



## Information about the subject

**Degree:** Bachelor of Sciences of Physical Activity and Sport

**Faculty:** Faculty of Physical Activity and Sport Sciences

**Code:** 282063 **Name:** Inglés Intermedio para Ciencias Actividad Física y Deporte

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

**Module:** 4) Optional Module.

**Subject Matter:** Idiom **Type:** Elective

**Field of knowledge:** Health Sciences

**Department:** Basic Sciences and Cross-disciplinary Subjects

**Type of learning:** Classroom-based learning

**Languages in which it is taught:** English

**Lecturer/-s:**

OAC30 Katherine Haug (**Profesor responsable**)

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OAC304 Pablo Daniel Soltice Berenguer (**English Responsible Lecturer**)

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OAC30B Chiara De Luca (**English Responsible Lecturer**)

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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<br>Itinerary Electives | Pedagogy in Educational<br>Values in Sports and<br>Physical Activity | 6,00                                | 4/1  |
|                                     | Skills, Entrepreneurship<br>and Employment                           | 3,00                                | 4/2  |
|                                     | Sports Management of<br>Human and Economic<br>Resources              | 6,00                                | 4/1  |
|                                     | Theory and Practice of<br>Training for High<br>Performance in Sports | 6,00                                | 4/1  |
| Trends in sports<br>practices       | 4,50   | Trends in Sports<br>Practices       | 4,50   |
|                                     |  |                                     | This elective is not<br>offered in the<br>academic year<br>25/26 |
| Social Skills and<br>Group Dynamics | 4,50   | Social Skills and Group<br>Dynamics | 4,50   |
|                                     |  |                                     | This elective is not<br>offered in the<br>academic year<br>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 Produce well-organized oral texts in English (at B1+ level) appropriate for the interlocutor and their communicative purpose in general communication contexts and contexts related to Physical Education and Sports Sciences (CAFID).
- R2 Engage in oral debates in English (at B1+ level) with correctness, fluency, and spontaneity that allow for maintaining interaction, reacting, asking questions, and repeating what the interlocutor said to ensure mutual understanding in communication contexts.
- R3 Identify the general meaning, essential information, main points, and relevant details in clearly structured oral texts delivered in standard English (at B2 level) at a moderate pace and transmitted live.
- R4 Compose simple and cohesive written texts in standard English (at B2 level), whether public or private, that require conveying or contrasting information, narrating stories, describing experiences or events (real or imaginary), feelings, and reactions.



## Assessment system for the acquisition of competencies and grading system

| Assessed learning outcomes | Granted percentage | Assessment method                   |
|----------------------------|--------------------|-------------------------------------|
| R1, R2, R3, R4             | 50,00%             | Written and/or practical tests.     |
| R1, R2, R3, R4             | 30,00%             | Individual or Group Work / Project. |
| R1, R2, R3, R4             | 20,00%             | Oral tests or presentation.         |

### Observations

#### Specifications of the evaluation instruments.

##### **·Written and/or practical tests (50% final mark):**

Partial exams (see dates in the course schedule). They may consist of different parts: listening comprehension, reading comprehension, written expression, oral expression and use of English (grammar and specific and/or general vocabulary). The type of questions in each of the tests may be:

1. multiple-choice questions: 3-4 answer options. No penalty for wrong answers.
2. True-false questions: The standard penalty system will be 1 wrong answer subtracting 50% of the value of a correct answer.
3. Short answers: no deduction for wrong answers.
4. Developmental questions: they must be answered correctly in both content and form (grammatical and lexical correctness) in order to obtain the maximum mark for each of them.

Final exam: same format as the mid-term exams, to be taken on the dates of the official exam dates.

Portfolio/sampler of exercises and practices carried out in the classroom during practical or theoretical sessions. These exercises and practices can be reading tasks, listening comprehension tasks, language use tasks, among others. The assignments must be handed in on time and in the correct form, meeting the minimum established criteria. The final grade for this instrument will be determined by taking into account whether the minimum criteria of the assignment are met, as well as the quality of the assignments handed in.

