

**1. General information****Course:** OUTDOOR PHYSICAL ACTIVITIES AND SPORT**Code:** 39324**Type:** CORE COURSE**ECTS credits:** 6**Degree:** 314 - DEGREE IN SCIENCES OF THE PHYSICAL ACTIVITY AND OF THE SPORT**Academic year:** 2022-23**Center:** 8 - FACULTY OF SPORT SCIENCES**Group(s):** 40**Year:** 3**Duration:** C2**Main language:** Spanish**Second language:****Use of additional languages:****English Friendly:** Y**Web site:****Bilingual:** N**Lecturer:** ANDONI AGUIRRE IGARTUA - Group(s): 40

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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
A05	Develop leadership skills, interpersonal relationships and teamwork, regardless of sex, creed, race and disability.
B08	Know and understand the foundations, structures and functions of human motor skills and patterns.
M331	To provide the required knowledge to complete different circuits or routes in the natural environment being supported by orientation systems and environment signs, without using additional resources. Besides, provide information about the use of technical elements such as compasses, planes or GPS, to associate these contents with sports such as orienteering races, tracking, and hiking.
M332	to perform different obstacle overpasses in the natural environment, and to learn basic techniques of rope work, as well as its application to the assembly of ropes for ascents and descents (climbing, rappel descents, zip lines or bridge construction).
M333	to handle a light boat from the canoeing modality, supported by the knowledge of the different techniques of the sport modalities, as well as the basic maneuvers of navigation and games.

5. Objectives or Learning Outcomes**Course learning outcomes****Description**

Students should apply technical assembly of ropes and anchors to carry out ascents and descents in activities such as climbing, abseiling, zip lines or bridge construction

Students should know different outdoor orienteering systems, without any resources, taking advantage of the signs of the environment, or through technical elements such as the compass, map or GPS, relating these contents with the sports application through the orientation races or the crawling tracks or the hiking

Students should know the technical elements of handling a light boat in the modality of canoeing. Applying these techniques to basic navigation and the realization of different games

Additional outcomes**6. Units / Contents****Unit 1:****Unit 2:****Unit 2.1****Unit 3:****Unit 4:**

Unit 5:
Unit 6:
Unit 6.1

7. Activities, Units/Modules and Methodology

Training Activity	Methodology	Related Competences (only degrees before RD 822/2021)	ECTS	Hours	As	Com	Description
Class Attendance (theory) [ON-SITE]	Learning Contract	A05 M331 M332 M333	0.2	5	Y	N	
Class Attendance (theory) [ON-SITE]	Combination of methods	M331 M332 M333	0.6	15	Y	N	
Class Attendance (practical) [ON-SITE]	Combination of methods	B08 M331 M332 M333	1.2	30	Y	Y	
Other off-site activity [OFF-SITE]	Other Methodologies	A05 B08 M331 M332 M333	1.5	37.5	Y	N	
Field work [ON-SITE]	Cooperative / Collaborative Learning	A05 M331 M332 M333	0.3	7.5	Y	Y	
Practicum and practical activities report writing or preparation [OFF-SITE]	Other Methodologies	M331 M332 M333	1.2	30	Y	Y	
Study and Exam Preparation [OFF-SITE]	Other Methodologies	M331 M332 M333	0.9	22.5	Y	Y	
Final test [ON-SITE]	Assessment tests	B08 M331 M332 M333	0.1	2.5	Y	Y	
Total:			6	150			
Total credits of in-class work: 2.4			Total class time hours: 60				
Total credits of out of class work: 3.6			Total hours of out of class work: 90				

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
Practicum performance	15.00%	0.00%	
Practicum and practical activities reports assessment	60.00%	60.00%	
Final test	20.00%	40.00%	
Assessment of active participation	5.00%	0.00%	
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
Class Attendance (theory) [PRESENCIAL][Combination of methods]	1
Class Attendance (practical) [PRESENCIAL][Combination of methods]	1
Other off-site activity [AUTÓNOMA][Other Methodologies]	4.5
Field work [PRESENCIAL][Cooperative / Collaborative Learning]	7.5
Study and Exam Preparation [AUTÓNOMA][Other Methodologies]	3.5
Unit 1 (de 6):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Learning Contract]	5
Class Attendance (practical) [PRESENCIAL][Combination of methods]	1
Other off-site activity [AUTÓNOMA][Other Methodologies]	5
Practicum and practical activities report writing or preparation [AUTÓNOMA][Other Methodologies]	5
Study and Exam Preparation [AUTÓNOMA][Other Methodologies]	4
Unit 2 (de 6):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Combination of methods]	4
Class Attendance (practical) [PRESENCIAL][Combination of methods]	3.5
Other off-site activity [AUTÓNOMA][Other Methodologies]	5
Practicum and practical activities report writing or preparation [AUTÓNOMA][Other Methodologies]	2.5
Study and Exam Preparation [AUTÓNOMA][Other Methodologies]	4
Unit 3 (de 6):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Combination of methods]	3
Class Attendance (practical) [PRESENCIAL][Combination of methods]	3
Other off-site activity [AUTÓNOMA][Other Methodologies]	5

