

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

Code	33238
Name	Activities in Nature
Cycle	Grade
ECTS Credits	4.5
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	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.

OUTCOMES

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.



LEARNING OUTCOMES

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 nature. Acquire 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
3. Weather forecast
4. Orientation with maps, compass and GPS
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. Normative aspects and regulations of sports in nature.
9. Materials and their evolution. Management of resources in outdoor activities and sports.
10. Organization of courses, events in nature
11. 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
Study and independent work	10,00	0
Readings supplementary material	5,00	0
Preparation of practical classes and problem	35,00	0
Resolution of case studies	11,50	0
TOTAL	106,50	

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

EVALUATION

The qualification of the student will be the result of evaluating the practical (continuous evaluation in the activities) and theoretical contents: the attendance to the classes, the acquisition of basic abilities (practices) in several sports (70%); the presentation of diverse works (15%) and the exposition of these; the participation in activities and events organized by the own University or other entities, the students or the teaching staff; the presentation of the notebook of practices (memory of the subject) (15%); and the final examination for those who have not passed some of the previous sections.

The obtaining of a negative grade, either in the totality or in any of the indicated sections, will give rise to the realization of a theoretical and practical examination to be able to pass the subject. This examination will consist of a multiple-choice test, which must be passed (with a score of 5) in order to take a second



theoretical-practical test.

REFERENCES

Basic

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- Colorado, J. (2007) Cómo predecir el tiempo en montaña. Ediciones Desnivel. Madrid.
- Corbellini, G. (1998). Manual de orientación. El mapa, la brújula, el cielo, el GPS. Madrid: Tutor
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- Loots, J. (2000) Kayak de mar. Editorial Paidotribo, Barcelona.,
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- Sayer, B. (2013) Rowing and Sculling: The Complete Guide. Robert Hale Eds. London
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- Tibbs, Chris. (2011) Manual de meteorología marina Ediciones Tutor. Madrid.
- Viannay, P. (1997) El nuevo curso de navegación de Glénans. Ed Tutor. Madrid.

Additional

- Colorado, J. (2001). Montañismo y Trekking. Manual completo. Madrid: Desnivel
- Lewis, S. P. & Cauthon, D. (2002). Del rocódromo a la roca. Madrid: Desnivel.
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- Pinos, M. (1997). Guía práctica de la iniciación a los deportes en la naturaleza. Para niños y jóvenes. Madrid: Gymnos
- Algarra, J.L., Gorrotxategi, A. (2002). Ciclismo total. La formación del ciclista. Ed. Gymnos. Madrid
- Winter, S. (2000). Escalada deportiva con niños y adolescentes. Madrid: Desnivel.



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