

**COURSE DATA****DATA SUBJECT****Code:** 33218**Name:** Physical sports recreation**Cycle:** Undergraduate Studies**ECTS Credits:** 6**Academic year:** 2026-27**STUDY (S)**

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Facultat de Ciències de l'Activitat Física i Esports	4	First quarter
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Facultat de Ciències de l'Activitat Física i Esports	4	First quarter

**SUBJECT-MATTER**

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	Physical sports recreation	COMPULSORY
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Recreación Físico-Deportiva	COMPULSORY

**COORDINATION**

ALGUACIL JIMENEZ MARIO

GADEA VERDUN RICARDO

PANS SANCHO MIQUEL ANGEL

**SUMMARY**

The subject of Physical Recreation Sport is a compulsory subject consisting of 6 ECTS credits. Recreation is an experience, a necessary experience of the individual and the human community that is made up of a multitude of activities that produce pleasure and pleasure, without labor meaning. Recreation promotes the individual and society personal and social values so necessary today. Through the contents of the subject, recreation will be presented as a discipline that aims to research the social phenomenon of recreation, its organization and management, and its intervention through processes, experiences or experiences of a ludic nature, which intervene in the development of people. Thus, the combination of theoretical and practical sessions ensure a progressive evolution in learning different skills related to sports physical recreation, understood as the natural activity of the person who contributes to their overall development and well-being, applied by means of animation, whether voluntary or professional.



## PREVIOUS KNOWLEDGE

### RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

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

### OTHER REQUIREMENTS

## COMPETENCES / LEARNING OUTCOMES

### 1312 - Degree in Physical Activity and Sport Sciences

Analizar críticamente la realidad de las actividades físico-deportivas recreativas, así como su ámbito profesional.

Conocer la vertiente recreativa de las actividades físico-deportivas y el tratamiento del cuerpo.

Conocer los conceptos y los fundamentos teóricos de la recreación físico-deportiva.

Experimentar con los recursos prácticos para el desarrollo de actividades físico-deportivas recreativas.

Utilizar las tecnologías de la información y comunicación (TIC) en el desarrollo de la asignatura.

### 1331 - Degree in Physical Activity and Sport Sciences (Ont)

Analizar críticamente la realidad de las actividades físico-deportivas recreativas, así como su ámbito profesional.

Conocer la vertiente recreativa de las actividades físico-deportivas y el tratamiento del cuerpo.

Conocer los conceptos y los fundamentos teóricos de la recreación físico-deportiva.

Experimentar con los recursos prácticos para el desarrollo de actividades físico-deportivas recreativas.

Utilizar las tecnologías de la información y comunicación (TIC) en el desarrollo de la asignatura.

## DESCRIPTION OF CONTENTS

### 1. Introduction and conceptual approach

Students will find the differences between concepts, making a conceptual map that helps to understand each one of them.



## 2. Recreation

In this unit we will review the different definitions, theories and types of Recreation.

## 3. The ludic dimensions of play

In this unit, concepts related to recreation, such as ludic and fun, will be introduced.

## 4. The recreational aspect of physical-sports activities and body treatment

In this topic we will deepen on the relationship between physical sports recreation and the treatment of the body nowadays. The importance of the body as a concept in our society and how we relate the search for body modifications with recreation. We will also reflect on whether or not physical sports recreation should be at the service of aesthetic objectives.

## 5. Body culture

In this topic we will deepen on the concept of body culture, the external agents that control it. We will also discuss the relationship between society and body culture, as well as the importance of body culture today.

## 6. Physical sports recreation as a professional field

Knowledge of the different types of physical sports recreation in the natural environment and the relevance of the new formats of sports tourism and active tourism. The commoditization of leisure and the labor market of physical sports recreation: possibilities of development.

