



UNIVERSIDAD
DE GRANADA



FACULTAD DE
CIENCIAS DEL DEPORTE
Universidad de Granada

FACULTY OF SPORT SCIENCES

FACULTAD DE CIENCIAS DEL DEPORTE

STUDY PROGRAMME

PLAN DE ESTUDIOS

BASIC SUBJECTS

SUBJECT	ECTS	COURSE	SEMESTER	SHORT DESCRIPTION
HUMAN ANATOMY OF THE MUSCULOSKELETAL SYSTEM ANATOMÍA FUNCIONAL DEL APARATO LOCOMOTOR	6	1	1	Study of the locomotor system and kinesiology of the simplest movements on which they can be composed other more complex movements.
THE BIOCHEMICAL EFFECT OF PHYSICAL EXERCISE BIOQUÍMICA DEL EJERCICIO FÍSICO	6	1	1	To obtain the knowledge that at the molecular level gives a logical chemical explanation of the physiological processes in relation to the physical activity and sport.
SPORTS HISTORY HISTORIA DEL DEPORTE	6	1	1	Cultural and social analysis of sport phenomenon. Analyze and study the roots of sport in civilized society.
BEHAVIORAL ANALYSIS AND MOTOR DEVELOPMENT OF PHYSICAL ACTIVITY ANÁLISIS COMPORTAMENTAL Y DESARROLLO MOTOR DE LA ACTIVIDAD FÍSICA	6	1	2	Basic Psychological Processes. Concept of Behavior. Principles and analysis of behavioral mechanisms of athletes. Principles of behavioral organization in sports performance.
BIOMECHANICS OF HUMAN MOVEMENT	6	1	2	Conceptualization and current situation of sports biomechanics.



BIOMECÁNICA DEL MOVIMIENTO HUMANO				Biostructural mechanics. Systems in equilibrium: Static. Kinematics: description of the movement. Dynamics: study of the movement and its causes. Energetic movement.
MOTOR CONTROL, SKILLS AND DEVELOPMENT CONTROL MOTOR Y APRENDIZAJE MOTOR	6	2	1	Concept of behaviour, control and motor learning. Motor behavior models. Classification and analysis of motor skills. Motor coordination. Practice in motor learning. Information management. Transfer. Applications teaching and sports training.
SOCIOLOGY OF SPORT SOCIOLOGÍA DEL DEPORTE	6	2	1	The subject provides the analysis of the social framework of physical-sport activity.
BASICS OF PHYSICAL ACTIVITY AND SPORTS FUNDAMENTOS DE LA EDUCACIÓN FÍSICA	6	2	2	Educate through the physical activity and sport. Basics of planning in physical activity. Innovate: motor of knowledge practical in Education.
STATISTICS ESTADÍSTICA	6	2	1	Statistical concepts and methods applied to physical activity and sport
HUMAN PHYSIOLOGY FISIOLOGÍA HUMANA	6	2	2	Introduction and cell physiology. Nervous system. Body fluids and blood. Endocrine system. Cardiovascular function. Respiratory function. Renal function and acid-base balance. Digestive function. Reproductive function.

COMPULSORY SUBJECTS

SUBJECT	ECTS	COURSE	SEMESTER	SHORT DESCRIPTION
BASICS IN MOTOR SKILLS FUNDAMENTOS DE HABILIDADES MOTRICES	6	1	2	Evolutionary trends in the systematization of motor skills. Basics of teaching by skills. Terminological Analysis. Classifications of Motor Skills.



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SPORTS BASICS I OF: VOLLEYBALL FUNDAMENTOS DEPORTES I: VOLEIBOL	4	1	1	
SPORTS BASICS I OF: TRACK AND FIELD FUNDAMENTOS DEPORTES I: ATLETISMO	4	1	1	
SPORTS BASICS I OF: SWIMMING FUNDAMENTOS DEPORTES I: NATACIÓN	4	1	1	
SPORTS BASICS II OF: HANDBALL FUNDAMENTOS DEPORTES II: BALONMANO	4	1	2	
SPORTS BASICS II OF: BASKETBALL FUNDAMENTOS DEPORTES II: BALONCESTO	4	1	2	
SPORTS BASICS II OF: RHYTHMIC GYMNASTICS FUNDAMENTOS DEPORTES II: GIMNASIA RÍTMICA	4	1	2	
SPORTS BASICS III OF: GYMNASTICS FUNDAMENTOS DEPORTES III: GIMNASIA ARTÍSTICA	4	2	2	
SPORTS BASICS III OF: JUDO FUNDAMENTOS DEPORTES III: JUDO	4	2	2	



