



UNIVERSITAT  
POLITÈCNICA  
DE VALÈNCIA

VICE-RECTORATE OF SPORTS



2010

SPORTING ACTIVITIES

2011

GANDIA

CAMPUS

# GANDIA ■ CAMPUS

## TABLE OF CONTENTS

<b>1</b>	<b>PRESENTATION</b> .....	2
<b>2</b>	<b>SPORTS FACILITIES</b> .....	3
<b>3</b>	<b>SPORTS PROGRAMMES</b> .....	4
	En forma .....	4
	AulaSALUD .....	6
	Plus 35 .....	6
<b>4</b>	<b>ESPORTS ACTIVITIES</b> .....	8
<b>5</b>	<b>COMPETITIONS</b> .....	9
<b>6</b>	<b>SPORTS PROMOTERS</b> .....	13
<b>7</b>	<b>SPORTS TRAINING PROGRAMME</b> .....	14
	Courses and workshopos	
	Competition and prizes	
	<b>SPORT ESTUDI PROGRAMME</b> .....	15



Sport, way of life!

feeling

racing

share

training

dreaming

relax

dancing

enjoying

2010 ■ 2011

# SPORTS FACILITIES

[www.gandia.upv.es/dep](http://www.gandia.upv.es/dep)

## ENJOY YOUR SPORTS FACILITIES

SPORTS COURTS

WEIGHTS ROOM

ACTIVITIES ROOM

MULTIPURPOSE ROOM

Use also the changing rooms and the cabinet service

## YOU CAN MAKE RESERVATIONS:

- Personally at the Vice-Rectorate of Sports, free of cost with your UPV student card.
- Through our website: online through your personal webpage from Monday to Friday of the same week!

## CONTACT US

### Vice-Rectorate of Sports, Gandia Campus:

Aulario Building ■ Ground Floor. Offices 14 and 15. ■ Tel: 962 84 94 39. Ext. 49439

### Visiting hours:

Monday to Thursday from 10:00 to 21:45 ■ Friday from 10:00 to 15:00

Visit our website at: [www.gandia.upv.es/dep](http://www.gandia.upv.es/dep) ■ [www.upv.es/vdep](http://www.upv.es/vdep)

### Swimming Pool

#### Monday to Friday:

From 07:00 to 19:45h

From 21:15 to 22:15h

Saturdays: 08:30 to 18:45h

Sundays: 08:30 to 13:45h

### Front-tennis (Beniopa)

#### Prior Reservation:

Tel. 962950504

### Athletics track

From 09:00 to 14:00 and

19:00 to 22:00

**COLLABORATION**  
with gandia sports  
foundation

FREE USE, PREVIOUS  
CARD REQUEST

**SPORTS FACILITIES  
THEY ARE FREE**

Your UPV ID Card

TAKE THE ADVANTAGES!

# GUIDED ACTIVITIES

[www.gandia.upv.es/dep](http://www.gandia.upv.es/dep) **EN FORMA** Sports: your keep-fit tool.

free access ■ AL

registration required ■ IP

advanced level ↑

## AEROBICS

Strengthen heart and lungs to the beat of music. Getting fit has never been so enjoyable!

SCHEDULE · ACTIVITY ROOM	TUESDAY
14:30 - 15:30	■ AL

## AERODANCE

Get fit and be a better dancer!

SCHEDULE · ACTIVITY ROOM	WEDNESDAY
14:30 - 15:30	■ AL

## AEROBOX

De-stress with boxing movements while you practice aerobics.

SCHEDULE · ACTIVITY ROOM	MONDAY	THURSDAY
14:30 - 15:30		■ AL
20:30 - 21:30	■ IP	

## BARS TRAINING

Use bars and discs to improve muscle tone to the beat of music!

SCHEDULE · ACTIVITY ROOM	MONDAY	WEDNESDAY
19:30 - 20:30	■ IP ↑	
20:30 - 21:30		■ IP

## STEP

Getting on and off steps was never such fun.

SCHEDULE · ACTIVITY ROOM	MONDAY	WEDNESDAY
14:30 - 15:30	■ AL	
19:30 - 20:30		■ IP ↑

## REGISTRATION AND FREE ACCESS

All activities begin on october 4th.





