

**COURSE DATA****DATA SUBJECT****Code:** 33244**Name:** External internships**Cycle:** Undergraduate Studies**ECTS Credits:** 18**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	Indefinite (Individuals)
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Facultat de Ciències de l'Activitat Física i Esports	4	Indefinite (Individuals)

SUBJECT-MATTER

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	External internship	INTERNSHIPS
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Prácticas Externas	INTERNSHIPS

COORDINATION

PRIEGO QUESADA JOSE IGNACIO

SUMMARY

External practices are the way for students to apply academic knowledge acquired during the race and, in parallel, to acquire a practical knowledge of everyday life in the working reality. Therefore, it is a way to complete the academic training of university students within the real needs of the company.

/ As students will be tutored by two tutors, one academic and another company, who ensure the proper conduct of the 180 contact hours in the relevant company. In addition, the academic tutor should tutorizar memory of practices that students must submit at the end of the traineeship.

PREVIOUS KNOWLEDGE**RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE**

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

OTHER REQUIREMENTS



Have approved at least 150 credits of the degree.

COMPETENCES / LEARNING OUTCOMES

1312 - Degree in Physical Activity and Sport Sciences

Acquire suitable professional skills.

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 apply knowledge to work in a professional manner, to elaborate and defend arguments and to solve problems within the area of physical activity and sport sciences.

Be able to detect needs and situations that require the professional's intervention.

Conocer la oferta específica de la institución en que se integra el/la estudiante, sus objetivos y sus recursos.

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.

Develop leadership, interpersonal and teamwork skills.

Develop skills to cooperate with other professionals.

Elaborar informes (diagnóstico, propuestas y evaluación de la actividad).

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

Know how to apply and develop the intervention.

Saber identificar los recursos útiles que permitan llevar a cabo esa intervención.

The ability to handle different relationships with clients.

Tomar conciencia del componente ético y los principios deontológicos del ejercicio de la profesión.

Understand and produce written and audiovisual texts related to physical activity and sport sciences.

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.

Use the sources of certified scientific knowledge in the field of physical activity and sport sciences.

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

Acquire suitable professional skills.



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 apply knowledge to work in a professional manner, to elaborate and defend arguments and to solve problems within the area of physical activity and sport sciences.

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DESCRIPTION OF CONTENTS

Physical Activity and Health, 2. Sports Training, 3. Physical Education Teaching and 4. Sports Management), but which are gathered in the following:

- Planning and programming of tasks and activities in the field of action.
- Formulation of objectives and development of the necessary strategies to carry them out.

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- Planning and programming of tasks and activities in the field of action.
- Use of tools, instruments and procedures to develop the different professional actions.
- Structuring of acquired knowledge to be applied with suitability in the professional reality.
- Establishment of strategies aimed at permanently evaluating one's own professional action in all its range of situations.

WORKLOAD**PRESENCIAL ACTIVITIES**

Activity	Hours
Attendance at the internship centre	0,00
Attendance at supplementary activities	0,00
Monitoring and tutoring of internships	0,00
Total hours	0,00

NON PRESENCIAL ACTIVITIES

Activity	Hours
Independent study and work	0,00
Preparation of supplementary reports	0,00
Preparation of the internship report and evaluation of the internship	0,00
Total hours	0,00

TEACHING METHODOLOGY

The student will carry out the practices at the place of the professional in the field or the company in which the practices are carried out. An active methodology will be used that makes the student's involvement in their learning essential. To achieve this, a process of periodic tutorials will be followed, being able to be both individual and collective, which will be in charge of the academic tutor.

In addition, there are other options to guide and direct the proper development of practices, such as conducting a daily practice, seminars, etc.

EVALUATION



The evaluation consists of two parts (both have to be approved with a 5 or higher to be able to average between both marks):

a) Verification of the practice and completion of the final report of the entity tutor (evaluation questionnaire of external practices). Once completed by the entity tutor, the evaluation will be sent automatically to the academic tutor. This qualification represents 50% of the total final grade.

b) Qualification of the FCAFE academic tutor, which accounts for 50% of the total final grade and is based on:

-The practice report of 20-30 pages that the student delivers through the virtual classroom task on the established date (at the end of the practice) and in the format that each tutor recommends (depending on the characteristics of the practice), and in the interviews and tutoring follow-up during the internship period.

-10% of the grade will be reserved for participation in training activities organised by the FCAFE and UV-ocupació, and proposed by the internship coordination, related to external internships. In case of not carrying out these training activities, the 10% of the grade will be part of the evaluation of the academic tutor.

REFERENCES

- Fluixa, M et al (2012). Elementos para una buena experiencia de prácticas externas. Barcelona: Octaedro. - Regulación de les prácticas externas de la Universidad de Valencia: http://www.adeit-uv.es/DOCUMENTOS_B/PRACTICAS%20EN%20EMPRESAS/NORMATIVA%20PRACTICAS_CASTELLANO%20UV.PDF - Schön, D.A. (1992) La formación de profesionales reflexivos. Barcelona: Paidós. - Zabalza Beraza, M.A. (2011). El prácticum en la formación universitaria. Revista de Educación, 354, 21-43. http://www.revistaeducacion.mec.es/re354/re354_02.pdf