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SPORTS BASICS III OF: FOOTBALL FUNDAMENTOS DEPORTES III: FÚTBOL	4	2	2	
SPORTS BASICS IV OF: SKIING, CYCLING FUNDAMENTOS DEPORTES IV: ESQUÍ Y CICLISMO	6	1	ANNUAL	
BODY EXPRESSION EXPRESIÓN CORPORAL	6	2	2	The body and movement as means of expression and communication. Basic, resultant and specific expressive-communicative contents. Dance and dramatization. Expressive-communicative techniques.
MOTOR GAMES JUEGOS MOTORES	6	2	2	Theory of game and motor play. Analysis and design of motor games. Didactic applications of motor games. Evolution of motor games. New motor game trends. The tradition played.
PHYSICAL-RECREATIONAL ACTIVITIES IN THE ENVIRONMENT ACTIVIDADES FÍSICO-RECREATIVAS EN EL MEDIO NATURAL	6	3	2	Conceptual framework. Areas of application. Environmental aspects. Basis for planning and organization of activities in the natural environment. Practices.
EVALUATION OF TEACHING EVALUACIÓN DE LA ENSEÑANZA	6	3	2	Teaching and evaluation of physical education. Formative evaluation. Evaluation and quality of teaching.
BASICS OF SPORTS TRAINING ENTRENAMIENTO DEPORTIVO	12	3	ANNUAL	General bases in training theory. Main training concepts and meanings. Scientific bases about performance improving. Training theory principles. Physical training: study, formation and physical capabilities improvement.



PHYSICAL ACTIVITY AND HEALTH ACTIVIDAD FÍSICA Y SALUD	12	3	ANNUAL	Physical activity and health. Identification and prevention of risks in physical activity and sport. Physical activity for people with special needs.
TEACHER INTERVENTION INTERVENCIÓN DOCENTE EN LA ENSEÑANZA DE LA ACTIVIDAD FÍSICA Y DEPORTE	6	3	1	Epistemological bases of the teaching intervention in the teaching of physical education and sport. Modalities of the Teaching Intervention. The Management of the Physical Education class and the sports training session. Teaching styles.
FACILITIES AND SPORTS SERVICES INSTALACIONES Y SERVICIOS DEPORTIVOS	6	3	1	Opinion of functionality, versatility, adaptability, safety, etc., in sports facilities. Maintenance of equipment and sports facilities as a basic principle in the proper functioning of the facilities. Control of access and internal circulation in sports facilities. Sports flooring. The offer of activities. Sports activities at public sports facilities.
PLANNING AND ORGANIZATION OF SYSTEMS AND PHYSICAL ACTIVITIES PLANIFICACIÓN Y ORGANIZACIÓN DE SISTEMAS Y ACTIVIDAD DEPORTIVA	6	3	2	Models of planning and techniques of management and organization of sports activities. Sports management systems. Management control. Planning and organization of sporting events. Evaluation of activities and events.

OPTIONAL SUBJECTS OF SPORTS TRAINING

SUBJECTS	ECTS	COURSE	SEMESTER	SHORT DESCRIPTION
ADVANCED COURSE (IN ONE SPORT)	6	3	1	Track and field, basketball, handball, skiing, judo, football, rhythmic gymnastics, gymnastics, swimming, volleyball, cyclism.
SPECIALIZATION COURSE (IN ONE SPORT)	12	4	ANNUAL	Track and field, basketball, handball, skiing, judo, football, rhythmic gymnastics, gymnastics, swimming, volleyball, cyclism.



EVALUATION AND CONTROL IN SPORTS TRAINING EVALUACIÓN Y CONTROL DEL ENTRENAMIENTO DEPORTIVO	6	4	1	Analysis and evaluation of sports technique in relation to performance. Evaluation and control of physical condition. Test of Evaluation of Resistance, Strength, range of motion and coordination. Speed Test. Monitoring of sports training. Planning of the control tests in the process of sports training. Provide the theoretical and practical bases to initiate the student in the analysis of the tactical action of sports teams. All activities will be developed theoretically and practically.
INITIATION AND PREMATURE SPECIALIZATION IN SPORT INICIACIÓN Y ESPECIALIZACIÓN TEMPRANA EN EL DEPORTE	6	4	2	<p>Our objective will be to know the multipurpose process with a formative orientation (educational sport), where the values of the individual will be promoted with an harmonious development, an orientation of recreation practiced by mere pleasure or fun, health, focused on the improvement of functional, aesthetic or rehabilitation capacities and also a competitive approach, practiced with the intention of beating an opponent or surpassing one taking into account their possible basic or high-level orientations, which may culminate with professional sport.</p> <p>In competitive sports, training terms, early training, specialization, early specialization will be studied and applied and we will delve in knowledge that will serve to develop systems for the detection, selection and development of sports talent, according to the demands of performance in modern sport. In relation to this content we will study the processes of identification, selection and development of talents in sport taking into account the specific requirements of specialty, the morphological characteristics, organic, motor-precept, psychological and demographic / situational.</p> <p>One of the interest sections will be focused in the analysis and discussion of the adequacy of the type of effort and movement and the application of training loads in the different evolutionary stages of the child. Finally, the phenomenon of "burn out" and "drop out" will be studied, and their impact in competition.</p>



