



## Information about the subject

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

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

**Code:** 282072 **Name:** Triathlon

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

**Module:** 4) Optional Module.

**Subject Matter:** Individual sports **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	



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



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 Show, correct, and optimize the technical execution of tasks/exercises/technical movements in triathlon, providing appropriate feedback.
- R2 Describe and practically prioritize the configurative elements (coordination, cognitive, conditional, socio-affective, and emotive-volitional) that make up triathlon based on age, levels, and contexts.
- R3 Design and apply tasks and sessions for the development of the different capacities and skills of triathlon and each of its segments (swimming, cycling and running), using teaching-learning methodologies appropriate to different ages, levels and contexts.
- R4 Scientifically justify content related to human locomotion in aquatic and terrestrial environments.
- R5 Measure and interpret physical fitness in aquatic and terrestrial environments to optimize health and/or physical-sports performance.



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

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R5	40,00%	Written and/or practical tests.
R1, R2, R3, R4, R5	20,00%	Individual or Group Work / Project.
R1, R2, R3, R5	10,00%	Exercises and Practices in the Classroom.
R1, R2, R4	20,00%	Oral tests or presentation.
R3, R4, R5	10,00%	Non-face-to-face autonomous work.

### 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 will be able to keep the evaluation instruments passed during the 3 years following the first enrollment.
- In order for an evaluation instrument to contribute to the overall grade of the subject, it is necessary to obtain at least 50% in each of the following:
  - Written and/or practical tests
  - Individual or group work/project.
  - Oral tests or exposition
  - Exercises and practices in the classroom

### Important:

- **Completion of these instruments is voluntary**, not mandatory.
- However, **they will only be added to the final grade if 50% is reached in each of them**.
- The instrument of **autonomous non-attendance work** is considered voluntary and cumulative, **with no minimum requirement** for its valuation.
- **Attendance to all the practical sessions indicated in the chronogram is compulsory**.

Students must attend at least 80% of these sessions in order to be evaluated in any of the two calls of the course. If this percentage is not reached, students will have to repeat all the practicals in the following registration.

- 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 course is cumulative, so the grades obtained in the different partial exams are independent and are added together.

The organization of this section will be as follows, divided into two parts:

1.(20%) Practical midterm exams. Two tests that will consist of applying theoretical and practical knowledge acquired about Triathlon (technical analysis, error correction, learning exercises, training tasks, application of tests, among others). Date according to schedule.

2. (20%) Theoretical-practical exam of the rest of the contents of the course on the dates of the official convocation. It consists of two parts:

-Test type: True or False. The standard penalty system will be 1 wrong subtract 100%.

-Short questions, of interpretation and development: both theoretical and practical application of knowledge.

### Individual or Group Work/Project

A project related to the course content may be carried out: design and application of training sessions for one of the triathlon disciplines, specific triathlon planning, design and application of teaching sessions in a school context (PE), application of assessment tests, nutrition applied to triathlon, technical analysis video tutorials, review and research work, interviews with experts or elite athletes, among others.

### Oral tests or exposition

Oral presentation in class of the group or individual project carried out. In order to give the oral presentation, students must attend at least three preparation tutorials. Date according to schedule.

### Exercises and practices in the classroom

This instrument includes the tasks carried out by the students both in the practical and theoretical sessions, as well as through the virtual platform. The tasks may include: questionnaires or forms, tasks on technical exercises, data calculations, individual reflections on practices carried out, among others.

The tasks must be submitted in a timely manner, meeting the minimum criteria established. The final grade for this instrument will be determined by taking into account whether the minimum criteria for the task are met, as well as the quality of the tasks submitted.

### Autonomous non-classroom work

This instrument includes individual activities that complement the student's learning process outside the classroom. Options include:

- **Individual portfolio for the subject**, covering all sessions completed, including personal reflections, critical analysis, and additional information.- **Reflection reports** after participating in volunteer activities or competitions related to triathlon. These activities may be proposed by both teachers and students, provided they are previously agreed upon and validated.- **Report on the preparation, participation, and personal experience in a triathlon** (or one of its derivative modalities), with special attention to the training process, planning, and experience gained.- **Other**



**individual projects or activities**, provided they are proposed and agreed upon in advance with the teacher responsible for the subject.

This instrument is **voluntary and cumulative**, and **does not require a minimum score to be assessed**. Each activity carried out will be assessed with a percentage proportional to the number of hours of independent work involved, according to the criteria established in the teaching plan. *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. M2, M5, M7	R1, R2, R3, R4	12,60	0,50
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, R5	26,80	1,07
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, M6, M7	R1, R2, R3, R4, R5	3,80	0,15
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, M5	R1, R2	1,80	0,07
<b>TOTAL</b>		<b>45,00</b>	<b>1,80</b>



## 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, M6, M7	R1, R2, R3, R4, R5	28,50	1,14
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, M6, M7	R1, R2, R3, R4, R5	39,00	1,56
<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 1	Fundamentals of triathlon and paratriathlon
BLOCK 2	Rules and regulations
BLOCK 3	The swimming segment in triathlon, technique, tactics and training
BLOCK 4	The cycling segment of triathlon, technique, tactics and training
BLOCK 5	The triathlon running segment, technique, tactics and training
BLOCK 6	Transitions
BLOCK 7	Planning, control and quantification



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK 1	3,00	6,00
BLOCK 2	3,00	6,00
BLOCK 3	6,00	12,00
BLOCK 4	6,00	12,00
BLOCK 5	6,00	12,00
BLOCK 6	4,00	8,00
BLOCK 7	2,00	4,00



## References

### BASIC REFERENCES:

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Cala A, Cejuela R. (2011). How to get an efficient swim technique in triathlon? *J Hum Sport Exerc*, 6:8

Cardona, C., Cejuela, R., & Esteve-Lanao, J. (2019). Manual para entrenar deportes de resistencia. Guadalajara, México: All In YourMind

Cejuela R., Perez-Turpín J.A., Villa J.G., Cortell J.M., Rodriguez-Marroyo, J.A. (2007). An analysis of performance factors in sprint distance triathlon. *J Hum Sport Exer*, 2(2): 1-25

Costill, D.L., Maglischo, E.W., Richardson, A.B. (2001). Natación. Barcelona. Hispano Europea.

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Navarro, F., Oca, A., y Castañón, F.J. (2003). El entrenamiento del nadador joven. Madrid. Ed Gymnos

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### ADDITIONAL REFERENCES:

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Navarro, F. (1990). Hacia el dominio de la natación. Madrid. Gymnos

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Vilas-Boas, J.P, Alves, F. y Marques, A. (2006) Biomechanics and Medicine in Swimming X. Xth International Symposium. Portuguese journal of sport sciences Vol. 6, suppl. 2. Oporto

**WEBS:**

[www.triatlocv.org](http://www.triatlocv.org)

[www.triatlon.org](http://www.triatlon.org)

<https://www.sportraining.es/>

<http://www.i-natacion.com>

<http://www.todonatacion.com/>

<http://swimmingcoach.org/>

<http://www.nataccion.com/>

<http://revistaentrenamientodeportivo.com>

<http://www.altorendimiento.com/>

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