##### **·Individual/group work/project (30%):** This assessment instrument is divided into two parts:

1. Written paper (15%): completion and delivery of at least one individual or group work on different topics related to sport practice and/or preparation, sport spaces, or others. A specific topic will be assigned to each student/group of students.



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2. Audiovisual presentation of the work(s) (in person or on video, to be determined) (15%).

· **Oral tests or exhibition** (20%) This assessment tool may consist of one or several tests, each of which may include:

1. Interview or brief commentary on general aspects and aspects worked on in the classroom during theoretical or practical sessions.
2. Debate/exchange of ideas among students on topics related to sport practice and other areas worked on in class.
3. Planning and brief oral presentation of an assigned topic.

· The student may keep the assessment instruments passed for 3 years after the first registration.

· A compulsory attendance of 80% of the sessions is required.

· It is necessary to obtain 50% in all instruments to pass the subject.

· If any of these criteria are not met, the student will be graded with a maximum of 4.5.

· This subject can be applied for a single assessment by means of a request to the Secretary's Office, providing the appropriate evidence and justification for the request. This is essential for the application to be assessed by the subject's teaching staff.

The detailed explanation (procedure of the tasks) as well as the evaluation instruments (cards or rubrics) of each section will be published 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.



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### 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.<br>M2, M5, M7  | R1, R2, R3, R4    | 10,00        | 0,40        |
| 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.<br>M2, M4, M5, M6 | R1, R2, R3, R4    | 23,00        | 0,92        |
| EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.<br>M2  | R1, R2, R3, R4    | 5,00         | 0,20        |
| TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher.<br>Presentation of diagrams and indexes of the proposed works.<br>M2, M5                                    | R2, R3, R4        | 7,00         | 0,28        |
| <b>TOTAL</b>  |                   | <b>45,00</b> | <b>1,80</b> |



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## 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.<br>M2, M7   | R2, R3, R4        | 22,50        | 0,90        |
| 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.<br>M2, M5, M7 | R2, R3, R4        | 45,00        | 1,80        |
| <b>TOTAL</b>   |                   | <b>67,50</b> | <b>2,70</b> |



## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

| Content block | Contents  |
|---------------|---|
| BLOCK I       | Language skills: review and practice of the main grammatical, lexical, functional and pragmatic elements of B1+ level. Specific area: Sport context, general questions: basic actions, implements, places where sport is practised, sport professionals, expression of sport results. |
| BLOCK II      | Language skills: review and practice of the main grammatical, lexical, functional and pragmatic elements of level B1+. Specific area: Sport context, general issues: competition sport, adventure activities and conditioning activities.   |
| BLOCK III     | Language skills: review and practice of the main grammatical, lexical, functional and pragmatic elements of B1+ level. Specific area: Physical activity and health.   |
| BLOCK IV      | Language skills: review and practice of the main grammatical, lexical, functional and pragmatic elements of B1+ level. Specific area: Psychosocial aspects of sport.  |
| BLOCK V       | Language skills: review and practice of the main grammatical, lexical, functional and pragmatic elements of B1+ level. Specific area: Research in Sport Science.  |



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### Temporary organization of learning:

| Block of content | Number of sessions | Hours |
|------------------|--------------------|-------|
| BLOCK I          | 5,50               | 11,00 |
| BLOCK II         | 5,50               | 11,00 |
| BLOCK III        | 5,50               | 11,00 |
| BLOCK IV         | 4,00               | 8,00  |
| BLOCK V          | 2,00               | 4,00  |

## References

### BASIC REFERENCE:

Hernández, A. y Prades, C. (2019). *English for Physical and Sports Activities*. Altamar

### COMPLEMENTARY REFERENCES:

Evans, V., Dooley, J., & Graham A. (2019) *Career Paths: Sports*. Express Publishing  
*Healthline Fitness*. (n.d.). <https://www.healthline.com/fitness>

Nisco, M. C. (2017). *The English Training Lab. Sports and Health in ESP Contexts*.

*PE Blog | Resources for PE Teachers and Coaches*. (n.d.). PE Blog.

<https://blog.peoffice.co.uk/>

Rea, S. (2023). *Sports Science: A complete introduction*. Hachette UK.