Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280316 **Name:** Planning and Methodology of Training in PA

Credits: 6,00 **ECTS Year:** 3 **Semester:** 2

Module: 3) Specific Obligatory Formation Module.

Subject Matter: Physical exercise, fitness and sports physical training. **Type:** Compulsory

Field of knowledge: Health Sciences

Department: Physical Preparation and Conditioning

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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Module organization

3) Specific Obligatory Formation Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Physical activity and physical exercise for health and with special populations.	12,00	Physical Activity and Health	6,00	3/1
		Presciption and Programmes for Healthy Lifestyles	6,00	4/1
Physical exercise, fitness and sports physical training.	18,00	Evaluation of Biological Condition	6,00	3/1
		Planning and Methodology of Training in PA	6,00	3/2
		Prevention and Rehabilitation of Injuries in PA	6,00	4/1
Teaching of Physical Education and Sports.	18,00	Design, Evaluation and Intervention in Educational Programmes	6,00	4/1
		Didactics and Methodology of Sports and Physical Activity	6,00	3/1
		Social Morality and Professional Deontology	6,00	4/1
Sports organization and management.	12,00	Sports Marketing	6,00	3/2
		Sports Training Planning and Organisation	6,00	3/1

Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

R1	Design physical-sports programs and content for the development of various capacities and skills from a multidisciplinary perspective.
R2	Correctly handle different technologies to design the physical-sports preparation and/or training process.
R3	Select the appropriate training method for prescribing physical activity, considering the needs of each population and context.
R4	Adequately argue and justify (in written or oral form) methods and physical activity programs based on the type of population and application context.

Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4	40,00%	Written and/or practical tests.
R1, R3	45,00%	Individual or Group Work / Project.
R2, R4	15,00%	Exercises and Practices in the Classroom.

Observations

This course is NOT eligible for a single assessment request in accordance with Article 10.3 of the GENERAL REGULATIONS FOR ASSESSMENT AND GRADING OF OFFICIAL COURSES AND UCV DEGREE PROGRAMS.
The student may keep the evaluation instruments passed during the 3 years following the first enrollment.
It is necessary to obtain a 50% in all the evaluation instruments to pass the course.
Additionally, for this course, **failure to attend 80%** of the practical sessions and presentations indicated as such in the schedule **will prevent the student from being assessed** in both exam sessions of the course, and they will have to retake the course in the following academic year.
If any of these criteria is not met, the student will be graded with a maximum of 4.5.
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SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written and/or practical tests

It consists of a single final test on the dates of the official convocation .
Test type test, 4 options: 1 wrong subtracts 33,3%.
Practical question (development question on a practical case related to the content of the course).
Final grade: 70% multiple-choice test, 30% practical question.
The final grade can be obtained, provided that each section of the exam is passed with a minimum grade of 5 out of 10.

Exercises and Practices in the Classroom

Delivery of tasks by the Platform carried out during the practical session.

Individual or Group Work / Project

Annual planning of a sport to choose. It will be done by groups. It must be adjusted to the contents described in the regulations of the work. Failure to comply with the established delivery dates will be considered a waiver of the first call.
Argue and justify the annual planning (oral defense).

Final grade:
·50% written work
·50% oral defense

The detailed explanation (procedure for the assignments) as well as the evaluation tools (worksheets or rubrics) of each section will be posted on the platform of each group at the student's disposal.

Use of Artificial Intelligence Tools in the CAFD Degree Program

Use of Artificial Intelligence tools in the CAFD degree program In the Bachelor's Degree in Physical Activity and Sports Sciences (CAFD), the use of Artificial Intelligence (AI) tools is permitted in a complementary and responsible manner, as long as it contributes to active learning, the development of critical thinking, and the improvement of students' professional skills. Under no circumstances should AI replace personal effort, direct practice, or independent reflection, which are fundamental pillars of this degree program.

Permitted Uses of AI:

·Obtaining alternative explanations of theoretical or methodological concepts.

·Generating outlines, concept maps, or summaries to support study.

·Simulating interviews, questionnaires, or training sessions as part of methodological or research practices.

·Receiving feedback on report writing, provided that the original content is the student's own.

·Supporting the search for bibliography or scientific references, always contrasting with reliable and real academic sources, and respecting the CAFD regulations for the presentation of university work.

Prohibited Uses of AI:

·Writing complete sections of academic papers, classroom exercises and practices, internship reports, journals, or portfolios, as well as the Final Degree Project.

·Formulating hypotheses, objectives, or conclusions for academic work.

·Replacing qualitative or quantitative data analysis with automated tools without human validation.

·Creating videos, presentations, or avatars with AI as a substitute for the student's oral or practical presentation.

·Obtaining automatic answers to tests, rubrics, or assessable activities through the use of AI.

Citation and Attribution Guidelines:

·Any use of AI tools must be explicitly acknowledged in the submitted document (e.g., in a footnote or appendix).

·The name of the tool, the purpose of use (e.g., grammatical review, organization of ideas, interview simulation), and where it was used in the work must be indicated.

·Responsible use of AI will be evaluated within the framework of originality, academic honesty, and digital competence.

Additional recommendations:

Students are encouraged to combine the use of AI with traditional methods (manual problem solving, practical session design, direct observation, etc.) to ensure the comprehensive development of their skills.

If there are any doubts about the permitted use of AI in a specific activity, students should consult the faculty responsible for the course.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

M1 Attendance at practices.

M2 Resolution of problems and cases.

M3 Discussion in small groups.

M4 Practical laboratories.

M5 Presentation of content by the teacher.

M6 Practical lesson.

M7 Group dynamics and activities.

IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M3, M5, M7	R1, R3	22,50	0,90
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity. M2, M3, M6, M7	R2, R4	31,50	1,26
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2, M7	R1, R2, R3, R4	4,00	0,16
TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M3	R3, R4	2,00	0,08
TOTAL		**60,00**	**2,40**

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring. M2, M7	R1, R2, R3, R4	70,00	2,80
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces. M2	R2, R3	20,00	0,80
TOTAL		**90,00**	**3,60**

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
BLOCK 1	Definitions and basic concepts in the field of planning and periodization of physical-sports training.
BLOCK 2	Phases of training planning and variables to consider.
BLOCK 3	Structures of the periodization of physical-sports training.
BLOCK 4	Training periodization models
BLOCK 5	The periodization of training contents according to different contexts and time structures.
BLOCK 6	The realization of a training planning.

Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK 1	2,00	4,00
BLOCK 2	5,00	10,00
BLOCK 3	5,00	10,00
BLOCK 4	5,00	10,00
BLOCK 5	3,00	6,00
BLOCK 6	10,00	20,00

References

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