

**Physical Activity, Diversity and Health**

Code: 102054  
ECTS Credits: 6

Degree	Type	Year	Semester
2500798 Primary Education	OT	4	0

**Contact**

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**Use of languages**

Principal working language: catalan (cat)  
Some groups entirely in English: No  
Some groups entirely in Catalan: Yes  
Some groups entirely in Spanish: No

**Prerequisites**

In the practical classes it is obligatory to use suitable clothes for the practice of physical activity.

**Objectives and Contextualisation**

This subject is developed in the fourth year and gives the right to mention Physical Education if the following elective subjects are also passed: Sports Play and Initiation, Expression and Body Communication, Physical Education and its Didactic II, Learning and Motor Development.

The training objectives of the subject are the following:

- To know the processes and mechanisms of the physical conditioning of the human organism for the improvement of Health.
- To Know how to analyze the components of conditional capacities and elements of the physical load involved in physical activities.
- To Know how to apply didactic resources of Physical Activity for Health appropriate to the characteristics of school age, referred to in the programming, methodology and evaluation.
- To experiment and acquire basic knowledge about the treatment of diversity in physical activity that enable an inclusive PE.
- To develop a critical spirit by making assessments and contributions about the work itself, the group and the teacher.
- To experience activities for the development of Health through the use of different spaces and materials.
- To develop a participative, respectful, cooperative and shared attitude for decision making.

**Skills**

- Analyse and recognise ones own socio-emotional skills (in terms of strengths, potentialities and weaknesses), to develop those that they are necessary for professional development.
- Design and regulate learning spaces in contexts of diversity that take into account gender equality, equity and respect for human rights and observe the values of public education.
- Develop and evaluate contents of the curriculum by means of appropriate didactic resources and promote the corresponding skills in pupils.
- Develop autonomous learning strategies.
- Foster reading and critical analysis of the texts in different scientific fields and cultural contents in the school curriculum.

- Manage information in relation to the professional field for decision making and the preparation of reports.
- Reflect on classroom experiences in order to innovate and improve teaching work. Acquire skills and habits for autonomous and cooperative learning and promote it among pupils.
- Work in teams and with teams (in the same field or interdisciplinary).

## Learning outcomes

1. Adapt teaching and learning programs and activities to pupil diversity, also considering pupils with special educational needs.
2. Establish work teams to develop activities independently.
3. Incorporating the motor skills, body expression, physical conditioning, play and sporting activities as content of school physical education and sequencing them throughout primary education.
4. Learn techniques, rules and playing strategies of different sports: conventional, alternative and in the natural environment.
5. Learning to work as apart of a team individually, both in theoretical and practical activities, searching for appropriate resources and strategies in every situation.
6. Master communication skills in different teaching and learning activities.
7. Obtaining the PE resources that encourage inclusive education in contexts of diversity.
8. Presenting work, both individual and from a small group, in formats adjusted to the demands and to personal styles.
9. Programming, organising and applying learning and contents in education for health in physical education health education, designing and developing educational projects or programming units that make it possible to adapt the physical education curriculum to the school and promote the quality of the contexts.
10. Recognising the historical evolution and possibilities of physical education to generate healthy habits and well-being throughout life.
11. Self-assess and co-evaluate the results obtained in the development of the subject.
12. Sequencing perception-motor capabilities throughout primary school teaching according to the internal logic of this content.
13. Understand personal differences that arise in PE activities as an aspect to be dealt with using educational criteria.
14. Using motor skills and body language as elements pertaining to communication skills.
15. Working efficiently as part of a team and individually, both in theoretical and practical activities, seeking resources and strategies that are appropriate for each situation.

## Content

Physical Conditioning: Diversity, factors, characteristics, evolution, didactic and programming especially in the field

school.

Application of Physical Fitness training systems for the improvement of health and its adaptation in the school setting

Activities for the development of Conditional Capacities aimed at health.

Identification of unhealthy practices. Acquisition of physical activity habits. Pedagogy to combat obesity.

