

## 1. BASIC INFORMATION

Course	ATHLETICS I
Degree program	BACHELOR'S DEGREE IN EXERCISE AND SPORT SCIENCES
School	Medicine, Health and Sports
Year	1st
ECTS	3
Credit type	Mandatory
Language(s)	Spanish and English
Delivery mode	ON-CAMPUS
Semester	S2
Academic year	2025-2026
Coordinating professor	Carlos Revuelta

## 2. PRESENTATION

Athletics I is part of an area of knowledge that covers various subject areas which, together, provide humanist training focused on the study of young athletes. This area includes various sports and sports specialisations at level I and II and, within these, specifically, the specialisation Athletics I and II. The subject area Athletics I aims to develop in students the general skills and knowledge of an athletics teacher/coach working at entry level or in performance refinement, in any applicable context.

## 3. LEARNING OUTCOMES

### Knowledge

KON3. Describes geared towards prevention, adaptation and improvement of physical and sporting performance and health through physical condition and exercise.

- Understands the basics of the rules of athletics, the history of the various disciplines of athletics and how they are classified
- Defines the basic teaching methods used in the various disciplines of athletics.

### Skills

AB02. Designates exercise-related tasks, progress indicators and strategies to promote health and sports performance based on individual variables and environmental conditions.

- Tries out all the disciplines of athletics

### **Competences**

COMP1. Effectively describe, formulate and apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching/learning process, while developing comprehensive programmes for the entire professional sport and physical activity sector (formal and informal physical education and sports instruction; physical and sports training; health-focused exercise; physical activity and sports management).

COMP2. Formulate and apply a methodological process based on observation, reflection, analysis, assessment, performance, technical/scientific evaluation and/or dissemination in various contexts, in all areas of professional practice related to physical activity and sport.

COMP36. Creativity. Create new ideas and concepts from known ideas and concepts, reaching conclusions or solving problems, challenges and situations in an original way in the academic and professional environment.

COMP40. Teamwork. Cooperate with others in shared academic or professional objectives, participating actively, empathically and exercising active listening and respect for all members.

## **4. CONTENT**

Topic 1. An overview of athletics

Topic 2. The history, rules and teaching methods

Topic 3. Para-athletics

## **5. TEACHING-LEARNING METHODOLOGIES**

The types of teaching-learning methodologies used are indicated below:

- Lecture
- Case Method
- Project-Based Learning
- Simulations Environments

## **6. LEARNING ACTIVITIES**

Listed below are the types of learning activities and the number of hours the student will spend on each one:

**Campus-based mode:**

Learning activity	Number of hours
Lectures	6
Independent work	28
Debates and Colloquia	4
In person assessment tests	6
Practical Application Classes	2
Report and writing preparation	9
Design of strategies and intervention plans	2
	18
<b>TOTAL</b>	<b>75</b>

## 7. ASSESSMENT

Listed below are the assessment systems used and the weight each one carries towards the final course grade:

### Campus-based mode:

Assessment system	Weight
On campus knowledge tests	40%-50%
Reports	20%-35%
Strategies and intervention plans	20%-35%

When you access the course on the *Campus Virtual*, you'll find a description of the assessment activities you have to complete, as well as the delivery deadline and assessment procedure for each one.

### 7.1. First exam period

To pass the course in the first exam period, you must obtain a final course grade of at least 5 out of 10 (weighted average), and assist at least the 70% of the classes.

### 7.2. Second exam period

To pass the course in the second exam period, you must obtain a final grade of at least 5 out of 10 (weighted average).

The student must deliver the activities not successfully completed in the first exam period after having received the corresponding corrections from the professor, or those that were not delivered in the first place.

## 8. SCHEDULE

This table shows the delivery deadline for each assessable activity in the course:

Assessable activities	Deadline
Activity 1.	Week 1-15
Activity 2.	Week 16
Activity 3.	Week 6-15
Activity 4.	Week 15

This schedule may be subject to changes for logistical reasons relating to the activities. The student will be notified of any change as and when appropriate.

## 9. BIBLIOGRAFÍA

The recommended Bibliography is:

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- D. MARCHAL, *Jeux et exercices d'athlétisme*, Vigot, 1999.
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- F. GIL y A. OLIVER, *Fundamentos del Atletismo*, Madrid, R.F.E.A., 2003.
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- J. PIASENTA, *L' education athletique*, Paris, I.N.S.E.P., 1998.
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- VV. AA., *Atletismo I: Velocidad, Vallas y Marcha*, Madrid, R.F.E.A., 2005.
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- **Bibliografía complementaria**
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## 10. EDUCATIONAL GUIDANCE AND DIVERSITY 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](mailto:orientacioneducativa@universidadeuropea.es)

## **11. ONLINE SURVEYS**

Your opinion matters!

The Universidad Europea encourages you to participate in several surveys which help identify the strengths and areas we need to improve regarding professors, degree programs and the teaching-learning process.

The surveys will be made available in the “surveys” section in virtual campus or via e-mail.

Your assessment is necessary for us to improve.

Thank you very much for your participation.