

Approval date: 20/06/2022

COURSE GUIDE

**Physical Activity and Health (2881135)**

<b>Grado (Bachelor's Degree)</b>	Grado en Ciencias de la Actividad Física y del Deporte	<b>Branch</b>	Social and Legal Sciences				
<b>Module</b>	Actividad Física y Salud	<b>Subject</b>	Actividad Física y Salud				
<b>Year of study</b>	3º	<b>Semester</b>	1 y 2º	<b>ECTS Credits</b>	12	<b>Course type</b>	Compulsory course

**PREREQUISITES AND RECOMMENDATIONS**

It is recommendable to have passed all the modules of the first and second course.

**BRIEF DESCRIPTION OF COURSE CONTENT (According to the programme's verification report)**

Physical activity and health

Identification and prevention of physical activity and sport-related risks

Physical activity for people with special needs

**SKILLS**

**GENERAL SKILLS**

- CG01 - Capacidad de análisis y síntesis
- CG02 - Capacidad de organización y planificación
- CG03 - Comunicación oral y escrita
- CG05 - Destrezas informáticas y telemáticas
- CG06 - Capacidad de acceso y gestión de la información
- CG07 - Capacidad de resolución de problemas
- CG08 - Capacidad de toma de decisiones de forma autónoma
- CG09 - Capacidad de trabajo en equipo
- CG11 - Habilidades en las relaciones interpersonales
- CG12 - Reconocimiento y respeto de la diversidad y multiculturalidad
- CG13 - Capacidad crítica y autocrítica
- CG14 - Compromiso ético en el desarrollo profesional
- CG17 - Autonomía en el aprendizaje
- CG18 - Flexibilidad y capacidad de adaptación a nuevas situaciones



- CG19 - Capacidad de Liderazgo y Empatía
- CG20 - Capacidad de Creatividad
- CG22 - Iniciativa y espíritu emprendedor
- CG23 - Motivación por la calidad
- CG24 - Sensibilidad hacia temas medioambientales

## SUBJECT-SPECIFIC SKILLS

- CE04 - Aplicar los principios fisiológicos, biomecánicos, comportamentales y sociales, a los diferentes campos de la A.F y D
- CE05 - Promover y evaluar la formación de hábitos perdurables y autónomos de práctica de la actividad física y del deporte entre las diferentes poblaciones
- CE06 - Planificar, desarrollar y controlar el proceso de entrenamiento en sus distintos niveles
- CE07 - Seleccionar y saber utilizar el material y equipamiento deportivo adecuado para cada tipo de actividad
- CE08 - Identificar los riesgos que se derivan para la salud de la práctica de act. Físicas inadecuadas
- CE09 - Planificar, desarrollar y evaluar la realización de programas de entrenamiento y de actividades físico deportivas
- CE22 - Comprender la literatura científica del ámbito de la A.F. y D en lengua inglesa y otras de presencia científica significativa
- CE23 - Aplicar las tecnologías de la información y de la comunicación (TIC) al ámbito de las CC del a F y D.

## LEARNING OUTCOMES

- 01. To interpret the relationships between health, physical activity and fitness.
- 02. To know the guidelines of physical activity promotion
- 03. To know how to prepare an exercise program adapted to the people needs.
- 04. To know the main research lines in physical activity and health.
- 05. To raise awareness among sport scientist about their role on the population health and to work with other health agents.

## PLANNED LEARNING ACTIVITIES

### THEORY SYLLABUS

#### THEORY

#### TOPIC. I: PHYSICAL ACTIVITY AND HEALTH

- Unit 1: Introduction and terminology.
- Unit 2: Sedentary behaviours and health.
- Unit 3: Physical activity and health-related physical fitness assessment.
- Unit 4: Benefits of physical activity on health:
  - physical activity and body composition
  - physical activity, cognition and mental health
- Unit 6: Physical activity and fitness promotion



- Unit 7: Healthy lifestyle habits
- Unit 8. Health oriented fitness conditioning

## TOPIC. II. IDENTIFICATION OF PHYSICAL ACTIVITY AND SPORT-RELATED RISKS

- Unit 9: Prevention of muscle-skeletal risks including non-recommendable exercises.
- Unit 10: Recovery strategies after physical activity.
- Unit 11: First aids.

