



1. General information

Course: CICLYING

Type: ELECTIVE

Degree: 314 - DEGREE IN SCIENCES OF THE PHYSICAL ACTIVITY AND OF THE SPORT

Center: 8 - FACULTY OF SPORT SCIENCES

Year: 4

Main language: Spanish

Use of additional languages:

Web site:

Code: 39333

ECTS credits: 4.5

Academic year: 2021-22

Group(s): 40

Duration: C2

Second language: English

English Friendly: Y

Bilingual: N

Lecturer: JULIÁN ALCÁZAR CAMINERO - Group(s): 40

Building/Office	Department	Phone number	Email	Office hours
Despacho 1.71. Edificio Sabatini	ACTIVIDAD FÍSICA Y CIENCIAS DEL DEPORTE	5512/96808	Julian.Alcazar@uclm.es	

2. Pre-Requisites

Not established

3. Justification in the curriculum, relation to other subjects and to the profession

Not established

4. Degree competences achieved in this course

Course competences

Code	Description
A04	Knowing how to apply information and communication technologies (ICT) to the field of Physical Activity and sports Sciences.
A06	Apply the knowledge acquired to the workplace from situations where the student must solve specific problems and develop and defend arguments.
A08	Understand and use common handbooks, as well as manuscripts and, in general, leading bibliography on subjects related to physical activity and sport, in order to prepare reports or solve specific problems that may arise.
B15	Identify the risks that are derived for health, from the practice of inappropriate physical activities.
B18	Prepare and know how to use the sports material and equipment, suitable for each type of activity.
M1161	
M1162	
M1163	
M1164	
M1165	
M1166	
M1167	

5. Objectives or Learning Outcomes

Course learning outcomes

Description

6. Units / Contents

Unit 1:

Unit 2:

Unit 3:

Unit 4:

Unit 5:

Unit 6:

Unit 7:

Unit 8:

7. Activities, Units/Modules and Methodology

Training Activity	Methodology	Related Competences (only degrees before RD 822/2021)	ECTS	Hours	As	Com	Description
Writing of reports or projects [OFF-SITE]	Cooperative / Collaborative Learning	A04 M1164 M1165 M1166 M1167	0.6	15	Y	Y	
		A04 A06 B15 B18 M1161					

Class Attendance (practical) [ON-SITE]	Combination of methods	M1162 M1163 M1164 M1165 M1166 M1167	0.6	15	Y	Y
Field work [ON-SITE]	Combination of methods	A04 A06 B15 B18 M1161 M1162 M1163 M1164 M1165 M1166 M1167	0.6	15	Y	Y
Project or Topic Presentations [ON-SITE]	Cooperative / Collaborative Learning	A04 A08 B15 B18 M1161 M1162 M1163 M1164 M1165 M1166 M1167	0.6	15	Y	Y
Study and Exam Preparation [OFF-SITE]	Self-study	A04 A06 A08 B15 B18 M1161 M1162 M1163 M1164 M1165 M1166 M1167	1.5	37.5	Y	Y
Analysis of articles and reviews [OFF-SITE]	Self-study	A04 A08 B15 M1164 M1165 M1166 M1167	0.6	15	Y	Y
Total:			4.5	112.5		
Total credits of in-class work: 1.8			Total class time hours: 45			
Total credits of out of class work: 2.7			Total hours of out of class work: 67.5			

As: Assessable training activity

Com: Training activity of compulsory overcoming (It will be essential to overcome both continuous and non-continuous assessment).

8. Evaluation criteria and Grading System			
Evaluation System	Continuous assessment	Non-continuous evaluation*	Description
Theoretical exam	0.00%	60.00%	
Self Evaluation and Co-evaluation	10.00%	0.00%	
Assessment of active participation	50.00%	0.00%	
Theoretical papers assessment	20.00%	20.00%	
Other methods of assessment	20.00%	20.00%	
Total:	100.00%	100.00%	

According to art. 4 of the UCLM Student Evaluation Regulations, it must be provided to students who cannot regularly attend face-to-face training activities the passing of the subject, having the right (art. 12.2) to be globally graded, in 2 annual calls per subject, an ordinary and an extraordinary one (evaluating 100% of the competences).

9. Assignments, course calendar and important dates	
Not related to the syllabus/contents	
Hours	hours
Unit 1 (de 8):	
Activities	Hours
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	2
Class Attendance (practical) [PRESENCIAL][Combination of methods]	1
Field work [PRESENCIAL][Combination of methods]	2
Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]	1
Study and Exam Preparation [AUTÓNOMA][Self-study]	3
Analysis of articles and reviews [AUTÓNOMA][Self-study]	1
Group 40:	
Initial date: 31-01-2022	End date: 14-02-2022
Unit 2 (de 8):	
Activities	Hours
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	2
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2
Field work [PRESENCIAL][Combination of methods]	2
Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]	1
Study and Exam Preparation [AUTÓNOMA][Self-study]	3
Analysis of articles and reviews [AUTÓNOMA][Self-study]	2
Group 40:	
Initial date: 14-02-2022	End date: 28-02-2022
Unit 3 (de 8):	
Activities	Hours
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	2
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2
Field work [PRESENCIAL][Combination of methods]	2
Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]	2
Study and Exam Preparation [AUTÓNOMA][Self-study]	2
Analysis of articles and reviews [AUTÓNOMA][Self-study]	1
Group 40:	
Initial date: 28-02-2022	End date: 14-03-2022
Unit 4 (de 8):	
Activities	Hours
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	1

