1. BASIC INFORMATION

Course	Swimming & Water Activities II
Degree program	Bachelor's Degree in Physical Activity and Sports Sciences
School	Physical Activity and Sports Sciences and Physiotherapy
Year	3rd
ECTS	6
Credit type	Compulsory
Language/s	English
Delivery mode	Face-to-face
Semester	S5
Academic year	26-27
Coordinating Proffesor	Alfonso Trinidad Morales

2. PRESENTATION

Human beings are not used to the aquatic environment, their natural habitat is the terrestrial environment, so they do not adapt to water naturally. In order to achieve this, he needs to follow a methodical learning process to adapt, become familiar with and survive in the aquatic environment. These premises, which have been worked on since the subject Swimming I, lay the foundations of the subject of Swimming II, which corresponds to the second level of one of the sports that can be studied in the degree of CAFYD.

In Swimming II, the aim is for students to know and develop in a direct, concise and systematic way, the technical aspects that make up the four swimming styles: crawl, backstroke, butterfly and breaststroke. As well as other aspects linked to its progression such as the start, the turns and the finish. To this end, and within each style, the following will be analysed: the position of the body, the head, the action of the arms, the legs, breathing, head-arm coordination, arm-leg coordination and common errors to be corrected, through a graphic repertoire on technical execution to achieve correct technical learning.

3. LEARNING OUTCOMES

Knowledge

KON3. Describe activities for the prevention, adaptation and improvement of physical-sports performance and health through physical condition and physical exercise.

- Identify the fundamental errors of technical executions in the main swimming styles.
- Describe the technique and progressions of turns, starts, and finishes in swimming.
- Identify the basic elements and regulations of the disciplines of Artistic Swimming, Jumping and Rescue and Lifeguarding, as well as the technical-tactical elements of Water Polo.

Skills

SK2. Design tasks, progressions and strategies for physical exercise aimed at health and sports performance based on individual variables and environmental conditions.

- Design exercises suitable for the technical correction of the main swimming styles.
- Design a technical training process related to swimming, taking into account individual characteristics and the process of specialization of swimming styles.
- Acquire specific aquatic skills on a practical level through teamwork.

Competences

COMP2. Design and apply the methodological process made up of observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sport.

COMP3. Communicate and interact appropriately and efficiently, in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.

COMP7. To design and apply fluidly, naturally, consciously and continuously physical exercise and adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimisation; in order to be able to solve unstructured, increasingly complex and unpredictable problems and with emphasis on populations of a special nature.

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

COMP39. Influential leadership: Influencing others to guide and direct them towards specific objectives and goals, taking into account their points of view, especially in professional situations derived from volatile, uncertain, complex and ambiguous environments (VUCA) of 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. CONTENTS

- TOPIC 1. Swimming technique.
- TOPIC 2. Improving the technique in Freestyle/Front Crawl.
- TOPIC 3. Improving the technique in Backstroke.
- TOPIC 4. Improving the technique in Breaststroke.
- TOPIC 5. Improving the technique in Butterfly.
- TOPIC 6. Other aquatic disciplines: Artistic Swimming, Water Polo, Jumping, lifesaving and lifeguarding.

5. TEACHING-LEARNING METHODOLOGIES

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

- Masterclass
- Case method.
- Cooperative learning.
- Learning based on workshop/laboratory teachings.
- Simulation environments.

6. LEARNING ACTIVITIES

The types of training activities that will be carried out and the student's dedication in hours to each of them are identified below:

Face-to-face modality:

Learning activity	Number of hours
Lectures	12
Practical Application Classes	18
Case Analysis	8
Freelance work	56
Debates and colloquia	8
Mentoring	12
Face-to-face assessment tests	2
Preparation of reports and writings	14
Activities in workshops and/or laboratories	20
TOTAL	**150**

7. ASSESMENT

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

Face-to-face modality:

Assesment system	Weight
Face-to-face assessment test	40-50%
Oral presentations	5-10%
Case/Problem	5-15%
Performance evaluation (rubric)	20-40%
Reports and Briefs	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. Ordinary call

To pass the course in the regular term, the student must achieve a grade of 5.0 or higher in each of the components that make up the course. Otherwise, the student will retain the grade for the part(s) they have passed.

The student can pass the course through continuous assessment, provided they have attended at least 80% of the in-person classes (they can miss only two practical sessions in the pool and four theoretical sessions). If the student exceeds the absence limit, they will be automatically moved to extraordinary assessment.

If the student does not participate in a pool practice session, it will be considered as half attendance.