## TOPIC. III. PHYSICAL ACTIVITY FOR PEOPLE WITH SPECIAL NEEDS

- Unit 12: Physical activity for people with special needs.
- Unit 13: Physical activity for people with non-communicable diseases.

## PRACTICAL SYLLABUS

### PRACTICAL

- Physical activity and fitness assessment.
- Health oriented fitness conditioning.
- Health-related lifestyles.
- Risks prevention.
- Physical activity in people with special needs.

## RECOMMENDED READING

### ESSENTIAL READING

:

- Riebe, D.; Ehrman, J.K.; Liguori, G.; Magal, M.; American College of Sports Medicine, ACSM's Guidelines for exercise testing and prescription. 10<sup>a</sup> edición. 2018, Philadelphia, USA. Wolters Kluwer.
- Bouchard, C.; Blair, S.N.; Haskell, W. (2012). Physical activity and health. Second Edition. Champaign, IL : Human Kinetics.
- [Oxford Textbook of Children's Sport and Exercise Medicine](#). Neil Armstrong (Editor), [Willem van Mechelen](#) (Editor). 2018.
- Ward, D.S.; Saunders, R.P.; Pate, R.R. (2007). Physical activity interventions in children and adolescents. Champaign, IL : Human Kinetics.



**COMPLEMENTARY READING****RECOMMENDED LEARNING RESOURCES/TOOLS**

Physical activity guidelines: 2018 Report: <https://health.gov/paguidelines/second-edition/report.aspx>

Web of Science: <https://webofknowledge.com/>

Pubmed: <https://www.ncbi.nlm.nih.gov/pubmed/>

American College of Sport Medicine: <http://www.acsm.org/> De especial interés los “Position Stands”

WHO: <http://www.who.int/en/>

European Association for the Study of Obesity: <http://easo.org/>

Sport Medicine and Exercise Science in video: <http://sl.ugr.es/Oa3V>

**TEACHING METHODS**

- MD01 – Lección magistral/expositiva
- MD02 – Sesiones de discusión y debate
- MD03 – Resolución de problemas y estudio de casos prácticos
- MD04 – Prácticas de laboratorio y/o talleres de habilidades
- MD05 – Prácticas de campo
- MD07 – Seminarios
- MD09 – Análisis de fuentes y documentos

**ASSESSMENT METHODS (Instruments, criteria and percentages)****ORDINARY EXAMINATION DIET**

The scoring system will be discussed and agreed with the students in the beginning of the course. Main aspects to discuss:

**EXAMS:** There might be partial exams and final exams. Partial exams include the content studied up to the day before the exam. These exams include questions about practical and theory.

**CLASS ATTENDANCE:** It is not mandatory, but it will be frequently registered and it is included in the final scoring.



**GROUP WORK:** Group of 4 persons max. The group will work on a specific topic, submit a written text about it and lead an oral presentation.

**CLASS TASKS:** Class tasks will be done during the theory and practical lectures. Groups will design and deliver practical lessons.

## SCORING

Criteria to pass the Module:

- Exams: Score: 40 to 50%. This will be agreed with students at the beginning of the academic year. The average of the 3 partial exams will be used and a minimum of 5 out of 10 points is required to avoid the final exam.
- Class attendance and participation in class tasks suggested: Score: 30 to 40%. This will be agreed with students at the beginning of the academic year taking into account the exam's weight.
- Group work: Score: 20%

## EXTRAORDINARY EXAMINATION DIET

For all students, the Extraordinary evaluation will consist of one single exam.

## SINGLE FINAL ASSESSMENT (evaluación única final)

According to the current regulations, if a student wants to choose the Final Single Exam option, he/she will have to formally apply for this evaluation option during the first 2 weeks from the beginning of the subject, submitting an application to the Director of the Department explaining in detail the reasons why the person cannot attend the subject continuously during the course of the subject. In case the application is approved, the Director will communicate this decision to the teachers of the subject, and the student will have the right to do one single exam at the end of the subject (i.e. official day of the exam published in the Faculty website) which will cover all the topics, theoretical and practical, of the subject.