[www.gandia.upv.es/dep](http://www.gandia.upv.es/dep)

## FITNESS

Médium-intensity with cardiovascular work, toning and joint mobility.

SCHEDULE · ACTIVITY ROOM	TUESDAY
20:30 - 21:30	■ IP

## G.A.P. / STRETCHING

Exercise program designed for buttocks, abdomen and legs.

SCHEDULE · ACTIVITY ROOM	MONDAY	WEDNESDAY
15:30 - 16:30	■ AL	■ AL

## SPINNING

Be daring! The bike, the music and you!.

HORARIO · MULTIROOM PURPOSE	TUESDAY	THURSDAY
13:30 - 14:30		■ IP
19:30 - 20:30	■ IP	■ IP ↑

## WEIGHT TRAINING

Make your body stronger in the weight room under the guidance of a monitor.

SCHEDULE · WEIGHTS ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:30 - 13:30	■ AL	■ AL	■ AL	■ AL	■ AL
13:30 - 14:30	■ AL	■ AL	■ AL	■ AL	■ AL
18:30 - 19:30	■ AL		■ AL		
19:30 - 20:30		■ IP		■ IP	
20:30 - 21:30	■ IP	■ IP	■ IP	■ IP	

## ONLY for GIRLS: INITIATION TO TONIFICATION

This is your time, this is your activity.

SCHEDULE · WEIGHTS ROOM	THURSDAY
18:30 - 19:30	■ AL

## CIRCUIT TRAINING

Enjoy using all the apparatus in the weight room quickly and efficiently!

SCHEDULE · WEIGHTS ROOM	MONDAY	TUESDAY	WEDNESDAY
18:30 - 19:30		■ AL	
19:30 - 20:30		■ IP	■ IP

## 30' EXPRESS

Thirty-minute intensive workout of cardiovascular work and strength

SCHEDULE · MULTIROOM PURPOSE	TUESDAY
08:15 - 08:45	■ AL

# Aula SALUD

# TAKE A BREAK!

## BELLY DANCING

Let your hips dance to the beat of sensual music.

SCHEDULE · MULTIPURPOSE ROOM	MONDAY	THURSDAY
12:30 - 13:30		AL
17:30 - 18:30	AL	

## YOGA

Maintain your physical and mental balance through gentle movements.

SCHEDULE · MULTIPURPOSE ROOM	TUESDAY	WEDNESDAY
12:30 - 13:30	AL	
16:30 - 17:30		AL

## TAICHI

Chinese fighting tradition at your hand.

SCHEDULE · MULTIPURPOSE ROOM	WEDNESDAY
12:30 - 13:30	AL

## PILATES

Coordinated development of Mind-Body-Spirit through natural movements.

SCHEDULE · MULTIPURPOSE ROOM	MONDAY	THURSDAY
12:30 - 13:30	AL	
17:30 - 18:30		AL

## BALLROOM DANCING

Enjoy dancing – another form of exercise

SCHEDULE · MULTIPURPOSE ROOM	THURSDAY
16:30 - 17:30	AL

## LAUGHTER THERAPY

Learn the health benefits of laughing.

SCHEDULE · MULTIPURPOSE ROOM	MONDAY
16:30 - 17:30	AL

# PLUS 35

# JUST FOR YOU, PLUS 35

Get to know and look after your body with the right techniques adapted to your requirements  
**WHY NOT JOIN IN!**

## POSTURE REEDUCATION

AVOID THE DISCOMFORTS CAUSED BY WRONG POSTURES.

## STAY FIT WITH GYMNASTICS

START THE DAY WITH HEALTHY PHYSICAL EXERCISE.

SCHEDULE	MULTIPURPOSE R. - TUESDAY	AEROBICS R. - THURSDAY
08:00 - 08:45		Gymnastics to stay fit AL
16:30 - 17:30	Posture reeducation AL	

