



UNIVERSIDAD DE CASTILLA - LA MANCHA

GUÍA DOCENTE

1. General information

Course: SPORTS PERFORMANCE, HANDICAP AND GENDER
Type: ELECTIVE
Degree: 2323 - MASTERS DEGREE PROGRAMME IN SPORT SCIENCE
Center: 8 - FACULTY OF SPORT SCIENCES
Year: 1

Main language: Spanish
Use of additional languages:
Web site:

Code: 310501
ECTS credits: 4.5
Academic year: 2023-24
Group(s): 40
Duration: C2
Second language: Spanish
English Friendly: Y
Bilingual: N

Lecturer: JULIÁN ALCÁZAR CAMINERO - Group(s): 40				
Building/Office	Department	Phone number	Email	Office hours
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Lecturer: RICARDO BOLAÑO SÁNCHEZ - Group(s): 40				
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Lecturer: AMELIA GUADALUPE GRAU - 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
E01	Manage the different research techniques in the Sciences of Physical Activity and Sport, identifying the differential facts of the study carried out.
E02	Employ strategies of excellence, ethics and quality in the research exercise in the field of Physical Activity for Health and Sport Performance, following the recommendations of the Declaration of Helsinki and Law 14/2007 on Biomedical Research.
E04	Design research projects in the Sciences of Physical Activity and Sport adjusting to the conditions of the field of study.
E05	Present a research work in the Sciences of Physical Activity and Sport, defending it with solvency before a court
E06	Interpret the results in scientific manuscripts in the field of Physical Activity and Sport Sciences judging their suitability for design
E07	Select the appropriate multivariate analysis technique for each research design.
E17	Apply a scientific methodology to evaluate performance in collective, individual and adapted sports
E18	Knowing how to identify gender differences in relation to Sport Performance, as well as knowing the injury and pathological specificity of women athletes.
E20	Use technological resources to advance in the application of the latest trends in sport training.
G01	Apply the knowledge linked to Sports Sciences using research methods, adapting them to the changes derived from the innovation processes.
G02	Design research designs adapted to the conditions of scientific rigor in the field of study of Sport Sciences
G03	Contribute through original research to broaden the horizons in the field of study of physical activity for health and sport performance, offering the findings found for possible publication referenced nationally and internationally.
G05	Promote the mutual exchange of knowledge with other colleagues, with the academic world, and with society in general, in relation to the field of study of physical activity for health and sport performance.
G07	Acquire skills that allow to train throughout the life cycle in an autonomous way using existing resources in different fields of knowledge
G08	Critically interpret scientific documents and seminars in Spanish and English.
M050	To identify the different high-performance adapted sports and the functional classifications that apply. (G1, E17).
M051	To know the main adaptations, material and technological aids in the intervention with performance athletes with disabilities. (G1, E17, E20).
M052	To propose a basic research applied to the field of performance adapted sport. (G1, G2, G3, G5, G7, G8, E1, E2, E4, E5, E6, E7, E17).
M053	To identify gender differences that occur in sports performance. (G1, E18).
M054	To recognize the socio-affective aspects that surround the female athlete in the field of competition and its influence on sports performance. (G1, G7, G8, E6, E18).
M055	To identify the physiological determinants of the female athlete and their injury and pathological specificity. (G1, G7, G8, E6, E18).

5. Objectives or Learning Outcomes

Course learning outcomes

Description

The students will interpret the athletes' deficits and will be able to identify the individual's functional classification for the different sport modalities.

The students will identify adequately gender and sex differences in relation to competitive sports and high performance.

The students will be able to develop a basic research project about adapted sports.

The students will be able to recognize and identify the main injuries and pathologies that women experience in high performance sports.

The students will be able to recognize the different adapted sports and type of disabilities that can engage in high performance.

The students will identify adequately gender and sex differences in relation to socio-affective aspects of sport performance.

6. Units / Contents

Unit 1:

Unit 1.1

Unit 2:

Unit 3:

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]	Lectures		1.4	35	Y	N	
Laboratory practice or sessions [ON-SITE]	Practical or hands-on activities		0.4	10	Y	N	
Writing of reports or projects [OFF-SITE]	Combination of methods		0.3	7.5	Y	N	
Analysis of articles and reviews [OFF-SITE]	Case Studies		1.2	30	Y	N	
Practicum and practical activities report writing or preparation [OFF-SITE]	Combination of methods		1.2	30	Y	N	
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
Fieldwork assessment	80.00%	80.00%	
Final test	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
Writing of reports or projects [AUTÓNOMA][Combination of methods]	10
Analysis of articles and reviews [AUTÓNOMA][Case Studies]	30
Practicum and practical activities report writing or preparation [AUTÓNOMA][Combination of methods]	30
Unit 1 (de 3):	
Group 40:	
Initial date: 03-02-2024	End date: 24-02-2024
Unit 2 (de 3):	
Group 40:	
Initial date: 03-03-2024	End date: 07-04-2024
Unit 3 (de 3):	
Group 40:	
Initial date: 14-04-2024	End date: 12-05-2024
Global activity	
Activities	hours
Writing of reports or projects [AUTÓNOMA][Combination of methods]	10
Analysis of articles and reviews [AUTÓNOMA][Case Studies]	30
Practicum and practical activities report writing or preparation [AUTÓNOMA][Combination of methods]	30

10. Bibliography and Sources

Author(s)	Title/Link	Publishing house	Citv	ISBN	Year	Description
Natalia Balagué y Carlota Torrens	Complejidad y deporte			9788497292894		<p>Sinopsis: "Complejidad y deporte" constituye una de las primeras obras que se han escrito desde la optica de los sistemas complejos en el ambito de la actividad fisica, el deporte y el entrenamiento deportivo. La perspectiva reduccionista y analitica que caracteriza a buena parte del conocimiento cientifico actual se manifiesta de forma particular en las ciencias de la actividad fisica y el deporte. La concepcion del organismo como una maquina constituida por partes, el uso de recetas o la relacion jerarquica entre el educador y el alumnado son algunos ejemplos de las consecuencias de esta perspectiva. El paradigma de la complejidad nos proporciona nuevos conceptos, nuevas herramientas y, sobretodo, una nueva vision del ser humano y de la relacion con su entorno que transforma la teoria, la practica y la investigacion en la actividad fisica y el deporte. Entendemos pues, que "Complejidad y deporte" ayudara al lector a comprender los principios de esta perspectiva y colaborara en el desarrollo de sus aplicaciones practicas. "La complejidad no es solo una teoria que describe un conjunto especial de fenomenos sino una vision del mundo basada en principios de unificacion. No es una tentativa de 'fiscalizar' la biologia y la psicologia sino una ventana a los principios universales profundamente enraizados en la diversidad de nuestras experiencias fenomenologicas. Hace tres siglos que Isaac Newton afirmo que "...la naturaleza es muy consistente y coherente consigo misma...". Parece que ahora estamos en el principio de la realizacion del sueno newtoniano de ver a la Naturaleza ?en consistencia y coherencia consigo misma'.</p> <p>Agradecemos a las Dras. Balague y Torrents por</p>

aclarar este aspecto en su
sugerente,
apasionadamente escrito,
y sobretodo innovador
libro". Robert Hristovski.

<http://muraro.cloneportal.de/109472/>