

1. BASIC INFORMATION

Course	Combat Sports III
Degree program	Bachelor's Degree in Physical Activity and Sports Sciences
School	Physical Activity and Sports Sciences and Physiotherapy
Year	Fourth
ECTS	6
Credit type	Compulsory
Language(s)	Spanish and English
Delivery mode	Face to face
Semester	S7/S8
Academic year	2027/2028
Coordinating professor	Raúl Díaz López

2. PRESENTATION

The subject Combat Sports III is preceded by the passage of students through Combat Sports I and Combat Sports II, essential to take this level.

Students have objectives more focused on sports specificity, specific work methods in the different possibilities that this sports discipline has in store for us.

They must know how to use the knowledge received in other subjects and apply it in the practices of the classes of the subject.

3. LEARNING OUTCOMES

Knowledge

KN03. Describes geared towards prevention, adaptation and improvement of physical and sporting performance and health through physical condition and exercise.

- Undertands the refereeing rules of the sport in order to teach them.
- Analyzes complex combat situations captured in photos and videos.
- Includes parasports in the teaching and pedagogical models of sport.

Skills

SK02. Designates exercise related tasks, progress indicators and strategies to promote health and sports performance based on individual variables and environmental conditions.

- Creates a yearly plan for an athlete to improve their development, technique, tactics and physique according to their level and age.
- Designs combat sports sessions, with a special focus on planning, organisation and implementation skills.
- Increase awareness of teamwork through fighting.

Competences

COMP02. 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.

COMP07. 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.

COMP08. Develop and draw on the expertise needed to analyse, design and evaluate tests that seek to assess and control physical fitness, and physical/sporting performance.

COMP037. 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.

COMP040. Teamwork. Cooperate with others in shared academic or professional objectives, participating actively, empathically and exercising active listening and respect for all members.

COMP041. 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. Planning in combat sports
- TOPIC 2. Combat sports training: technique and tactics
- TOPIC 3. Physical conditioning in combat sports
- TOPIC 4. Kata
- TOPIC 5. Para combat sports
- TOPIC 6. Combat and fighting sports III

5. TEACHING-LEARNING METHODOLOGIES

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

- Master class
- Learning based on workshop/laboratory teachings
- Case Method
- Cooperative learning
- Simulation 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	12
Practical Application Classes	18
Oral Presentations of Works	10
Freelance work	56
Debates and colloquia	8
Guardianship	12
Knowledge Tests	2
Activities in workshops and/or laboratories	20

Preparation of reports and writings	6
Case Analysis	6

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
Face-to-face assessment tests	(40-50)
Oral presentations	(5-10)
Workshop-laboratory practice notebook	(15-25)
Case/Problem	(5-20)
Reports and Briefs	(10-20)

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 subject in the first exam period, you must obtain a grade greater than or equal to 5.0 out of 10.0 in the final grade (weighted average) of the subject.

In any case, it will be necessary for you to obtain a grade greater than or equal to 4.0 in the final test, so that it can average with the rest of the activities.

- Obtain a grade equal to or greater than 5.0 in the written theoretical test.
- Attend 80% of the classes in order to be evaluated through continuous evaluation.
- Attend 100% of the practical classes where assessable activities are carried out.

7.2. Second exam period

To pass the subject in the second exam period, you must obtain a grade greater than or equal to 5.0 out of 10.0 in the final grade (weighted average) of the subject.

In any case, it will be necessary for you to obtain a grade greater than or equal to 5.0 in the final test, so that it can average with the rest of the activities.

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.

- Obtain a grade equal to or greater than 5.0 in the written theoretical test.

8. SCHEDULE

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

Assessable activities	Deadline
Practical content tests.	Week 6 & 15
Interview with a Combat Sport Trainer/Trainer and Practice Observation	Week 10
Training in adapted combat sports	Week 8-10
Planning and physical preparation of an athlete	Week 15
Specific planning mesocycle	Week 15
Specific planning microcycle	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. BIBLIOGRAPHY

The recommended Bibliography is:

- Bennett, A. (2015). *Kendo: Culture of the Sword*. University of California Press.
- Bowman, P. (2017). *Teaching and Learning in Martial Arts: A Sociocultural Analysis*. Routledge.
- Brousal-Derval, A., & Ridel, G. (2014). *Training and Conditioning for Judo*. Human Kinetics.
- Brousse, M., & Matsumoto, D. (2005). *Judo in the U.S.: A Century of Dedication*. United States Judo Federation.

- Cechini, J. A. (1989). *El Judo y su razón kinantropológica*. G.H. Editores S.A.
- Draeger, D. F. (1973). *Martial Arts and Ways of Japan*. Weatherhill.
- Gracie, R., & Gracie, R. (2000). *Brazilian Jiu-Jitsu: Theory and Technique*. Invisible Cities Press.
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- Lorge, P. (2012). *Chinese Martial Arts: From Antiquity to the Twenty-First Century*. Cambridge University Press.
- McCarthy, P. (1995). *The Bible of Karate: Bubushi*. Tuttle Publishing.
- Shahrar, M. (2008). *The Shaolin Monastery: History, Religion, and the Chinese Martial Arts*. University of Hawaii Press.
- Taira, S & Taira, J. (2020). Jigoro Kano. *La casa de las mil estrellas*. Satori.

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 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.