1. BASIC INFORMATION

Subject	Human Motor Skills
Studies	Physical Activity and Sports Sciences
School/Faculty	Medicine, Health and Sports
Course	Second
ECTS	6
Character	Compulsory
Language/s	English
Modality	Face-to-face
Semester	S1
Academic year	2025/2026
Teacher coordinator	Olga Barceló Guido

2. PRESENTATION

This subject is presented within the biological area and in the educational and sports area.
On the one hand, it analyses the biological and neurological processes related to movement, so it is related to human anatomy and physiology.
From the educational and sports perspective, it analyses and manages learning situations and conditioning factors according to the various stages of development of people. In this sense, the knowledge generated in Psychology continues towards Didactics and Training.
The subject of Human Motricity covers three types of contents.

First, the biological processes involved in human movement are analysed, especially neurological processes related to perception, decision making, execution and motor control.
The second block of contents analyses the factors that affect learning and the management of motor learning situations in both educational and sports and leisure environments.
The last block of contents analyses human development from conception to the end of life.

3. COMPETENCIES AND LEARNING OUTCOMES

Basic competencies:

- BC2: To know how to apply their knowledge to their work or vocation in a professional way and have the skills that are usually proved through the elaboration and Défense of arguments and the resolution of problems within their area of study.
- BC3: To be able to gather and interpret relevant data (usually within their area of study) to make judgments that include reflection on relevant social, scientific or ethical issues.
- BC5: To develop those learning skills necessary to undertake further studies with a high degree of autonomy.

Transversal competences:

- TC04. Ability for analysis and synthesis: being able to decompose complex situations into their constituent parts; Also evaluate other alternatives and perspectives to find best solutions. Synthesis looks for reducing complexity to better understand it and/or solve problems.
- TC16. Decision making: Ability to make a choice among existing alternatives or ways to effectively solve different situations or problems.
- TC17. Teamwork: Ability to integrate and collaborate actively with other people, areas and / or organizations to achieve common goals

Specific competences:

- SC01: Capacity to design, develop and evaluate teaching-learning processes related to physical activity and sport, considering the individual and contextual characteristics of people and assuming the necessary educational, technical, and curricular principles.
- SC06: Capacity to assess the level of physical fitness and motor skills by prescribing and programming health-oriented physical exercises at different ages.
- SC07: Capacity to promote and evaluate lasting and autonomous habits of practice of physical activity and sport aimed at health.

Learning outcomes:

- LO1: Understanding the neurophysiological basis of human motor learning processes.
- LO2: Understanding of the individual variables and environmental conditions that affect motor learning.
- LO3: Design and direction of programs, sessions and tasks aimed at learning, improvement, and optimization of movement in education, leisure, health, and performance environments.
- LO4: Competence for intervention in motor learning situations based on the diagnosis of what is occurring.
- LO5: Knowledge of the stages of development of people from the motor, somatic, conditional and relationship perspectives with the environment.
- LO6: Ability to identify the level of motor ability of the subjects according to the different phases of human development.

The table below shows the relationship between the competences that are developed in the subject and the learning outcomes that are pursued:

Competences	Learning outcomes
CB2, CB3, CT4, CT16, CT17, CE6	LO1: Understanding the neurophysiological basis of human motor learning processes.
CB2, CB3, CB5, CT16, CT17, CE1, CE6, CE7	LO2: Understanding of the individual variables and environmental conditions that affect motor learning.
CB2, CB3, CB5, CT4, CT16, CT17, CE1, CE6, CE7	LO3: Design and direction of programs, sessions and tasks aimed at learning, improvement, and optimization of movement in education, leisure, health and performance environments
CB2, CB3, CB5, CT4, CT16, CT17, CE1, CE6, CE7	LO4: Competence for intervention in motor learning situations based on the diagnosis of what is occurring.
CB2, CB3, CT16, CT17, CE1, CE6	LO5: Knowledge of the stages of development of people from the motor, somatic, conditional and relationship perspectives with the environment.
CB2, CB3, CB5, CT16, CT17, CE1, CE6, CE7	LO6: Ability to identify the level of motor ability of the subjects according to the different phases of human development.

4. CONTENT

Below, the contents developed in the subject are detailed:

- Physiological and cognitive bases of voluntary movement.
- Theories of motor learning.
- Analysis of motor skills.
- Design of motor learning situations in different areas
- Human development

The contents will be divided into the following learning units:

Unit 1. Motor Control.