# SCHEDULE. EN FORMA, AULA SALUD, PLUS 35

## REGISTRATION AND FREE ACCESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00-08:45		30' Express (08:15-08:45h)		Plus 35: Staying in form	
12:30-13:30	Weight Training   Aula Salud: Pilates	Weight Training   Aula Salud: Yoga	Weight Training   Aula Salud: Taichi	Weight Training   Aula Salud: Belly Dancing	Weight Training
13:30-14:30	Weight Training	Weight Training	Weight Training	Weight Training   Spinning	Weight Training
14:30-15:30	Step	Aerobics	Aerodance	Aerobox	
15:30-16:30	GAP+Streching		GAP+Streching		
16:30-17:30	Aula Salud: Laughter Therapy	Plus 35: Posture Reeducation	Aula Salud: Yoga	Aula Salud: Ballroom dancing	
17:30-18:30	Aula Salud: Belly Dancing			Aula Salud: Pilates	
18:30-19:30	Weight Training	Circuit Training	Weight Training	Only for Girls: Initiation to Tonification	
19:30-20:30	Circuit Training   Bars Training	Weight Training   Spinning	Circuit Training   Step	Weight Training   Spinning	
20:30-21:30	Weight Training   Aerobox	Weight Training   Fitness	Weight Training   Bars Training	Weight Training	

## TYPES OF ACCES

- AL FREE ACCESS. NO registration required. You can access the classes directly.
- IP REGISTRATION REQUIRED. You can register from your Intranet or at the Vice-Rectorate of Sports.

REGISTRATION

1st TERM

starting **SEPTEMBER 23rd**

at 10:00

PAS and PDI: 20 and 21 September (Subject to 10% of places)

2nd TERM

starting **JANUARY 27th**

at 10:00

PAS and PDI: 24 and 25 January (Subject to 10% of places)

START

1st TERM

4 October

2nd TERM

7 February

END

1st TERM

22 December

2nd TERM

27 May

Places are vacated every days  
check on Intranet and at

[www.gandia.upv.es/dep!!](http://www.gandia.upv.es/dep!!)



# SPORTS ACTIVITIES

www.gandia.upv.es/dep

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LEARN NEW sports!

## REGISTRATION DATES

<b>1st TERM</b>	From September 23rd and up to 2 working days before the beginning of each programme. And up to two days before the beginning of every school
<b>2nd TERM</b>	From January 27th and up to 2 working days before the beginning of each programme. And up to two days before the beginning of every school

**Registration will take place** at the Vice-Rectorate of Sports of Gandia Campus  
**REGISTRATION AND FREE ACCES** (Except Windsurfing)

### ROWING

**Location:** Marina San Nicolás

**Schedules:**

- A. Beginners.** 25, 26, 27 October, 2, 3 and 4 November. Monday, Tuesday, Wednesday from 20 to 22h and Thursday from 12:30 to 14:30h.
- B. Advanced.** 22, 23, 24, 25, 29 and 30 November. Monday, Tuesday, Wednesday from 20 to 22h and Thursday from 12:30 to 14:30h.
- C. Beginners.** 21, 22, 23, 24, 28 February and 1 March. Monday, Tuesday, Wednesday from 20 to 22h and Thursday from 12:30 to 14:30h.
- D. Advanced.** 21, 22, 23, 24, 28 and 29 March. Monday, Tuesday, Wednesday from 20 to 22h and Thursday from 12:30 to 14:30h.

### TEAM SPORTS

**Location:** Sports Fields

**Schedules:** From 20:00 to 21:30

**Male Volleyball**

- A.** Monday and Wednesday. From 4 October to 22 December.
- B.** Monday and Wednesday. From 7 February to 11 May.

**Female Volleyball**

- A.** Thursday. From 7 October to 16 December.
- B.** Thursday. From 10 February to 5 May.

**Handball**

- A.** Tuesday and Thursday. From 5 October to 21 December.
- B.** Tuesday and Thursday. From 8 February to 12 May.

**Female Five-a-side Soccer**

- A.** Monday. From 4 October to 20 December.
- B.** Monday. From 7 February to 9 May.

**Mixed Basketball**

- A.** Monday and Wednesday. From 4 October to 22 December.
- B.** Monday and Wednesday. From 7 February to 11 May.

### WINDSURFING

**Location:** Gandia Beach

**Schedules:** A. 7, 14 and 21 May. Saturday from 10:00 to 13:00

**Price:** 40 Euros

### CLIMBING

**Location:** Climbing wall at UPV Pavillion

**Level:** Beginners

**Schedules:** From 10:00 to 14:00.

- A.** 20 and 27 November. Saturday.
- B.** 26 March and 2 April. Saturday.

