

## SUBJECT TEACHING GUIDE

### G515 - Physical Education: Motor Skills and Physical Conditioning

Degree in Early Childhood Education  
Degree in Primary Education Teaching

Academic year 2019-2020

1. IDENTIFYING DATA					
Degree	Degree in Early Childhood Education Degree in Primary Education Teaching			Type and Year	Optional. Year 4 Optional. Year 4
Faculty	School of Teacher Training				
Discipline	Speciality in Physical Education Speciality in Physical Education Module: Complementary or Specialised Training				
Course unit title and code	G515 - Physical Education: Motor Skills and Physical Conditioning				
Number of ECTS credits allocated	6	Term	Semester based (1)		
Web					
Language of instruction	Spanish	English Friendly	No	Mode of delivery	Face-to-face

Department	DPTO. EDUCACION				
Name of lecturer	JOSE GUTIERREZ LOPEZ				
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Office	Edificio Interfacultativo. Planta: + 2. DESPACHO PROFESORES (220)				
Other lecturers					

3.1 LEARNING OUTCOMES
- To know, understand and adapt the Physical Activity (PA) to the development phases of PA and Sports practitioners
- To know and differentiate physical conditioning and skill development contents in the school framework
- To know and apply the scientific method within PA and Sports
- To know and apply the more common measurement protocols and instruments used in PE.
- To know how to program different contents related to physical capabilities and motor skills
- To apply the information and communication technology (ICT) in the PE practice.
- To design and develop didactical plannings created to conduce learning processes in an individualized way.
- To apply psychological, pedagogical and social principles to different PA fields.

#### 4. OBJECTIVES

#### 6. COURSE ORGANIZATION

CONTENTS	
1	Fundamental of Perceptual & motor skills didactics.
2	Perceptual & motor skills within Primary School PE curricula
3	Didactical and methodological aspects of the perceptual & motor skills learning process.
4	Perceptual & motor skills teaching.
5	Basic motor skills teaching and learning.
6	Programming and planning perceptual & motor basic skills teaching and learning.
7	Physical Conditioning general concepts and principles.
8	Endurance: Concept, training methods and their adaptation to school and sport levels.
9	Speed: Concept, evolution, training methods and their adaptation to school and sport levels.
10	Strength: Concept, evolution, training methods and their adaptation to school and sport levels.
11	Flexibility: Concept, training methods and their adaptation to school and sport levels.
12	Physical Abilities and capabilities evaluation.

## 7. ASSESSMENT METHODS AND CRITERIA

Description	Type	Final Eval.	Reassessn	%
Test composed of about 40-50 multiple choice questions. 40% of final calification weight.	Written exam	Yes	Yes	40,00
Group work: to design and drive a practical lesson about one concrete aspect of the contents. The rest of the pupils takes the role of children. 30% of final calification weight.	Work	No	Yes	30,00
Lessons attitude and participation. 30% of final calification weight.	Others	No	Yes	30,00
<b>TOTAL</b>				<b>100,00</b>

### Observations

#### ORTHOGRAPHY:

We understand that the university students have assumed the linguistic capacities in relationship to oral and written expression. Therefore, correction is essential and obligatory orthographic (spelling, accentuation and punctuation), grammar and lexical in the works and exams performed as an essential condition to pass the course.

#### PLAGIARISM

About fraudulent conduct (plagiarism) of the evaluation tests, the qualification will be adjusted to what is established in article 54.1 of the Regulation of the processes of evaluation at the University of Cantabria: 'The fraudulent conduct of the tests or evaluation activities will directly result in a grade of '0' in the subject'.

#### CITATION RULES

The faculty assumes the APA standards for all academic work as citation criteria. Although these standards have different editions, as an initial reference we attach the link of the BUC, hoping that this will be of help and reference for its development: <https://web.unican.es/buc/recursos/guias-y-tutoriales/guia?g=28>

### Observations for part-time students

#### Observations Partial Time Students

Partial enrollment students who do not attend class regularly must pass the final written exam and perform a practical work under the teacher specifications. To know this work the student must mail to the teacher in the first three weeks of the beginning of the subject in order to know those specifications.

On the other hand, students with partial enrollment who attend class regularly may benefit from the same evaluation as the rest of their classmates.

## 8. BIBLIOGRAPHY AND TEACHING MATERIALS

### BASIC

VICTOR MAZON y otros Programa de E.F, basado en competencias, 1,2,3,4,5, Y6º INDE.2011

EDUARDO BRAVO. MANUEL LOPEZ .Programacion anual de E.F.Ed Inde 2010

THOMAS R.BAECHELE .Principios del entrenamiento de fuerza y del acondicionamiento fisico. Medica panamericana 2007

GARCIA MANSO J.M.NAVARRO,M;RUIZ JA.Bases teoricas del Entrenamiento Deportivo;Principios y aplicaciones Gymnos 1996

GARCIA MANSO J.M.NAVARRO,M;RUIZ J.A Pruebas de valoracion de la capacidad motriz en el deporte;Gymnos 1996

EMILIO J.MARTINEZ LOPEZ ; Pruebas de aptitud fisica ;Paidotribo 2006

SEBASTIANI, E.M, GONZÁLEZ, C; Cualidades Físicas. INDE, 2000.

FRITZ ZINTL Entrenamiento de la resistencia. Martínez Roca 1991

HAHN E Entrenamiento con niños. Martínez Roca 1988

FRÖHNER, G: Esfuerzo físico y entrenamiento en niños y jóvenes. Paidotribo 2003

GROSSER, M: Entrenamiento de la velocidad. Martínez Roca. 1992

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JIMÉNEZ GUTIÉRREZ, A: Nuevas dimensiones en el entrenamiento de la fuerza. INDE, 2008

SHEPHARD RJ Y ASTRAND PO: La resistencia en el deporte. Paidotribo, 2000

ALTER, MJ: Los estiramientos. Paidotribo, 1990