### WORKLOAD

#### PRESENCIAL ACTIVITIES

Activity	Hours
Theory	45,00
Classroom practices	15,00
<b>Total hours</b>	<b>60,00</b>

#### NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	5,00
Individual or group project	30,00
Independent study and work	30,00
Preparation of lessons	10,00



Preparation for assessment activities	5,00
Resolution of case studies	10,00
<b>Total hours</b>	<b>90,00</b>

## TEACHING METHODOLOGY

The course is divided into three types of classes: theoretical, practical and theoretical-practical.

**Theory classes:** The development of these classes will be through a presentation by the professor, in which he will ask the students different questions in relation to the subject, which they will have to solve and discuss in small groups and then comment on the different solutions to the whole group. This is intended to make the student an active and critical subject, which is why the students will be organized in small working groups and will be able to use on-line searches of different data throughout the class. This group learning is a basic element that gives a participatory nature to the dynamics of the classes, looking for the students to feel more involved in the teaching-learning process.

**Practical Class:** Throughout the practical sessions the teacher will present different types of sessions within the world of physical sports recreation, at the same time specialists of some specific subjects will attend, and external activities will be carried out in the natural environment. The student will have to design and put into practice a session that he/she will carry out in class in order to demonstrate his/her organizational and didactic skills.

**Theoretical-practical class:** There will be one session of this type per week, where readings, debates, videos, expositions, presentations by specialists, as well as the organization and development of a physical-sports recreation program will be carried out.

Another face-to-face axis are the tutorials, in which students have another way to clarify or go deeper into the contents exposed in the theoretical and practical sessions. Thus, their objective is to reinforce the positive climate so that students improve their interpersonal relationships and awaken their curiosity to learn. Tutorial action can be an important guiding task based on advice, coordination of individual or group work and offering alternatives, clarifications or advice on a given topic.

Finally, depending on availability and proximity, external physical sports activities may be proposed.

## EVALUATION

In order to carry out the evaluation of the subject, the students have two modalities:

### Option A - Continuous evaluation

In order to be eligible for Option A, students must attend at least 80% of the practical sessions. Once this criterion has been met, in order to pass the subject, the different sections of the evaluation must be passed with at least a grade of 5 (except in the case of external activities, which are voluntary).

The proposed final grade is as follows:

PRACTICAL PART (25%)



- Video of a game or activity to be chosen (10%).
- Organization and direction of sessions (15%).

**THEORETICAL PART (40%)**

- Theoretical exam on the contents of the course (40%).

**THEORETICAL-PRACTICAL PART (35%)**

- Elaboration of a project (20%).
- Presentation and defense of the project (15%).

**EXTERNAL ACTIVITIES (5% extra)**

- On a voluntary basis, participation and delivery of the report of the realization of 2 external activities (5%). These activities are not considered for the attendance control and their grade is an extra to the previous grades.

**Option B - Final evaluation**

Those who are unable to meet the criterion of attendance at 80% of the practical sessions, will have to apply for Option B. In this case, the evaluation consists of a theoretical part and a practical part. Both parts must be passed with at least a 5 in order to pass the subject.

The proposed grading is as follows:

**THEORETICAL PART (60%)**

- Theoretical exam on the contents of the course (60%).

**THEORETICAL-PRACTICAL PART (40%)**

- Elaboration of a project (25%).
- Presentation and defense of the project (15%).

Absences cannot be justified, there is a percentage of 20% that students can handle as they consider, depending on their circumstances. Once this percentage has been exceeded for any reason, it is understood that the student has not had enough practical experience in the subject to be eligible for the evaluation through Option A, for which reason he/she will have to choose Option B. Attending a practical class and not being able to participate in it is not valued in the same way as a participative attendance. In order for the assignments and the project to be considered, they must be submitted and/or defended on



the date indicated by the professors. This date will always be prior to the exam date of each call, and nothing can be delivered or defended after that date. The characteristics of the theoretical exam, for both Modality A and Modality B, will be informed by the professors sufficiently in advance.

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