### TABLE TENNIS

**Location:** Multipurpose Room

**Schedules:** From 19:30 to 21:00.

- A.** Wednesday. From 6 October to 22 December.
- B.** Wednesday. From 9 February to 13 April.

### FENCING

**Location:** Multipurpose Room

**Schedules:** From 20:30 to 21:30.

- A.** Tuesday and Thursday. From 5 October to 21 December.
- B.** Tuesday and Thursday. From 8 February to 19 April.





# COMPETITIONS

[www.gandia.upv.es/dep](http://www.gandia.upv.es/dep)

## INTERNAL

### TEAM sports

SPORT	REGISTRATION DATES	START DATE / MATCH DAYS
<b>INDOOR FOOTBALL</b>	From 20 September to 22 October	STARTING november 2nd G1. Tuesday from 16:00 to 20:00 G2. Thursday from 11:00 to 15:00
<b>BASKETBALL 3x3</b>	From 20 September to 22 October	STARTING november 4th Thursday from 12:30 to 14:30
<b>VOLLEYBALL 3x3</b>	From 20 September to 22 October	STARTING november 2nd Tuesday from 19:00 to 21:00
<b>HANDBALL</b>	From 20 September to 22 October	STARTING november 3rd Wednesday from 20:00 to 22:00

### RACKET SPORTS and chess

SPORT	REGISTRATION DATES	COMPETITION DATES
<b>TENNIS</b>	From 20 September to 22 October	Gathering 1st Term. From 15 to 18 November Gathering 2nd Term. From 21 to 24 February
<b>FRONT-TENNIS</b>	From 20 September to 22 October	Meet 1st Term. From 15 to 18 November Meet 2nd Term. From 21 to 24 February
<b>TABLE TENNIS</b>	From 20 September to 22 October	Meet 1st Term. From 15 to 18 November Meet 2nd Term. From 21 to 24 February
<b>CHESS</b>	From 20 September to 22 October	Meet 1st Term. Thursday 18 November Meet 2nd Term. Thursday 24 February

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Fun and games to bring out the best in you!



4

# GANDIA ■ CAMPUS

## BEACH sports

### 1st TERM

SPORT	REGISTRATION DATES	COMPETITION DATES
BEACH VOLLEY	13 to 19 October	October 21st
BEACH HANDBALL		

### 2nd TERM

SPORT	REGISTRATION DATES	COMPETITION DATES
BEACH VOLLEY	26 April to 3 May	May 5th
BEACH HANDBALL		



# 12 HOURS OF SPORTS

## YOUR SPORTS DAY!



**THURSDAY  
14  
APRIL!**

Directly through  
INTRANET or at the Vice-  
Rectorate for Sports

# 4 COMPETITIONS

## EXTERNAL



### SELECTION TRIALS "GANDIA CAMPUS" PLAY FOR YOUR CAMPUS!

- INDIVIDUAL SPORTS: register and present your Sports curriculum.
- GROUP SPORTS: register and undergo the selection trials.

Registration: from 18 October to 2 November

Selection trials: 4 NOVEMBER

As a sportsman/woman of UPV-GANDIA team you will be able to:

- Participate in the Regional Games, in the Intercampus and in the 12 Hours of Sports.
- Obtain free choice credits for representing your Campus.
- Get points for the Help for Sportsmen/women programme of the UPV.



## REGIONAL SPORTS MEETS

### STRENGTHEN YOUR TRAINING SESSIONS!

#### CALENDER 1ST TERM

BASKET JR. GANDIA	UPV GANDIA BASKETBALL	November 25th
C.B GANDIA	UPV GANDIA HANDBALL	November 25th
VOLLEYBALL GANDIA	UPV GANDIA VOLLEYBALL	November 25th
INDOOR FOOTBALL AFES	UPV GANDIA INDOOR FOOTBALL	November 25th

#### CALENDER 2ND TERM

UPV GANDIA BASKETBALL	BASKET GANDIA	March 10th
UPV GANDIA HANDBALL	GANDIA B.C.	March 10th
UPV GANDIA VOLLEYBALL	POTRIES VOLLEYBALL	March 10th
UPV GANDIA INDOOR FOOTBALL	INDOOR FOOTBALL AFES	March 10th



4

# GANDIA ■ CAMPUS

## VII INTERCAMPUS TOURNAMENT

Vera, Alcoy and Gandia Campuses will play Indoor Soccer, Volleyball and Basketball against each other. Why don't you take part?