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AUTOMATION APPLIED TO PHYSICAL ACTIVITY AND SPORT AUTOMATIZACIÓN APLICADA A LA ACTIVIDAD FÍSICA Y EL DEPORTE	6	4	1	Concept and components of automated systems. The automation of measurement and intervention in Physical Activity and Sport. Automation using communications. Applications of Automation in Physical Activity and Sport Sciences.
BIOMECHANICS OF SPORTS BIOMECAICA DEPORTIVA	6	4	1	Sports biomechanics is an area of multidisciplinary knowledge focused on the analysis of the mechanical behavior inside the human biological system in those disciplines and more usual sport specialities. It will therefore be necessary to know the basic biomechanical principles implicit in the sports technique analyzed, for which it will be necessary to briefly examine the methodology of research in sports biomechanics.

OPTIONAL SUBJECTS OF PHYSICAL ACTIVITY AND HEALTH

SUBJECTS	ECTS	COURSE	SEMESTER	SHORT DESCRIPTION
NUTRITION IN PHYSICAL ACTIVITY AND SPORT NUTRICIÓN EN LA ACTIVIDAD FÍSICA Y EL DEPORTE	6	3	1	Study of the nutritional and energetic requirements and recommended intakes for a state of health optimum. Study of specific nutrient needs for athletes and study of adequate food to cover them. Training, competition and recovery diets. Study of the most common nutritional disorders in athletes. Evaluation of nutritional status.
PHYSICAL ACTIVITY FOR ADULTS AND ELDERLY PEOPLE ACTIVIDAD FÍSICA PARA ADULTOS Y MAYORES	6	4	1	Physical activity needs of adults and elderly people. Social answers to physical activity demand by adults and elderly. Collective physical activities. Aspects to consider in individual programs. Main methods.



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FITNESS: LATEST SPORTS TRENDS FITNESS: ÚLTIMAS TENDENCIAS	6	4	1	The role of a graduate in Physical Activity and Sport Sciences in the world of fitness. Activities and trends in fitness, methodology and equipment. Creating healthy living habits as a fundamental strategy in fitness programs.
PHYSIOLOGY OF EXERCISE FISIOLOGÍA DEL EJERCICIO	6	4	2	The Physiology of Exercise studies the physiological changes induced by different sports practice nature. These changes will determine in time a series of functional adaptations which determine that sports practice become a tool to improve health and increase performance of the human body to unsuspected limits. It is therefore an integrating subject, it needs others such as biochemistry, anatomy and human physiology, and is key to understand and apply other such as "training theory" and "biomechanics".

OPTIONAL SUBJECTS IN TEACHING OF PHYSICAL ACTIVITY AND SPORT

SUBJECTS	ECTS	COURSE	SEMESTER	SHORT DESCRIPTION
PSYCHOPEDAGOGY OF MOTRICITY AND SPECIAL NEEDS PSICOPEDAGOGÍA DE LA MOTRICIDAD Y NECESIDADES ESPECIALES	6	4	2	It is a subject focused to study the psycho pedagogical (evolutionary and educational) aspects of motor skills in populations with special needs.
TRADITIONAL AND ALTERNATIVE GAMES, DANCE AND SPORTS JUEGOS, DANZA Y DEPORTES TRADICIONALES Y ALTERNATIVOS	6	4	1	Learning basic disciplinary knowledge. Learning of applied knowledge. Specific professional competences. Learning instrumental skills.



OPTIONAL SUBJECTS IN MANAGEMENT AND SPORTS RECREATION

SUBJECTS	ECTS	COURSE	SEMESTER	SHORT DESCRIPTION
ADMINISTRATIVE INTERVENTION IN SPORT INTERVENCIÓN ADMINISTRATIVA EN EL DEPORTE	6	4	1	Sports Legislation. The constitutionalization of sport. The Administration of sport at the State, at the Autonomous Communities and at Local Authorities. The university sport. The sports associations. The Olympic Movement. The qualifications of sport and its exercise professional.
RECREATIONAL AND LEISURE ACTIVITIES ACTIVIDADES RECREATIVAS Y DE TIEMPO LIBRE	6	4	1	Planning and organization of physical and recreational activities. Planning and organization of specific physical-recreational events.
DESIGN OF TOURIST SPORTS ACTIVITIES DISEÑO DE ACTIVIDADES DEPORTIVO TURÍSTICAS	6	4	1	Conceptualization and classification of sporting events. Planning and organization of sporting events. Impacts, incidence and returns of sporting events. Systems and organizational models of sporting events. Evaluation of the social, sport, economic and tourist impacts of sporting events.
ORGANIZATION OF SPORTING EVENTS ORGANIZACIÓN DE EVENTOS DEPORTIVOS	6	4	1	Conceptual framework. Sustainability. Tourist typologies. Impacts. Basis for planning and organization of activities. Quality. Normative and Practices.