



## COURSE DATA

### DATA SUBJECT

**Code:** 33231  
**Name:** Specific applications for swimming training  
**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	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	Applications for swimming training	ELECTIVES
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Aplicación específica al entrenamiento en Natación	ELECTIVES

### COORDINATION

ENCARNACION MARTINEZ ALBERTO

LLANA BELLOCH SALVADOR

## SUMMARY

Swimming as a sport emerged in the late nineteenth century. Since then, much he has changed his training, both technically and in water and dry. In this matter, the / as alumni / ae will expose the most accepted by the international community regarding the different alternatives for training aimed at skills competition.

## PREVIOUS KNOWLEDGE

### RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

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

### OTHER REQUIREMENTS



To be able to take the course, students must have a basic knowledge of the technical execution model of the four styles of competition, as well as their starts and turns

Relationship with other subjects in the same degree course:

- It is desirable to have passed Swimming (third year).

## COMPETENCES / LEARNING OUTCOMES

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Apply information and communication technologies (ICT) to the field of sports training.

Apply information and communication technologies (ICTs) in the field of physical activity and sport sciences.

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

Design, implement and evaluate the teaching-learning processes related to physical activity and sport, paying attention to the individual, collective and contextual characteristics of people.

Know and understand the fundamentals of physical fitness for physical activity and sport.

Know and understand the fundamentals of sports training in individual sports.

Plan, implement and evaluate physical activity and sports programmes targeted at special populations.

Plan, implement and evaluate training programmes in the aquatic environment.

## DESCRIPTION OF CONTENTS

### 1. Specific components of swimming training

The swimming technique of the competition styles (butterfly, back, breaststroke, freestyle, individual and relay styles), their starts and turns.

### 2. Swimmer training systems in the water

Training means and methods in the so-called light aerobic, medium aerobic, anaerobic threshold, intense aerobic, lactate tolerance, lactate potency, alactium capacity and alactium potency training zones.

### 3. Dry swimmer training systems

Means and methods of flexibility training. Means and methods of muscle strength training.



## 4. Season design and planning

Traditional planning, integrated macrocycle planning, ATR planning, reverse planning.

### WORKLOAD

#### PRESENCIAL ACTIVITIES

Activity	Hours
Theory	30,00
Classroom practices	30,00
<b>Total hours</b>	<b>60,00</b>

#### NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	0,00
Independent study and work	54,00
Preparation of lessons	0,00
Preparation for assessment activities	14,00
Resolution of case studies	0,00
<b>Total hours</b>	<b>68,00</b>

### TEACHING METHODOLOGY

#### 1- Group learning with the teacher

- Theoretical classes (single group): will be held in classrooms of the FCAFD. They shall establish the theoretical framework for the content set out in paragraph 6.
- Practical classes (2 groups): they will take place in the swimming pool. In them, students will experience in a practical way the contents taught in the classroom and, progressively, they will have to reach the required level of execution.

#### 2- Individual volunteer work

The aim of this course is for students to deepen their knowledge of a specific aspect of the subject. In order to do this, they must know how to use databases to find the information and then structure and integrate it into a document that they must present in class as a communication to the congress.

#### 3- The tutoring

The tutorials will be carried out individually or in groups, either using the student's office hours, the school timetable or through the virtual classroom.

### EVALUATION

Ordinary session (January).



The final grade for the course depends on the following topics:

SECTION 1: theoretical test.

A test of 40 multiple choice questions to be held on the date and time marked for the final exam of the subject in Centre Board. It will be possible to include some open-answer questions. The value of these questions will be reflected in the exam template and will be indicated well in advance to the students by the teacher. The multiple-choice questions will present 4 possible options, and only one of them will be true. The rating is as follows:

- Each hit will 0.25 points ( $10/40 = 0.25$ ).
- Each error subtract one-third of what a success rate, ie,  $0.25 / 3 = 0.083$  points.

It is binding exceed 5 (out of 10) to pass the course.

Will mean up to 8 points in the final mark.

SECTION 2: voluntary activities.

2.1. practical test.

It will consist of test swim 200m individual medley (you can always make individual adaptations and when there is a medical justification told to do so), with the evaluation criteria include:

1. start, swim and turn in a regulated manner and according to the techniques taught in class,



2. the swimming rhythm must be "stable", as will be explained in class.

3. the mark will depend on the time obtained: 10 in the men's category will be a time of 2:40:00 or less and in the women's category 3:05:00 or less. From these marks onwards, every 15 seconds will be one point less.

Will mean up to 0,75 points in the final grade.

Students will only be able to take the practical part (2.1.) voluntarily in the first call (January). Those students who do NOT pass the theoretical part will keep the result of the practical part for the second exam of the same academic year.

## 2.2. Work.

Those students who wish may perform volunteer work. They must meet the following requirements:

Agree the issue with the teacher: deadline two weeks after the start of classes.

Delivery justified index: deadline two weeks from the consensus of the subject.

Delivery of the work: deadline first week of November.



The rating is as follows:

Calificación del trabajo

Excelente	0,75 puntos
Muy bueno	0,50 puntos
Bueno	0,25 puntos
Regular	0 puntos
Malo	0 puntos

### 2.3. Attendance at conferences, seminars and/or workshops.

Attendance at conferences, seminars and/or workshops related to swimming, such as the Conference promoted by the Training and High Performance Teaching Unit, will be taken into account in the final grade, and may result in up to 1 point.

### SECTION 3: attendance and participation in class.



Active participation in the development of classes may be up to 0.5 points in the final grade. This score will depend on the discretion of the professor.

## FINAL GRADE

The final grade is obtained from the sum of the partial notes of each of those sections, as long as the theoretical exam is passed.

## Second session.

The evaluation criteria are similar to those of the first call, therefore, the grade of the different sections is kept, which will have the same percentage value than in the first call (this will be valid within the the same academic year, i.e. no partial grades are kept from a course for the next academic year).

On the date and time approved by the Centre Board, a test will be carried out. similar to that indicated in section 1.

From section 2 (voluntary activities), documents justifying attendance at congresses may be presented (section 2.3.). The practical test (section 2.1.) may not be taken.

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