Which is this year's strongest campus?

thursday

MARCH

3rd

At ALCOY CAMPUS!!

## XXI UNIVERSIDAD POLITÉCNICA TROPHY

thursday

MAY

12th

All Sports at Valencia UPV, the best sportsmen/women in the most important inter-school competition.

The competition you have all been waiting for!  
Organised by the UPV



# SPORTS PROMOTERS

[www.gandia.upv.es/dep](http://www.gandia.upv.es/dep)

2010 2011

MAKE YOUR CHOICE!

## SPORTS CLUB

### Federated Campus Sports

Train and compete representing your section! Visit the respective webpage or ask for information by sending an email.

SECTION	WEB	E-MAIL
ROWING	<a href="http://www.gandia.upv.es/dep/remo">http://www.gandia.upv.es/dep/remo</a>	cdremgan@upvnet.upv.es
MOUNTAIN	<a href="http://www.gandia.upv.es/dep/montaña">http://www.gandia.upv.es/dep/montaña</a>	cdmongan@upvnet.upv.es
DIVING	<a href="http://www.buceoepsg.webs.upv.es">http://www.buceoepsg.webs.upv.es</a>	buceo@epsg.upv.es

## SPORTS VOLUNTEERS ASSOCIATION

Would you to collaborate in cooperation programmes or in social events applied to sports?

Another way of looking at sport.

## SPORTS PROMOTERS

If you are very good at a certain sport, fill in your application and hand it in at the Vice-Rectorate of Sports.

Bidding conditions and forms at:

<http://www.gandia.upv.es/dep>

Promote your sport

Calling for sports promoters!

Deadline for applications:  
**October 8th.**



**Improve your theory and practice!!**

### 1SR TERM

#### COURSE

**"DEVELOPING THE BASIC PHYSICAL ABILITIES"**.

Monday and Wednesday. From 16:00 to 21:00. From 8 to 17 november.

#### WORKSHOP

**"PLANNING DIETS FOR HIGH-ENERGY SPORTS"**.

Monday 13 and 20 de December. From 16:00 to 21:00h.

**"COMPLEMENTARY THERAPIES: REFLEXOLOGY AND SHIATSU"**.

Thursday 25 November and 2 December. From 16:00 to 21:00h.

#### CLINIC

**"BASIC TECHNIQUES FROM AN INJURY"**.

Tuesday and Thursday 14 and 16 December. From 19:30 to 22:00h.

#### CONFERENCE

**"UNDERWATER PHOTOGRAPHY: LIGHT TECHNIQUES"**.

Thursday. 4 November. From 19:30 to 22h.

### 2ND TERM

#### COURSE

**"MASSAGE TECHNIQUES"**.

Tuesday and Thursday. From 22 and 31 March. From 15:30 to 20:30h.

**"BOAT SAILING. A MATTER OF FLUID DYNAMICS, HANDLING AND SET-UP"**. 6, 7 and 8 may. Friday from 15:00 to 20h., Saturday from 9 to 18h., Sunday from 9 to 15h.

#### WORKSHOP

**"BASIC PERSONAL DEFENCE TECHNIQUES"**.

Thursday 3 and 10 March. From 16:00 to 21.00h.

**"BASIC FIRST AID FOR SPORT"**.

Tuesday. 5 and 12 April. From 15:30 to 20:30h.

#### CLINIC

**"DEVELOPING SKILLS FOR SPORTS DIVERS: BENTHIC COMMUNITIES AND MARINE BIO-DIVERSITYA "**.

Monday and Wednesday. 7 and 9 March. From 19:30 to 22:00h

#### CONFERENCE

**"LOSING WEIGHT: DIET AND PHYSICAL EXERCISE"**.

24 February. Thursday From 12:30 to 15:00h.

## WHEN CAN I REGISTER FOR THE SPORTS TRAINING PROGRAMME?

### FIRST TERM

From October 4th and up to 2 working days before the beginning of each programme.

### SECOND TERM

From January 24th and up to 2 working days before the beginning of each programme..

## HOW CAN I SUSCRIBE?

- Courses and workshops: At the Postgraduate Training Centre Office - F-201 – and at [www.cfp.upv.es](http://www.cfp.upv.es)
- Clinics and conferences: Directly through INTRANET - At Vice-Rectorate for Sports.