- Item 1. Physiological and cognitive bases of voluntary movement.

Unit 2. Motor Learning.

- Item 2. Theories of motor learning.
- Item 3. Analysis of motor skills.
- Item 4. Design of motor learning situations in different areas

Unit 3. Motor Development.

- Item 5. Human development.

In addition, a document relating the units/blocks of content with the training activities (interaction map of activities) will be posted on the virtual campus.

5. TEACHING-LEARNING METHODOLOGIES

The following are the types of teaching-learning methodologies that will be applied:

- Master class.
- Cooperative learning.
- Problem-based learning (PBL).

6. LEARNING ACTIVITIES

Next, the types of training activities that will be carried out and the dedication in hours of the student to each of them are identified:

Face-to-face modality:

Training activity	Number of hours
Master Lessons	20
Asynchronous Master Lessons	12
Case analysis	25
Search for resources and selection of sources of information	20
Oral Presentations	10
Activities in workshops and/or laboratories	10
Formative Assessment (feedback of assessment tests performed)	15

Tutorial class	8
Design and direction of practical sessions	30
TOTAL	**150**

7. ASSESSMENT

Next, the evaluation systems are listed, as well as their weight on the total grade of the subject:

Face-to-face modality:

Evaluation system	Weight
Face-to-face Tests	55% (30-60%)
Participation in classroom activities	25% (15-30%)
Presentations	10% (10-30%)
Evaluation of Reports and Writings	10% (10-30%)

In the Virtual Campus, when you access the subject, you can consult in detail the evaluation activities that you must conduct, as well as the delivery dates and the evaluation procedures of each of them.

7.1. First exam period

To pass the subject in ordinary call you must:

- Attendance is mandatory, but a single unjustified absence ("wild card") is permitted, per training activity, for unforeseen events such as illness, driver's license, medical appointment, sports competition, etc. (see regulations for each activity)
- Achieve a grade equal to or greater than 5.0 in the evaluable learning activities.
- Achieve a final grade equal to or greater than 5.0

7.2. Second exam period

To pass the subject extraordinary call you must:

- Those learning activities that have not been passed in the ordinary call will be recovered, being carried out again, in groups or individually, according to the criteria of the teaching staff, as well as the objective test.
- Achieve a grade equal to or greater than 5.0 in the evaluable learning activities.
- Achieve a final grade equal to or greater than 5.0

8. SCHEDULE

This section shows the schedule with the deadlines of the activities:

Evaluable activities	Date
Activity 1. Analysis of the structure of the movement	Weeks 1, 2, 3 and 5
Activity 2. Complexity of motor tasks	Weeks 4, 5, 7 and 8
Activity 3. Motor skills and motor development	Weeks 6, 7, 9 and 11

Activity 4. Assessment of motor competence	Weeks 11, 12, 13 and 14
Activity 5. Final Project	Weeks 14, 15 and 16

This schedule may change for logistical reasons of the activities. Any modification will be notified to the student on time.

9. BIBLIOGRAPHY

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10. EDUCATIONAL GUIDANCE, DIVERSITY AND INCLUSION UNIT

From the Educational Guidance and Diversity Unit we offer support to our students throughout their university life to help them reach their academic achievements. Other main actions are the students inclusions with specific educational needs, universal accessibility on the different campuses of the university and equal opportunities.

From this unit we offer to our students:

1. Accompaniment and follow-up by means of counselling and personalized plans for students who need to improve their academic performance.
2. In terms of attention to diversity, non-significant curricular adjustments are made in terms of methodology and assessment for those students with specific educational needs, pursuing an equal opportunities for all students.
3. We offer students different extracurricular resources to develop different competences that will encourage their personal and professional development.
4. Vocational guidance through the provision of tools and counselling to students with vocational doubts or who believe they have made a mistake in their choice of degree.

Students in need of educational support can write to us at:

orientacioneducativa@universidadeuropea.es

11. ONLINE SURVEYS

Your opinion matters!

Universidad Europea encourages you to take part in satisfaction surveys to detect strengths and areas for improvement on the teaching staff, the degree, and the teaching-learning process.

The surveys will be available in the survey space of your virtual campus or through your email.

Your assessment is necessary to improve the quality of the degree.

Thank you very much for your participation.