7.2. Extraordinary call

To pass the subject in the extraordinary call, the student must have an assessment equal to or greater than 5.0 in each of the parts, maintaining the same type of evaluation as in the ordinary call.

The activities not passed in the ordinary call must be submitted, after having received the corresponding corrections from the teacher, or those that were not delivered.

Finally, the student must present the recordings of the practical sessions in the pool, in their role as coach and swimmer, in which the development of the session/sessions is clearly and correctly shown.

8. SCHEDULE

This section indicates the schedule with delivery dates of assessable activities of the subject:

Assessable activities	Date
Activity 1. Analysis, design and execution of sessions aimed at improving the crawl style.	Week 2
Activity 2. Practical Rescue and Lifeguard Workshop	Week 3
Activity 3. Analysis, design and execution of sessions aimed at improving the backstroke style.	Week 4
Activity 4. Practical Workshop with a Water Polo Coach	Week 5
Activity 5. Analysis, design and execution of sessions aimed at improving breaststroke style.	Week 6
Activity 6. Practical Workshop with an Artistic Swimming Coach	Week 8
Activity 7. Analysis, design and execution of sessions aimed at improving butterfly style.	Week 9
Activity 8. Learning workshop related to the technique of the crawl, backstroke, breaststroke, butterfly, starts or turns styles	Week 10
Activity 9. Practical Jumping Workshop at the M86 Technification Center.	Week 12

Activity 10. Choreography linked to Artistic Swimming	Week 13
Activity 11. Research question.	Week 14
Activity 12. Knowledge test.	Week 15

This schedule may be subject to modifications due to logistical reasons. Any modification will be notified to the student in due time and form.

9. BIBLIOGRAPHY

The reference work for the follow-up of the subject is:

- Arellano, R (2010). Technical swimming training. Ed. Cultivalibros Madrid.
- Maglischo, E (2009). Swimming: technique, training and competition. Ed. Paidotribo. Madrid.
- Blanksby, B., Nicholson, L., & Elliott, B. (2002). Swimming: Biomechanical analysis of the grab, track and handle swimming starts: an intervention study. Sports Biomechanics, 1(1), 11-24.
- Chollet, D. (2003) Sport Swimming: Scientific Approach: Biomechanical, Technical and Psychological Bases: Learning, Evaluation and Correction of Swimming Techniques Ed. INDE. Barcelona.
- De Jesus, K., Figueiredo, P., Gonçalves, P., Pereira, S., Vilas-Boas, J. P., & Fernandes, R. J. (2011). Biomechanical analysis of backstroke swimming starts. International Journal of Sports Medicine, 32(07), 546-551.
- Gómez Cadenas, José Manuel (2012) Teaching swimming: starts, arrivals and turns: biomechanics, sweeps, leg action. Seville: ed. Wanceulen.
- López-Contreras, G., Morales-Ortiz, E., Mercadé Torra J., Arellano Colomina, R. (2019). Fundamentals of teaching sports: Swimming. CopiDeporte-Servicio de Reprografía S.L. Granada
- Navarro,F. Gosálvez, M. Juárez, D (2017) Swimming **+** . Madrid: Royal Spanish Swimming Federation.

The complementary bibliography is indicated below:

- Related National Journals (NSW, Technical Communications, Apunts...)
- International Journals (Swimmin research, BMS...)
- Databases (sport discus, google academic...)

Here are some recommended links to the subject:

- http://www.rfen.es/publicacion/
- http://www.masnatacion.com/
- http://www.i-natacion.com/
- https://revistas.innovacionumh.es/index.php/investigacionactividadesacuatica/index
- https://www.worldaquatics.com/
- https://www.omegatiming.com/
- https://www.swimrankings.net/

10. EDUCATIONAL GUIDANCE AND DIVERSITY UNIT

From the Educational Guidance and Diversity Unit (ODI) we offer support to our students throughout their university life to help them achieve their academic achievements. Other pillars of our action are the inclusion of students with specific educational support needs, universal accessibility on the different campuses of the university and equal opportunities.

This Unit offers students:

1. Accompaniment and follow-up through the realization of personalized counseling and plans for students who need to improve their academic performance.
2. In terms of attention to diversity, non-significant curricular adjustments are made, that is, at the level of methodology and evaluation, in those students with specific educational support needs, thus pursuing equality of opportunities for all students.
3. We offer students different extracurricular training resources to develop various skills that will enrich them in their personal and professional development.
4. Vocational guidance through the provision of tools and advice to students with vocational doubts or who believe that they have made a mistake in the choice of the degree

Students who need educational support can write to us at:
orientacioneducativa@universidadeuropea.es

11. SATISFACTION 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.