COURSE DATA

DATA SUBJECT

Code: 33216
Name: Introduction to research in sciences of physical activity and sports
Cycle: Undergraduate Studies
ECTS Credits: 6
Academic year: 2025-26

STUDY (S)

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Facultat de Ciències de l'Activitat Física i Esports	2	Second quarter, First quarter
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Facultat de Ciències de l'Activitat Física i Esports	2	First quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	Introduction to research in physical activity and sport sciences	COMPULSORY
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Introducción a la Investigación en Ciencias de la Actividad Física y del Deporte	COMPULSORY

COORDINATION

MOLLA ESPARZA CRISTIAN

DIAZ GARCIA MARIA ISABEL

VAZIRANI MANGNANI SIMRAN

SUMMARY

This course aims to provide students with the basic knowledge necessary to understand the fundamental concepts, methods, and basic techniques for conducting research in the field of physical education and sport.

It is based on the notion that any professional activity in this field, in order to achieve minimum quality standards, must involve an effort to explore and innovate¿in other words, to research. In this regard, the course seeks to review the principles and procedures that can be offered for this purpose. A central objective, which comprises a substantial part of the subject, is to offer a comprehensive and critical view of different research approaches and the quality criteria that must be considered. Another essential focus is to provide an initial approach to information management procedures, which support the vast majority of

research processes.

As secondary objectives, the course aims for students to become familiar with methodology and technology and to integrate them into their daily practice. Likewise, it seeks to ensure mastery of a formalized language that enables more fluent access to information and serves as a means of communication with other professionals.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

None

COMPETENCES / LEARNING OUTCOMES

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Acquire skills for the correct use of the most frequently used information and communication tools.

Apply physiological, biomechanical, behavioural and social principles to the different fields of physical activity and sport.

Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.

Be able to follow the rules referring to the structure of the research work and to express ideas correctly in specific technical documents.

Develop habits of professional excellence and quality.

Develop resources to adapt to new situations and to solve problems, and for independent learning and creativity.

Gain basic scientific training applied to physical activity and sport in their diverse forms.

Know and distinguish the different types of scientific texts.

Know and understand the behavioural and social factors that determine the practice of physical activity and sport.

Know and understand the effects of the practice of physical exercise on the psychological and social dimensions of the human being.

Know and understand the epistemological, historical and educational foundations of physical activity and sport.

Know and understand the value of information as a tool for the practical, professional and scientific development of graduates in physical activity and sport sciences.

Know and understand what scientific research is and its process.

Know how to use databases for bibliographic search.

Know the mechanisms for designing a research project.

Promote and evaluate the acquisition of enduring and autonomous habits of practising physical activity and sport.

Select and know how to use sports material and equipment, suitable for each type of activity and population.

Understand the scientific literature in the field of physical activity and sport in English and in other languages with significant presence in the scientific field.

DESCRIPTION OF CONTENTS

1. Epistemological Foundations of Scientific Research.
The scientific method. General research process. Types of studies.

2. Information Needs and Documentary Resources for Professionals in Physical Activity and Sport.
Scientific and technical information and scientific documentation. Primary and secondary documents. Digital resources. Internet. Information retrieval systems.

3. Scientific Communication in Sport and Physical Activity Sciences (CCAFD).
Books, scientific journals, and other communication media. Types of scientific articles. Phases, structure, and publication of a scientific work.

4. The Library and Other Information Resources at the University of Valencia.
Collections: sections. Documentary searches. Request and access to documents.

5. Evaluation of Information Sources.
Preliminary evaluation. Content analysis.

6. Structure, Preparation, and Presentation of Academic Papers.
How to cite selected resources. Citation styles in the main fields of Sport and Physical Activity Sciences.

7. Research Designs.

8. Quality Criteria in Research.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Theory	30,00
Classroom practices	30,00
Total hours	**60,00**

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	5,00
Individual or group project	35,00
Independent study and work	15,00
Preparation of lessons	10,00
Preparation for assessment activities	20,00
Resolution of case studies	5,00
Total hours	**90,00**

TEACHING METHODOLOGY

The theoretical classes consist of lectures delivered by the professor, including expository sessions and participatory activities with students. Each session lasts one and a half hours. Particular emphasis is placed on relating the course content as closely as possible to the students' own experiences, using examples that are familiar and easily understandable.

During the theory sessions, students will also correct and discuss practical assignments (research summaries) as the subject progresses. A portion of time each week will be dedicated to solving the proposed exercises.

The practical classes take place in the computer lab, which allows students to observe firsthand how technology supports research. It is essential to highlight, and for students to understand, the supportive role of technological tools in research processes. Knowing the research objectives is crucial in order to use digital tools effectively and appropriately. It is also important to present various tools designed for similar functions so that students can identify both their common features and differences¿differences that typically reflect each tool¿s strengths and limitations.

EVALUATION

The assessment will consist of the following parts:

	Character	% Of Final Score
Test	**Mandatory**	**60%**
Class work	**Mandatory**	**40%**

To pass the course, students must achieve a minimum average grade of 5 out of 10, considering both the exam (final assessment) and the portfolio (continuous assessment).

For the exam, it is necessary to obtain a minimum grade of 5 out of 10 in order to pass it and average it with the other assessment components.

The portfolio consists of submitting the various activities completed during the practical sessions. These practical assignments must meet a minimum quality standard in order to pass the course; otherwise, they must be retaken.

Both the exam and the portfolio are recoverable in the second examination period. Students who have not submitted the portfolio will have until the date of the final assessment to complete and submit it. If the course is not passed, the grade will not be retained for subsequent academic years.

Within the "assignments" component, exercises completed in class, corrected, and submitted to the instructor will also be considered. Their evaluation will only apply once the minimum level has been achieved in the previously described assessments.

Assessment conditions will be the same in both the first and second examination periods.

Fraudulent completion of assessment tests and plagiarism in assignments will be addressed in accordance with the UV¿s Regulations on Assessment and Grading (ACGUV 108/2017) and the Protocol for Dealing with Fraudulent Practices (ACGUV 123/2020).

The use of technologies (including AI) that has not been previously and expressly authorized by the teaching staff to produce assessment materials will result in those materials not being considered the student¿s own work, and they will be handled in accordance with current regulations and the UV Code of Conduct and Best Practices (ACGUV 300/2023, DOGV, No. 9747/18.12.2023).

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Basic references

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Complementary references

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