the water

training means and methods in the so-called light aerobic, medium aerobic, anaerobic threshold, intense aerobic, lactate tolerance, lactate potency, alactium capacity and alactium potency training zones

3. Dry swimmer training systems

means and methods of flexibility training. Means and methods of muscle strength training

4. Season design and planning

traditional planning, integrated macrocycle planning, ATR planning, reverse planning

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Theory classes	30,00	100
Classroom practices	30,00	100
Study and independent work	54,00	0
Preparation of evaluation activities	14,00	0
TOTAL	128,00	

TEACHING METHODOLOGY**1- Group learning with the teacher**

- Theoretical classes (single group): will be held in classrooms of the FCAFD. They shall establish the theoretical framework for the content set out in paragraph 6.
- Practical classes (2 groups): they will take place in the swimming pool. In them, students will experience in a practical way the contents taught in the classroom and, progressively, they will have to reach the required level of execution.

2- Individual volunteer work.

The aim of this course is for students to deepen their knowledge of a specific aspect of the subject. In order to do this, they must know how to use databases to find the information and then structure and integrate it into a document that they must present in class as a communication to the congress.

3- The tutoring

The tutorials will be carried out individually or in groups, either using the student's office hours, the school timetable or through the virtual classroom.

EVALUATION

Ordinary session (January).

The final grade for the course depends on the following topics:

SECTION 1: theoretical test.

A review of 40 multiple choice questions to be held on the date and time marked for the final exam of the subject in Centre Board. The choice questions arise 4 possible options, and only one of them will be true. The rating is as follows:

- Each hit will 0.25 points ($10/40 = 0.25$).
- Each error subtract one-third of what a success rate, ie, $0.25 / 3 = 0.083$ points.

It is binding exceed 5 (out of 10) to pass the course.



Will mean up to 7 points in the final mark.

SECTION 2: voluntary activities.

2.1: practical test.

It will consist of test swim 200m individual medley (you can always make individual adaptations and when there is a medical justification told to do so), with the evaluation criteria include:

to check out, swim and turnarounds in accordance with regulations and according to the techniques taught in class,

swim pace should be "stable ", as explained in class, and

exceeded the previous sections, the note is as follows:

1.

Male			Female	
Time	Score		Time	Score
> 5.00.0	0		> 5.20.0	0
4.45.0	1		5.05.0	1
4.30.0	2		4.50.0	2
4.15.0	3		4.35.0	3
4.00.0	4		4.20.0	4
3.45.0	5		4.05.0	5



3.30.0	6		3.50.0	6
3.15.0	7		3.35.0	7
3.00.0	8		3.20.0	8
2.45.0	9		3.05.0	9
2.30.0	10		2.50.0	10

Will mean up to 0,75 points in the final grade.

2.2. Work.

Those students who wish may perform volunteer work. They must meet the following requirements:

Agree the issue with the teacher: deadline two weeks after the start of classes.

Delivery justified index: deadline two weeks from the consensus of the subject.

Delivery of the work: deadline first week of November.

The rating is as follows:

Calificación del trabajo	Nota
Excelente	0,75 puntos
Muy bueno	0,50 puntos



Bueno	0,25 punto
Regular	0 puntos
Malo	0 puntos

2.3. Assistance to Swimming Congress.

Prior to attending the conference, the student / teacher should present the program of the congress. Depending on the workload, theme and speakers, you can be up 0,25 points in the final grade for the course.

After attending the conference, the student must present a certificate of attendance and a document prepared by him which indicate and justify what has brought.

SECTION 3: attendance and participation in class.

Active participation in the development of classes may be up 0.5 points in the final grade. This score will depend on the discretion of the teacher.

FINAL NOTE

The final grade is obtained from the sum of the partial notes of each of those paragraphs, provided that the theoretical exam is approved.

Extraordinary convocation (June).

The evaluation criteria are similar to those of the first call, therefore, the note of the different paragraphs is kept, which will have the same percentage value than in the first call (this will be valid within the the same academic year, i.e. no partial grades are kept from a course for the next academic year).

On the date and time approved by the Centre Board, a test will be carried out. similar to that indicated in paragraph 1.

From paragraph 2 (voluntary activities), the test may be carried out practice (section 2.1.) and conference attendance (section 2.3.).



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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

English version is not available

4. Evaluación

Se mantienen los criterios de evaluación en la guía de la materia:

APARTADO 1: prueba teórica. Se mantiene.

APARTADO 2: actividades voluntarias. Se mantienen. Tan solo la prueba práctica podría ser modificada/eliminada en el supuesto de que la instalación estuviera cerrada y no fuera posible realizarla.