Class Attendance (practical) [PRESENCIAL][Combination of methods]	1
Field work [PRESENCIAL][Combination of methods]	1
Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]	2
Study and Exam Preparation [AUTÓNOMA][Self-study]	3
Analysis of articles and reviews [AUTÓNOMA][Self-study]	2
Group 40:	
Initial date: 14-03-2022	End date: 28-03-2022
Unit 5 (de 8):	
Activities	Hours
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	2
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2
Field work [PRESENCIAL][Combination of methods]	2
Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]	2
Study and Exam Preparation [AUTÓNOMA][Self-study]	6
Analysis of articles and reviews [AUTÓNOMA][Self-study]	2
Group 40:	
Initial date: 28-03-2022	End date: 11-04-2022
Unit 6 (de 8):	
Activities	Hours
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	2
Class Attendance (practical) [PRESENCIAL][Combination of methods]	3
Field work [PRESENCIAL][Combination of methods]	2
Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]	3
Study and Exam Preparation [AUTÓNOMA][Self-study]	10
Analysis of articles and reviews [AUTÓNOMA][Self-study]	2
Group 40:	
Initial date: 11-04-2022	End date: 25-04-2022
Unit 7 (de 8):	
Activities	Hours
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	1
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2
Field work [PRESENCIAL][Combination of methods]	2
Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]	2
Study and Exam Preparation [AUTÓNOMA][Self-study]	2.5
Analysis of articles and reviews [AUTÓNOMA][Self-study]	2
Group 40:	
Initial date: 25-04-2022	End date: 09-05-2022
Unit 8 (de 8):	
Activities	Hours
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	3
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2
Field work [PRESENCIAL][Combination of methods]	2
Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]	2
Study and Exam Preparation [AUTÓNOMA][Self-study]	8
Analysis of articles and reviews [AUTÓNOMA][Self-study]	3
Group 40:	
Initial date: 09-05-2022	End date: 20-05-2022
Global activity	
Activities	hours
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	15
Class Attendance (practical) [PRESENCIAL][Combination of methods]	15
Field work [PRESENCIAL][Combination of methods]	15
Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]	15
Study and Exam Preparation [AUTÓNOMA][Self-study]	37.5
Analysis of articles and reviews [AUTÓNOMA][Self-study]	15
Total horas: 112.5	

10. Bibliography and Sources						
Author(s)	Title/Link	Publishing house	Citv	ISBN	Year	Description
ALGARRA, JL y GORROTXATEGUI, A	El rendimiento en ciclismo	Gymnos			1996	
ALGARRA, JL y GORROTXATEGUI, A	Fundamentos del Ciclismo: el ciclista y su mundo.	Gymnos			1996	
BERNAL RUIZ, JAVIER ALBERTO	Juegos y Actividades en Bicicleta	WANCEULEN			2002	
BUENO LLORENTE	El libro del mountain bike	Desnivel			1992	
BURKE, EDMUND R. y CARMICHAEL, CHRIS	Bicicleta, salud y ejercicio	Paidotribo			1997	
Coggan, Andrew y Allen, Hunter	Entrenar y correr con Potenciómetro	Paidotribo	Barcelona	978-84-9910-459-1	2014	
Friel, Joe	Manual de entrenamiento del ciclista	Paidotribo	Barcelona	978-84-9910-073-9	2011	

Grant Richard, Ballantine Richar	El gran libro de la bicicleta	El País-Aguilar	Madrid	84-03-59182-9	1992	
Gimenez Cases, Juan Tomás	Ciclismo adaptado	Formación	Alcalá	978-84-9088-003-6	2014	
LABARGA NACHO	Samuel, el ciclista de oro	Libros de ruta		978-84-941287-5-2	2015	
LEMOND, G. y GREG, G	Ciclismo completo	Hispano Europea			1991	
PAVELKA ED	Ciclismo para mujeres	Tutor		84-7902-270-1	2000	
Pruitt Andrew L y Matheny Fred	Guía Médica completa para ciclistas	Tutor		978-84-7902-680-6	2006	
SIDWELLS, CHRIS	Manual de reparación de bicicletas	Omega			2004	
Shannon Sovndal	Anatomía del ciclista	Tutor		978-84-7902-780-3	2009	
Urrea, A., & Martin, A	Viajar en bici	Desnivel	Madrid		2010	Manual muy interesante para iniciarse al cicloturismo
	Legislación Nacional y de Ciudades sobre la bicicleta en Ciclojurista					
	http://ciclojuristas.wordpress.com/normativa/					
	Mapa de los principales sistemas de bicis públicas del mundo					
	https://maps.google.com/maps/ms?ie=UTF8&oe=UTF8&msa=0&msid=214135271590990954041.00043d80f9456b3416ced					
	Revista Cicloesfera, actualidad sobre la bicicleta y propuestas interesantes					
	http://ciclosfera.com/revista-ciclismo-urbano					
	Rutas de todo tipo para descargar en Wikiloc					
	http://www.wikiloc.com					
	http://bicymas.blogspot.com/2009/02/el-desarrollo-de-la-bicicleta					
	http://ec.europa.eu/environment/cycling/					
	http://www.eurovelo.org					
	http://www.rodadas.net					
	www.amigosdelciclismo.com					