



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282056 **Name:** Sports in Nature: Specific Techniques

Credits: 4,50 **ECTS** **Year:** 3, 4 **Semester:** 2

Module: 4) Optional Module.

Subject Matter: Sports in the Natural Environment **Type:** Elective

Field of knowledge: Health Sciences

Department: Physical-Sports Disciplines and Activities

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Inclusive Activities and Practices	4,50	Inclusive Activities and Practices in the Areas of Education and Leisure Time	4,50	3, 4/2
Anthropology.	12,00	Anthropology	6,00	3/1
		Science, Reason and Faith	6,00	3/2
Collective Sports	22,50	Basketball	4,50	4/2
		Football	4,50	4/2
		Handball	4,50	3, 4/2
		Hockey	4,50	This elective is not offered in the academic year 25/26
		Volleyball	4,50	
Adversary Sports	18,00	Fencing	4,50	This elective is not offered in the academic year 25/26
		Judo	4,50	
		Paddle	4,50	
		Tennis	4,50	



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Sports in the Natural Environment	4,50	Sports in Nature: Specific Techniques	4,50	3, 4/2
Individual sports	22,50	Athletics	4,50	3, 4/2
		Cycling	4,50	This elective is not offered in the academic year 25/26
		Gymnastics	4,50	3, 4/2
		Swimming	4,50	4/2
		Triathlon	4,50	3, 4/2
Direction and Management of Gyms and Sports Centers	4,50	Gym and Sports Centre Management and Administration	4,50	This elective is not offered in the academic year 25/26
Idiom	9,00	Inglés Avanzado para Ciencias Actividad Física y Deporte	4,50	3, 4/2
		Inglés Intermedio para Ciencias Actividad Física y Deporte	4,50	3, 4/2
Sports facilities	4,50	Sports Facilities	4,50	This elective is not offered in the academic year 25/26
Research Methods and Techniques	4,50	Applied Research Methods and Techniques in Sport Sciences	4,50	4/2
Nutrition	4,50	Nutrition	4,50	3, 4/2
Professional Itinerary Electives	27,00	Fitness and Physical Conditioning	6,00	4/1



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Professional Itinerary Electives	Pedagogy in Educational Values in Sports and Physical Activity	6,00	4/1
	Skills, Entrepreneurship and Employment	3,00	4/2
	Sports Management of Human and Economic Resources	6,00	4/1
	Theory and Practice of Training for High Performance in Sports	6,00	4/1
Trends in sports practices	4,50	Trends in Sports Practices	4,50
			This elective is not offered in the academic year 25/26
Social Skills and Group Dynamics	4,50	Social Skills and Group Dynamics	4,50
			This elective is not offered in the academic year 25/26



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 Correct and optimize the technical execution of tasks/exercises/technical movements related to sports in nature, providing appropriate feedback.
- R2 Identify and transfer inherent values of sports in nature through responsible practices
- R3 Analyze, critically evaluate, and engage in dialogue with diverse documentary information sources (in Spanish and English) from a multidisciplinary perspective regarding sports in natural environments.
- R4 Make decisions in natural environment sports, acting autonomously, safely, and in solidarity with peers.
- R5 Analyze installations and sports spaces, their accessibility, safety, and functional design, in order to safely and healthily practice sports in the natural environment.
- R6 Define and adapt physical-sports activities in natural environments with sustainability and environmental respect criteria applied to different groups



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R4, R5	40,00%	Written and/or practical tests.
R1, R2, R4, R5, R6	40,00%	Exercises and Practices in the Classroom.
R3, R6	20,00%	Oral tests or presentation.

Observations

- This course is NOT susceptible to requesting a single evaluation according to article 10.3 of the GENERAL RULES FOR EVALUATION AND GRADING OF OFFICIAL COURSES AND UCV's OWN DEGREES.
- The student may keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is not necessary to obtain a minimum in the evaluation instruments, so the grades will be added together according to their weighting percentage.
- If any of these criteria is not met, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written and/or practical tests

The evaluation system of the subject is cumulative, so the grades obtained in the different partial exams are independent and are added together. The organization will be as follows: (30%) Partial exam of the practical contents of the subject (knots, maneuvers, techniques applied to different sports). A first partial exam may be taken to eliminate material for the final practical exam. Date according to schedule. The student will be given a worksheet with different techniques/maneuvers that can be performed, and a maximum time of 20 minutes to perform as many maneuvers as possible. Each maneuver will be given a score depending on its complexity. The final grade will be the sum of each maneuver performed. (10%) Theoretical-practical exam of the rest of the contents of the course on the dates of the official call. It is a multiple-choice exam: True or False. The standard penalty system will be 1 wrong subtract 100%.

Exercises and practices in the classroom

The participation in the different tasks carried out in class will be reflected in the session card in which the contents worked on will be indicated and a reflection on the participation will be made.

Oral tests or exposition



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Oral exposition of one of the projects or contents of the subject. The student will have 5-10 minutes to make the presentation to the class. To be able to make the presentation it will be necessary to have done at least 1 tutorial with the teachers.

The detailed explanation (procedure of the tasks) as well as the evaluation instruments (cards or rubrics) of each section will be published in 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. M5	R1, R2, R5, R6	6,00	0,24
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, M5, M6, M7	R1, R2, R3, R4, R5	33,00	1,32
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	R1, R5, R6	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. M2, M7	R3	2,00	0,08
TOTAL		45,00	1,80



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, R6	20,00	0,80
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	R6	47,50	1,90
TOTAL		67,50	2,70

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
BLOCK 1	Theoretical and practical fundamentals of sports in the natural environment (DMN)
BLOCK 2	Ropes and rope handling applied to different NMD's.
BLOCK 3	Low and medium mountain sports: specific techniques
BLOCK 4	Water sports: specific techniques
BLOCK 5	Safety and complementary training in NMD
BLOCK 6	Research and project management in NMD



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK 1	4,00	8,00
BLOCK 2	4,00	8,00
BLOCK 3	12,00	24,00
BLOCK 4	2,00	4,00
BLOCK 5	4,00	8,00
BLOCK 6	4,00	8,00



References

BASIC REFERENCES:

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- López, R. (1999). Senderisme. Arola Ed. Tarragona
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ADDITIONAL REFERENCES:

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