Physical Activity and inclusion of students with specific educational needs. Treatment of Health in different areas and types.

Physical Activity in the natural environment as a means for Health.

### EDUCATIONAL EXCURSIONS IN THE NATURAL ENVIRONMENT

The speciality of Physical Education holds an activity of its own which consists of a three-day and two-night excursion in the natural environment. Its purpose is to provide an intense and formative experience linked to the objectives and academic content of each of the associated disciplines, and to treat cross-curricular aspects such as environmental education, sustainability, healthy living, coexistence, inclusive education and the relationship between school and nature, among others.

Subjects linked to the output:

Physical Activity Diversity and Health and Physical Education and its Didactics II

The activities that are carried out during the excursion will be part of the program of the related subjects and will be taken into account in the evaluation. At the beginning of the course each teacher will specify the learning evidences and the corresponding evaluation criteria.

## Methodology

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The topics will be approached from the theoretical-practical perspective through two types of sessions:

- In the theoretical sessions lectures will usually be held with the support of audiovisual media, mainly transparencies followed by debates and / or synthesis works in the classroom.
- The theoretical-practical sessions will be directed by the teaching staff. They will also carry out practices in small groups prepared and directed by the students.
- Practices will be carried out in conventional areas of physical activity of the UAB and in spaces outside the University. Visits will also be made to specialized centers related to the content treated.

This subject works with the resource of the Virtual Campus (CV). In this space students will find materials (reading cards, papers, observation and evaluation cards, ...) that will help them to make the works. On the other hand, we will carry out virtual debates on topics related to the application of PE at school, health, diversity treatment and other proposed topics that can be valued by the group as interesting to discuss.

## Activities

Title	Hours	ECTS	Learning outcomes
<b>Type: Directed</b>			
Plenary	45	1.8	1, 11, 6, 13, 8, 10, 14
<b>Type: Supervised</b>			
Supervised	22	0.88	1, 9, 10, 12
<b>Type: Autonomous</b>			
Autonomous work	75	3	1, 11, 6, 3, 9, 5, 12, 15

## Evaluation

Active assistance to a minimum of 80% of the sessions (indispensable condition to pass).

The evaluation will be based on the following aspects:

A - Participation in theoretical classes, practical classes and virtual campus (40%)

The classroom works in small format. Formal aspects: attendance, punctuality, attention, involvement, participation in class, cooperation in the work groups, ... CV participation: participation in the debates, readings made, contributions to the subject, ...

B - Work in group of practical proposals of activities for the development of the PE for health directed to the rest of the class group (30%). It includes programming, direction of a practical session and writing of the evaluation of the experience.

C - Individual or group work of extension and / or research on some relevant subject of PE, diversity and health in the educational field (30%), among others and as an example: PE within a multidisciplinary framework; PE and its contribution to the development of competences; Proposal of AF for a group with specific educational needs with physical, perceptual and / or psychic decreases, ... other previously argued proposals that are intended to be developed.

Self-evaluation and co-evaluation of the different assigned tasks will be carried out.

To pass this course, the student must show, in the activities proposed, a good general communicative competence, both orally and in writing, and a good command of the language or the vehicular languages that appear in the teaching guide.

The total or partial plagiarism of one of the evaluation activities and / or the copying in an evaluation test is a direct reason to fail the subject.

## Evaluation activities

Title	Weighting	Hours	ECTS	Learning outcomes
Individual or group work of extension and / or research on some relevant issues of FA, diversity and health in the educational field.	40%	2	0.08	1, 7, 11, 6, 13, 2, 9, 10, 5, 15
xParticipation in the theoretical and practical classes, and in the forums of the virtual campu	30%	4	0.16	1, 4, 7, 11, 6, 13, 3, 9, 10, 12, 14
xParticipation in the theoretical and practical classes, and in the forums of the virtual campus	30%	2	0.08	1, 11, 6, 2, 8, 9, 5, 15

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