

## BASIC DETAILS:

<b>Subject:</b>	INGLÉS APLICADO		
<b>Id.:</b>	30647		
<b>Programme:</b>	GRADUADO EN CIENCIAS DE LA ACTIVIDAD FÍSICA Y DEL DEPORTE. 2012 (14/05/13)		
<b>Module:</b>	FUNDAMENTOS PSICOMOTRICES Y PEDAGÓGICOS DE LA ACTIVIDAD FÍSICA		
<b>Subject type:</b>	MATERIA BASICA		
<b>Year:</b>	1	<b>Teaching period:</b>	Segundo Cuatrimestre
<b>Credits:</b>	6	<b>Total hours:</b>	150
<b>Classroom activities:</b>	23	<b>Individual study:</b>	127
<b>Main teaching language:</b>	Inglés	<b>Secondary teaching language:</b>	Castellano
<b>Lecturer:</b>	VERGARA LEGARRA, NORA (T)	<b>Email:</b>	nvergara@usj.es

## PRESENTATION:

The main aim of this course is to prepare students with the **English Language Skills (speaking, listening, reading, writing, grammar, and vocabulary)** they need to perform academically and professionally by using the context of Sports Sciences. During the course, students will be required to use English progressively to follow lectures; extract information from reading texts and express themselves in different forms (oral and written). Applied English is structured around topics and genres related to Sports Sciences in order to help students progress in English use within the area of your study by working on the most relevant language skills they need. The course has **five blocks**:

- 1) **Basic concepts: Health, fitness, wellness. Careers in sports**
- 2) **Games and Sports**
- 3) **Physical Fitness and Training**
- 4) **Performance benefits of Physical Exercise**
- 5) **Nutrition: diet and activities for healthy body fatness**

## PROFESSIONAL COMPETENCES ACQUIRED IN THE SUBJECT:

<b>General programme competences</b>	G04	Oral and written communication in English.
	G06	Ability to efficiently manage information.
	G08	Ability to work in teams.
	G09	Ability to work in international contexts.
	G11	Ability to recognise and respect diversity and multiculturalism.
	G17	Ability to be creative and motivated by quality.
<b>Specific programme competences</b>	E07	Ability to plan, develop and evaluate the implementation of programmes and physical and sports activities.
	E10	Ability to understand the scientific language of the field of physical activity and sport in English in science.
<b>Learning outcomes</b>	R01	Express opinions and formulate arguments in English both orally and in writing in accordance with the level of language skills acquired.
	R02	Write and read English in the exercise of their learning activities.
	R03	Present a theme and hold a conversation in English.
	R04	Integrate specific vocabulary of the profession in English.

## PRE-REQUISITES:

It is highly recommended that students begin this course with a B1 level of English. If your level of

English is less than a B1 (lower intermediate), you might find the class and coursework difficult to follow AT TIMES, and you should strongly consider improving your level by signing up for the English courses offered by the Institute of Modern Languages (Student Hub/ Edificio de Estudiantes). Your lecturer will vary activities as much as possible to facilitate learning for the different levels in the class, but if your language level is lower than B1, expect to spend more time to read the materials and work on the tasks.

### **SUBJECT PROGRAMME:**

Observations:

Al tratarse de una asignatura en extinción por la implementación de un nuevo Plan de Estudios y con un nº de alumnos matriculados muy bajo, el formato de docencia establecido es el seguimiento tutelado.

En el caso de la asignatura de Inglés Aplicado (*Applied English*), estas sesiones de seguimiento tutelado tendrán una frecuencia semanal; es decir, una sesión a la semana. La duración será de 1,3 horas/sesión (1 hora 18 minutos, aprox.).

Las clases se impartirán generalmente de manera telepresencial, a través de Microsoft Teams, siendo muy importante para la evaluación continua la asistencia a las mismas.

El horario de la asignatura se determinará al inicio del cuatrimestre, estableciéndose en función de la disponibilidad de alumnos y docente, de forma que se mantenga a lo largo del curso.

### **Subject contents:**

<b>1 - Basic concepts: Health, fitness, wellness. Careers in sports.</b>
1.1 - Course overview and dictionary work
1.2 - Careers in Sports
1.3 - Basic concepts: health, fitness and wellness
1.4 - Dimensions of physical fitness and sports
<b>2 - Games and sports</b>
2.1 - Introduction to games and sports
2.2 - Racket sports
2.3 - Team sports
2.4 - Water sports, aqua fitness and aqua therapy
2.5 - Athletics
<b>3 - Physical Fitness and Training</b>
3.1 - Preparing for physical activity. Vigorous aerobics, sports and recreational activities
3.2 - Body mechanics: surface anatomy, planes and movement exercise
3.3 - Instructions for physical exercises
3.4 - Posture and questionable exercises
3.5 - Muscle fitness and resistance exercise
3.6 - Flexibility
3.7 - Health benefits of physical exercise
<b>4 - Performance benefits of physical exercise</b>
4.1 - introduction
4.2 - high level performance and training characteristics
4.3 - training for high-level performance: skill-related fitness and skill
<b>5 - Nutrition: diet and activities for healthy body fatness</b>
5.1 - Body composition
5.2 - Treatment and prevention of overweight and obesity
5.3 - Guidelines for healthy eating and losing body fat
5.4 - Nutrition and physical performance

Subject planning could be modified due unforeseen circumstances (group performance, availability of resources, changes to academic calendar etc.) and should not, therefore, be considered to be

definitive.

