

## Psychophysical Preparation

Academic Year: ( 2024 / 2025 )

Review date: 03-06-2024

Department assigned to the subject: null

Coordinating teacher:

Type: Basic Core ECTS Credits : 6.0

Year : 2 Semester : 1

Branch of knowledge: Social Sciences and Law

## SKILLS AND LEARNING OUTCOMES

K1-To have the necessary knowledge to develop the necessary command techniques to lead security-related teams at national and international level in the field of public security and defence.

K2-To have the knowledge that allows him/her to adequately prepare his/her subordinates, as well as to be in the best conditions to withstand the physical and mental efforts derived from the situations of daily effort.

S1-Carry out, in accordance with their professional duties, administrative, logistical and teaching functions, mainly through managerial and administrative actions, in national and international security structures.

S2-Solve problems, analyse and synthesise information to evaluate and make judgements with agility, initiative and creativity, identifying opportunities for improvement and adapting to complex situations related to defence and public security.

S3-Have problem-solving and conflict resolution skills based on knowledge of applied psychology.

C1-Demonstrate the ability to exercise leadership and assume command, adapting to each situation and paying permanent attention to safety and compliance with the rules and measures established to guarantee the integrity of personnel, installations, equipment, systems, material and documentation, in accordance with the regulations in force.

C2-Apply knowledge relating to the principles and values of professional ethics with special emphasis on those relating to dignity, honesty and neutrality, based on the analysis of cases, as well as solve practical problems by accrediting the use of the main standards of police ethics and those established in the statute of the Guardia Civil.

C3-To analyse and draw conclusions from experiences based on case studies in which the engagement of public safety professionals with the citizens they serve has been particularly relevant.

C5-Knowing and applying, through the study of scenarios related to public safety, techniques of self-control of one's own emotions and resilience in different environments, as well as developing emotional intelligence skills to interact with citizens in the professional field and give answers based on the principles of professional effectiveness and efficiency.

## DESCRIPTION OF CONTENTS: PROGRAMME

Direction and management of psychophysical preparation processes, Physical activity and health, Physical training and performance, Physical condition.

<b>% end-of-term-examination:</b>	60
<b>% of continuous assessment (assignments, laboratory, practicals...):</b>	40