1. BASIC INFORMATION

Course	CICLYNG II
Degree	Degree in Physical Activity and Sport Sciences
School	Sciences Physical activity
Year	Third
ECTS	6 ETCS (150h)
Credit type	Compulsory
Language (s)	Spanish/ English
Delivery mode	On-site
Semester	S5
Academic year	2026/2027
Coordinating professor	David Barranco Gil

2. PRESENTATION

Cycling II is an optional subject taught in the third year of the Degree in Physical Activity and Sports Sciences. It is a 6 ECTS credit subject that aims to provide students with tools for the development of activities and events related to cycling. In this way, students will deepen their knowledge of different cycling modalities, regulations, competitions, and regulatory bodies of this sport. Additionally, students will learn to carry out practical sessions adapted to different ages and levels of biological development, focused on improving technique, skill on the bike, handling different types of bicycles, proper adjustment of the bike, or guiding routes in MTB, for example. The subject is developed in such a way that theoretical contents are reinforced with related practices, in the cycling workshop, in the gym, or outdoors using Indoor cycling, MTB, and road bikes. Additionally, practices are carried out in the classroom, debates, video analysis, and other activities that reinforce learning. In this way, it is intended that the future graduate acquires a series of skills, knowledge, and competencies that allow them to organize, develop, and supervise any sports activity related to cycling with the utmost rigor.

3. LEARNING OUTCOMES

KNOWLEDGE

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

- Describes the different cycling disciplines and subdisciplines.
- Organises the various structural components of competitive cycling.
- Describes bicycle measurements and fit according to cycling discipline and type of cyclist.

- Identifies the goals and requirements of cycling according to each of the various categories.
- Uses acquired knowledge to organise a group bike ride.

SKILLS

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

- Applies technical, tactical and strategic elements to the various contexts of cycling.

ABILITIES

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.

COMP3. Communicate and interact appropriately and effectively in various contexts related to physical activity and sport, while consciously, naturally and continuously drawing on teaching skills.

COMP7. Design and implement—in a straightforward, natural, conscious and continuous manner—appropriate, effective, systematic and varied physical exercise and fitness programmes, based on scientific evidence, for the purpose of enabling individuals to adapt, improve or refresh certain skills related to human movement and its optimisation; ultimately to resolve unstructured problems of an increasingly complex and unpredictable nature, with a focus on particular groups within the population.

COMP37. Strategic communication. Transmit messages (ideas, concepts, feelings, arguments), both orally and written, strategically aligning the interests of the different stakeholders involved in the communication in the academic and professional environment.

COMP39. Influential leadership. Influence others to guide and direct them towards specific objectives and goals, taking into consideration their points of view, especially in professional situations derived from volatile, uncertain, complex and ambiguous environments in today's world.

COMP41. Critical analysis. Integrate analysis with critical thinking in a process of evaluating different ideas or professional possibilities and their potential for error, based on evidence and objective data that lead to effective and valid decision-making.

4. CONTENT

- TOPIC 1: Cycling disciplines
- TOPIC 2: Competitive cycling
- TOPIC 3: Bicycle fits and measurements
- TOPIC 4: Cycling academies
- TOPIC 5: Technique, tactics and strategy
- TOPIC 6: Group cycling

5. TEACHING-LEARNING METHODOLOGIES

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

- Master Class
- Case method
- Cooperative learning
- Learning based on workshop/laboratory teachings
- Simulation environments

6. LEARNING ACTIVITIES

Below, the types of training activities that Will be carried out and the student´s dedication in hours to each of them are identified:

Learning activity	Number of hours
Master Classes	12 h
Practical application classes	18 h
Autonomous work	56 h
Debates and colloquia	8 h
Tutorships	12 h
Knowledge tests	2 h
Preparation of reports and writings	14 h
Case analysis	8 h
Activities in workshops and/or laboratories	20 h
TOTAL	**150 h**

7. ASSESSMENT

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	weight
In- person evaluation test	40-50%
Oral presentations	5-10%
Case/Problem	15-15%
Performance evaluation (rubric)	20-40%
Reports and writings	5-10%

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).

In any case, you will need to obtain a grade of at 4.0 in the final exam in order for it to count towards the final grade along with all the grades corresponding to the other activities

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).

In any case, you will need to obtain a grade of at 4.0 in the final exam in order for it to count towards the final grade along with all the grades corresponding to the other activities.

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. SHEDULE

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

Assessable activities	Deadline
Activity 1: Learn about the regulatory bodies of cycling and the most important competitions in each of the disciplines.	Week 4- 5
Activity 2: Identify the type of exercise appropriate for each age group and develop appropriate for each age group and develop appropriate sessions for it.	Week 7- 8
Activity 3: Presents clear and precise reports for the development of cycling activities, both competitive and recreational.	Week 10 - 12
Activity 4: Correctly conduct training sessions focused on field of physical activity and health	Week 13 - 14
Activity 5: Select the correct answer provided on the knowledge developed in the subject	Week 15
Activity 6: He regularly attends class and behaves appropriate and in line with what is expected of a student of his age and level academic	Semana 1- 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. BIBLIOGRAPHY

The main reference work for this subject is:

- Alcalde Y. Ciclismo y rendimiento: guia para optimizar el entrenamiento y me jorar el ciclismo. Madrid: Tutor; 2011
- Allen H. Ciclismo: Entrenamiento avanzado. Madrid: Tutor; 2013
- Allen H; Coggan A. Entrenar y correr con potenciómetro. Barcelona: Paidotribo; 2013.
- Barbado C. Manual de Ciclo Indoor. Barcelona: Paidotribo; 2005.
- Barbado C, Barranco D. Manual de Ciclo Indoor Avanzado. Barcelona: Paidotribo; 2007.
- Zabala M, Cheung S. La ciencia del ciclismo. El nexo definitivo entre conocimiento y rendimiento. Madrid: Ed Tutor; 2018
- Zani Z. Pedalear bien. Madrid: Tutor; 2010.

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

11.ONLINE SUVEYS

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.