## TEACHING AND LEARNING METHODOLOGIES AND ACTIVITIES:

### Teaching and learning methodologies and activities applied:

Classes are conducted **exclusively in English** and are highly practical. Teachers in this course use a socio-cultural **communicative approach** to teaching English which highlights "meaning" and adapts language form and structure to it. This should help faster and better progress in language learning and language use. The **integration of speaking and listening together with reading and writing** during pair and group work is highly important for this approach. Simulations; problem solving, discussions, opinion stating and information exchange are also other methods within this approach. They encourage cooperative learning and meaningful interaction between students and the development of professional competences.

**Participation in English** is expected of you in all class-related activities (emails, tutorials..). Although this will be difficult at the start, your linguistic competences will develop rapidly.

**Tutorials.** Your lecturer is available for consultation face to face or electronically whenever you need help.

**Independent study:** you are expected to complete all tasks. These tasks are suited to the development of reading, writing and listening skills as well as vocabulary extension. You should upload the required tasks onto the PDU within the established deadlines. All tasks must be completed as they will be evaluated through different means and methods. It is important to check the PDU every week for tasks.

### Student work load:

Teaching mode	Teaching methods	Estimated hours
<b>Classroom activities</b>	Master classes	3
	Other theory activities	3
	Practical exercises	2
	Practical work, exercises, problem-solving etc.	4
	Debates	1
	Coursework presentations	2
	Films, videos, documentaries etc.	2
	Workshops	1
	Other practical activities	1
	Assessment activities	3
	Tutorials	1
<b>Individual study</b>	Individual study	28
	Individual coursework preparation	22
	Group coursework preparation	28
	Research work	19
	Compulsory reading	19
	Other individual study activities	11
<b>Total hours:</b>		<b>150</b>

## ASSESSMENT SCHEME:

### Calculation of final mark:

Written tests:	20 %
Individual coursework:	20 %
Group coursework:	20 %
Final exam:	30 %

Others (Oral exam):	10 %
<b>TOTAL</b>	<b>100 %</b>

\*Las observaciones específicas sobre el sistema de evaluación serán comunicadas por escrito a los alumnos al inicio de la materia.

## BIBLIOGRAPHY AND DOCUMENTATION:

### Basic bibliography:

Teaching Materials on the PDU

### Recommended bibliography:

NEMERKENYI-HIDEGKUTI, Krisztina. English Through Sports. Hungary: Semmelweis University Faculty of Physical Education and Sport Sciences, 2006.

EVANS, Virginia, Jenny Dooley and Alan Graham. Sports. Career Paths. Newbury: Express Publishing, 2012.

REA, Simon. Sports Science. A Complete Introduction. Croydon: The Open University, 2015.

NEMERKENYI-HIDEGKUTI, Krisztina. Practice Book for Sport-Specific English. Semmelweis University Faculty of Physical Education and Sport Sciences, 2000.

CORBIN, Charles and Gregory Welk and William Corbin and Karen Welk. Concepts of Fitness And Wellness. A Comprehensive Lifestyle Approach, McGraw-Hill, 12th Edition, 2019.

### Recommended websites:

Dictionary (general and medical)	<a href="http://www.thefreedictionary.com/">http://www.thefreedictionary.com/</a>
Dictionary (general)	<a href="http://www.merriam-webster.com/">http://www.merriam-webster.com/</a>
Dictionary - Visual (sports and anatomy sections)	<a href="http://www.ikonet.com/en/visualdictionary/">http://www.ikonet.com/en/visualdictionary/</a>
Magazines online - General Sports (links to several other)	<a href="http://www.world-newspapers.com/sport-magazine.html">http://www.world-newspapers.com/sport-magazine.html</a>
Magazine online - Health and Wellness	<a href="http://www.healthandfitnessmag.com/magazine-sections/health-and-wellness/">http://www.healthandfitnessmag.com/magazine-sections/health-and-wellness/</a>
Quizzes Based On Voice of America Programs	<a href="http://www.manythings.org/voa/">http://www.manythings.org/voa/</a>
Bitsize - lessons on Health, Fitness and Training	<a href="http://www.bbc.co.uk/education/subjects/znyb4wx">http://www.bbc.co.uk/education/subjects/znyb4wx</a>
Teach Physical Education	<a href="http://www.teachpe.com/">http://www.teachpe.com/</a>