

SUBJECT TEACHING GUIDE

G515 - Physical Education: Motor Skills and Physical Conditioning

Degree in Early Childhood Education
Degree in Primary Education Teaching

Academic year 2022-2023

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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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 most 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 plans created to conduct learning processes in an individualized way.
- To apply psychological, pedagogical and social principles to different PA fields.

4. OBJECTIVES

To acquire the knowledge, models, theories for designing tasks related to motor skills and physical conditioning.
To know and understand the fundamentals, structures of the different manifestations of human motor skills.
To know and understand the importance of physical activity in the different developmental stages of the child in Primary Education.
To know the most important aspects of physical training and the principles and laws that are related to it
To know the means and procedures to assess the physical capacity of Primary Education students.
To design didactic plans that allow teaching-learning processes to be carried out individually.
To acquire specific knowledge about physical abilities, training systems for each of them and their application in Primary Education.
To know in depth the benefits of physical activity on the body and on health.

6. COURSE ORGANIZATION

CONTENTS	
1	Didactical and methodological fundamentals of perceptual and motor skills.
2	Perceptual and motor skills within the PE curricula in Primary Education.
3	Perceptual and motor skills teaching.
4	Basic motor skills teaching and learning.
5	Programming and planning perceptual and motor basic skills teaching and learning.
6	Physical conditioning general concepts and principles.
7	Endurance: Concept, evolution, training methods and their adaptation to school and sport levels.
8	Speed: Concept, evolution, training methods and their adaptation to school and sport levels.
9	Strength: Concept, evolution, training methods and their adaptation to school and sport levels.
10	Flexibility: Concept, training methods and their adaptation to school and sport levels.
11	Evaluation of basic physical abilities.

7. ASSESSMENT METHODS AND CRITERIA

Description	Type	Final Eval.	Reassessn	%
Official exam. 40% of final calification weight.	Written exam	Yes	Yes	40,00
Group work. 30% of final calification weight.	Work	No	Yes	30,00
Practical sessions. 30% of final calification weight.	Others	No	Yes	30,00
TOTAL				100,00

Observations

Students have to attend at least 85% of the practical sessions (which represent approximately 50% of the total presence of The subject) for continuous assessment. It will be necessary to pass each of the parts of the evaluation in order to have a favorable grade in the subject (exam, works and practical session).

The single evaluation will consist of a written theoretical-practical test, on the date of the official calls. For the second and successive calls, the work and practical classes sections disappear, keeping only the official exam that will have a weight of 100% in the final grade.

When the course is not passed because the minimum grade has not been achieved in some of the assessment parts, the quantitative final grade of the course will be the lowest score between 4,9 and the weighted average of all assessment tests.

ORTHOGRAPHY

University students should have dominated language skills regarding their oral and written expression. It is essential and mandatory orthographic correction (spelling, accents and punctuation), grammatical and lexical in the academic works and exam within the subject, as an essential condition to pass the subject.

PLAGIARISM

Regarding the fraudulent performance (plagiarism) of the evaluation tests, the qualification will be adjusted to what is established in article 32 of the Regulation of the evaluation processes at the University of Cantabria: "Fraudulent performance of the tests or evaluation activities will directly lead to a failing grade of '0' in the subject in the corresponding call, thus invalidating any grade obtained in all the evaluation activities for the extraordinary call".

CITATION RULES

The Faculty of Education assumes APA standards as citation criterion for all academic works. Because these standards have different editions, as initial reference will be used the document exhibited in the Library of the University of Cantabria, referred to in the following link: <https://web.unican.es/buc/recursos/guias-y-tutoriales/guia?g=28>

Observations for part-time students

Since practical experience and interaction among students are essential for a right learning process within this course, part-time students who want to take advantage of the single evaluation have the obligation to pass the criterion of practical classes (assistance and active participation) which represents approximately 50% of the total attendance of the subject.

In addition, they must pass the official exam and do the work corresponding to the practical session.

Those who attend class will be eligible for the same assessment as all students.

Part-time students should arrange an appointment with the teacher within the first three weeks of the course's starting date for explaining the assessment criteria, their situation and making known to the teacher.

8. BIBLIOGRAPHY AND TEACHING MATERIALS

BASIC

- Alter, M. J. (2004). Los estiramientos: bases científicas y desarrollo de ejercicios. Barcelona: Paidotribo.
- Cometti, G. (2002). El entrenamiento de la velocidad. Barcelona: Paidotribo.
- Fröhner, G. (2003). Esfuerzo físico y entrenamiento en niños y jóvenes. Barcelona: Paidotribo
- García Manso, J. M. (1996). Bases teóricas del entrenamiento deportivo: principios y aplicaciones. Madrid: Gymnos.
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- García Manso, J. M. (1996). Pruebas para la valoración de la capacidad motriz en el deporte: evaluación de la condición física. Madrid: Gymnos.
- García Manso, J. M. (1998). La velocidad: la mejora del rendimiento en los deportes de velocidad. Madrid: Gymnos.
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- García-Verdugo Delmas, M. (1997). Entrenamiento de la resistencia de los corredores de medio fondo y fondo. Madrid: Gymnos.
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- González Ravé, J. M., Pablos Abella, C., & Navarro Valdivielso, F. (2014). Entrenamiento deportivo. Teoría y prácticas. Madrid: Editorial Médica Panamericana.
- González Badillo, J. J., & Ribas Serna, J. (2018). Bases de la programación del entrenamiento de fuerza. Barcelona: INDE.
- Jiménez Gutiérrez, A. (2008). Nuevas dimensiones en el entrenamiento de la fuerza: aplicación de nuevos métodos, recursos y tecnologías. Barcelona: INDE.
- Martínez López, E. J. (2006). Pruebas de aptitud física. Badalona: Paidotribo.
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- Sebastiani Obrador, E. M., & Gonzalez Barragán, C. (2000). Cualidades físicas Barcelona: INDE.
- Shephard, R. J., & Astrand, P.-O. (2000). La resistencia en el deporte. Barcelona: Paidotribo.
- Baechle, T. R. (2016). Principios del entrenamiento de la fuerza y del acondicionamiento físico. Madrid: Editorial Médica Panamericana.
- Vasconcelos Raposo, A. (2005). La fuerza. Entrenamiento para jóvenes. Barcelona: Paidotribo.