Practicum and practical activities report writing or preparation [AUTÓNOMA][Other Methodologies]	3
Study and Exam Preparation [AUTÓNOMA][Other Methodologies]	4
Unit 4 (de 6):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Combination of methods]	3
Class Attendance (practical) [PRESENCIAL][Combination of methods]	4
Other off-site activity [AUTÓNOMA][Other Methodologies]	6
Practicum and practical activities report writing or preparation [AUTÓNOMA][Other Methodologies]	2
Study and Exam Preparation [AUTÓNOMA][Other Methodologies]	3
Unit 5 (de 6):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Class Attendance (practical) [PRESENCIAL][Combination of methods]	4
Other off-site activity [AUTÓNOMA][Other Methodologies]	6
Practicum and practical activities report writing or preparation [AUTÓNOMA][Other Methodologies]	2.5
Study and Exam Preparation [AUTÓNOMA][Other Methodologies]	2
Unit 6 (de 6):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Class Attendance (practical) [PRESENCIAL][Combination of methods]	13.5
Other off-site activity [AUTÓNOMA][Other Methodologies]	6
Practicum and practical activities report writing or preparation [AUTÓNOMA][Other Methodologies]	15
Study and Exam Preparation [AUTÓNOMA][Other Methodologies]	2
Final test [PRESENCIAL][Assessment tests]	2.5
Global activity	
Activities	hours
Class Attendance (theory) [PRESENCIAL][Learning Contract]	5
Class Attendance (theory) [PRESENCIAL][Combination of methods]	15
Class Attendance (practical) [PRESENCIAL][Combination of methods]	30
Other off-site activity [AUTÓNOMA][Other Methodologies]	37.5
Field work [PRESENCIAL][Cooperative / Collaborative Learning]	7.5
Practicum and practical activities report writing or preparation [AUTÓNOMA][Other Methodologies]	30
Study and Exam Preparation [AUTÓNOMA][Other Methodologies]	22.5
Final test [PRESENCIAL][Assessment tests]	2.5
Total horas: 150	

10. Bibliography and Sources						
Author(s)	Title/Link	Publishing house	Citv	ISBN	Year	Description
Acuña Delgado, Ángel	Manual didáctico de actividades en la naturaleza	Wanceulen		84-87520-05-7	1991	
Ayora, Alberto	Gestión del riesgo en montaña y en actividades al aire libre	Desnivel		978-84-9829-142-1	2008	
Baeta Lasmarías, María Dolores	Fichero de juegos de escalada	INDE		84-95114-47-X	1999	
Berger, Karen	Senderismo : guías visuales Espasa	Espasa Calpe		84-670-2094-6	2006	
Bernal Ruiz, Javier	Juegos y deportes de aventura	Wanceulen		84-95883-09-0	2002	
Camps Povill, Andreu	Aspectos jurídicos del deporte en el medio natural = Legal a	Consejo Superior de Deportes		84-7949-122-1	2003	
Cepillo, José Luis	Andar por cañones y barrancos de Guadalajara : Río Dulce, Al	Penthalon		84-7955-073-2	1994	
Cepillo, José Luis	Andar por las sierras y barrancos de la zona centro : [40 it	Acción Divulgativa		84-7955-058-9	1993	
Creasey, Malcolm	Manual completo de escalada en roca	Desnivel		84-95760-09-6	2001	
Escuela Española de Alta Montaña	Certificado de iniciación al montañismo : [texto oficial del	Barrabes		84-95744-00-7	2001	
García Fernández, Pedro (1971-)	Introducción a las actividades en la naturaleza	Wanceulen		84-96382-97-4	2005	
García Gómez, Enrique	Plantas singulares de la ciudad de Toledo	Cuarto Centenario		978-84-611-5349-7	2007	
García Gómez, Enrique	Por los Montes de Toledo	Consejería de Educación y Cultura, Servicio de		84-7788-346-7	1995	
Geissler, Uli	Juegos y actividades en la naturaleza : 196 divertidas propu	Oniro		84-9754-197-9	2005	
Gómez Encinas, Vicente	Deporte de orientación	Ministerio de Educación y Ciencia		84-7949-036-5	1996	
Héomet, Bernadette	Actividades en la naturaleza Fichero de actividades en la	Hogar del libro		84-7279-285-4	1987	

Iglesias Cueto, Julio Antonio	naturaleza	INDE	84-9729-055-0	2005
Jornadas Andaluzas Universitarias de Pedagogía Scout (1ª. 19	Pedagogía Scout : fundamentos organizativos y estrategias m	Grupo Editorial Universitario	84-921660-0-3	1998
López Lacárcel, José María	Así fuimos, así somos : historia de Scouts de España : explo	Federación de Asociaciones Scouts de España	84-933565-0-6	2003
Martos Fernández, Pilar	El sistema turístico-deportivo de las estaciones de esquí y	Universidad de Granada	84-338-2900-9	2002
Murcia Aguilera, Máximo	Expediciones de montaña : planificación, consejos y trucos	Desnivel	84-9829-017-1	2006
Núñez, Tino	Los mejores nudos de escalada	Desnivel	84-96192-78-4	2005
Perarnau, Sixtina	Curas, vendajes e inmovilizaciones en montaña	Desnivel	978-84-9829-101-8	2007
Pinos Quílez, Martín	Actividades y juegos de educación física en la Naturaleza :	Gymnos	84-8013-069-5	1997
Pinos Quílez, Martín	Juegos de aventura : juegos innovadores para educación físic	Paidotribo	84-8019-524-X	2001
Segarra Vicens E.	Iniciación al piragüismo : libro de texto oficial del curso	Gymnos	84-8013-102-0	1997
Subirats Bayego, Enric	Primeros auxilios : cómo prevenir y curar en la montaña	Desnivel	84-95760-50-9	2002
Yáñez Yáñez, José	Cuenca : escalada deportiva : 622 vías	Desnivel	978-84-9829-081-3	2007
	Actividad física en el medio natural para primaria y secunda	Wanceulen	84-96382-86-9	2005
	Atlas ilustrado de los deportes de aventura	Susaeta	978-84-305-5972-5	2007
	Deporte y naturaleza : el impacto de las actividades deporti	Talasa Ediciones	84-88119-86-0	2001
Pinos Quílez, Martín	Actividades físico deportivas en la naturaleza para niños y	Gymnos	84-8013-074-1	1997