## PRICES

**COURSE** 30€ for UPV\* members and 50€ for outsiders.

**WORKSHOP** 20€ for UPV\* members and 30€ for outsiders.

**CLINIC · CONFERENCE** free\*

\*UPV members and members of the Municipal Sports Foundation

## VALIDATION

Each twenty hours course is worth one free-choice credit.

# SPORT ESTUDI PROGRAMME

2010 2011

[www.gandia.upv.es/dep](http://www.gandia.upv.es/dep)

## UPV GRANTS FOR HIGH LEVEL

For the most outstanding sportspersons in official university championships and competitions.

- **5 Accommodation Grants of 600€ moth** (requests until September 17th)
- **5 excellence grants of 2000€** (requests until October 29th)
- **75 grants to elite university sportspersons of 660€** (requests until October 29th)

## ESPORT STUDY

**IF YOU ARE AN ELITE SPORTSPERSON (BOE, DOCV, UPV)**, we help you to combine your academic obligations with your sport career through a professor-tutor in each center, postponements of practices and examinations, changes of schedules...

## ANNOUNCEMENT: 12TH COMPETITION ON PAINTING, SCULPTURE AND DISSERTATIONS

RELATED TO SPORTS

**PRESENTATION DEADLINE: November 26th 2010 at 14:00!**

### PAINTING AND DISSERTATIONS:

1st PRIZE: 1000€

2nd PRIZE: 600€

3rd PRIZE: 400€

### SCULPTURE:

1st PRIZE: 1200€

"ÚLTIMO ROUND"  
Oliver Paz Pérez

PRIZE

competitions



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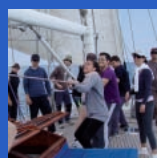
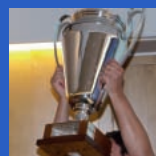
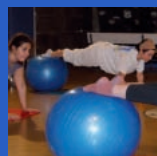
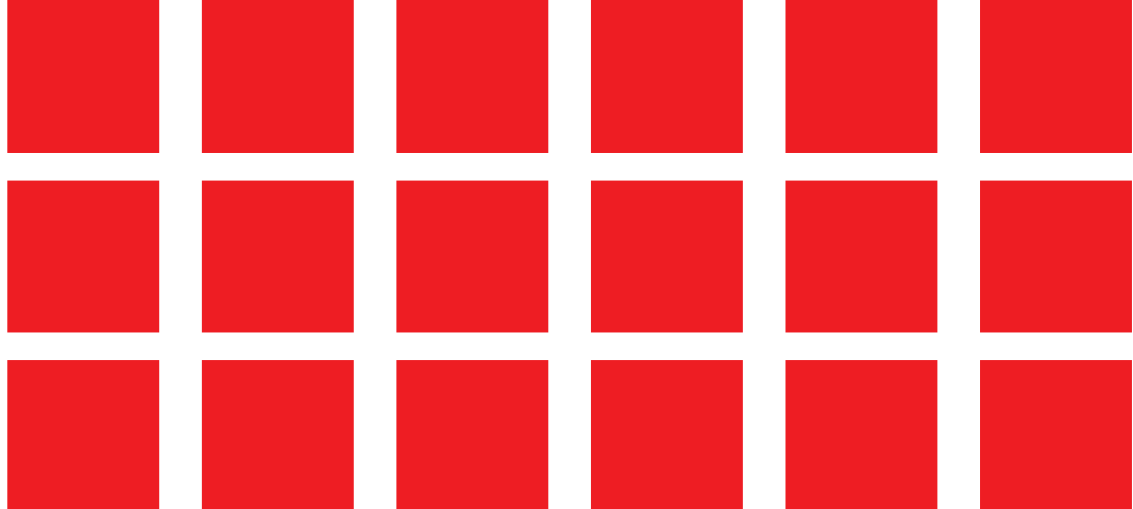
Campus de Gandia:

Atulario Building

Ground Floor, Offices 14 and 15.

Tel.: 962849439. Ext. 49439

[www.gandia.upv.es/dep](http://www.gandia.upv.es/dep)



# SPORTING ACTIVITIES 2010 ■ 2011

