



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280314 **Name:** Evaluation of Biological Condition

Credits: 6,00 **ECTS Year:** 3 **Semester:** 1

Module: 3) Specific Obligatory Formation Module.

Subject Matter: Physical exercise, fitness and sports physical training. **Type:** Compulsory

Field of knowledge: Ciencias de la Salud

Department: Physical Preparation and Conditioning

Type of learning: Classroom-based learning

Languages in which it is taught:

Lecturer/-s:

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Module organization

3) Specific Obligatory Formation Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Teaching of Physical Education and Sports.	18,00	Design, Evaluation and Intervention in Educational Programmes	6,00	4/1
		Didactics and Methodology of Sports and Physical Activity	6,00	3/1
		Social Morality and Professional Deontology	6,00	4/1
Physical exercise, fitness and sports physical training.	18,00	Evaluation of Biological Condition	6,00	3/1
		Planning and Methodology of Training in PA	6,00	3/2
		Prevention and Rehabilitation of Injuries in PA	6,00	4/1
Physical activity and physical exercise for health and with special populations.	12,00	Physical Activity and Health	6,00	3/1
		Prescription and Programmes for Healthy Lifestyles	6,00	4/1
Sports organization and management.	12,00	Sports Marketing	6,00	3/2
		Sports Training Planning and Organisation	6,00	3/1



Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 Assess (measure and interpret results) physical condition to optimize health and / or physical-sport performance.
- R2 Analyze, qualitatively and quantitatively, the results of sports-physical activity programs applied in different populations and contexts.
- R3 Correctly handle different technologies to evaluate the process of physical-sports preparation and / or training.
- R4 Discriminate and apply the evaluation procedures and instruments to establish the degree of acquisition of physical-sports skills in different ages and contexts.



Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

BASIC		Weighting			
		1	2	3	4
CB2	That students know how to apply their knowledge to their work or vocation in a professional way and possess the competencies that are often demonstrated through the development and defense of arguments and problem solving within your study area.				X
CB3	That students have the ability to gather and interpret relevant data (usually within their area of ??study) to make judgments that include reflection on relevant social, scientific or ethical issues.				X
CB4	That students can transmit information, ideas, problems and solutions to a public both specialized and not specialized.			X	
GENERAL		Weighting			
		1	2	3	4
CG1	Understand the scientific literature in English and in other languages ??of significant presence in the scientific field through proper information management.		X		
CG2	Know how to apply information and communication technologies (ICT).		X		
CG3	Develop skills to solve problems through decision making.				X
CG4	Convey any related information properly both in writing and orally.		X		
CG5	Plan and organize any activity efficiently.				X
CG6	Develop interpersonal relationship skills and teamwork, both in international and national contexts and in interdisciplinary as well as non-interdisciplinary teams.				X
CG7	Be able to carry out critical reasoning using the knowledge acquired.				X



CG9	Know and act within the ethical principles necessary for proper professional practice.				X
CG10	Develop skills for adaptation to new situations and for autonomous learning.	X			
CG13	Be able to apply theoretical knowledge in practice.				X
CG15	Transmit the knowledge acquired both to people specialized in the matter and to people not specialized in The subject in question .		X		
CG16	Understand the proposals of other specialists and communicate with them, both in their language and in a second language foreign.		X		
CG19	Develop habits of excellence and quality in professional practice.	X			

SPECIFIC	Weighting			
	1	2	3	4
CE 1.2 Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, evaluation technical-scientific and / or dissemination in different contexts and in all sectors of professional intervention of physical activity and sport.				X
CE 2.1 Adapt the educational intervention to the individual characteristics and needs for the entire population and with emphasis on special populations such as: schoolchildren, the elderly (elderly), people with reduced mobility and Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with an emphasis on populations of a special nature such as: the elderly (elderly), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and / or prescribed by a doctor), taking into account gender and diversity. diversity.			X	
CE 2.2 Identify, communicate and apply anatomical-physiological and biomechanical scientific criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and guidelines adequate; to prevent, minimize and / or avoid a health risk in the practice of physical activity and sport in all kinds of population.			X	



CE 2.4 Articulate and deploy an advanced level of skill in the analysis, design, and evaluation of assessment and control tests of physical condition and physical-sports performance.

X

CE 2.6 Deploy an advanced level in the planning, application, control and evaluation of physical training processes and sports.

X

CE 6.1 Know and understand the bases of the methodology of scientific work.

X

Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4	50,00%	Carrying out a project.
R1, R2	40,00%	Written / oral and / or practical tests.
R1, R2, R4	10,00%	Student self-assessment.

Observations

- The student will be able to keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is necessary to obtain 50% in all the instruments to pass the subject. If this criterion is not met, the student will be graded with a maximum of 4.5 in said call.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

M2 Group dynamics and activities.

M3 Practical lesson.



- M4 Presentation of content by the teacher.
- M5 Laboratory practices.
- M7 Small group discussion.
- M8 Resolution of problems and cases.



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M2, M4, M7	R1, R2	32,00	1,28
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer room, library, etc. Meaningful construction of knowledge through interaction and student activity. M2, M3, M7, M8	R1, R2, R3, R4	24,00	0,96
EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2, M8	R1, R2	4,00	0,16
TOTAL		60,00	2,40



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to expose or deliver in classes and / or in tutoring. M2, M8	R1, R2, R3, R4	10,00	0,40
SELF-EMPLOYED WORK: Study, individual preparation of exercises, works, memories, to expose or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M8	R1, R2	80,00	3,20
TOTAL		90,00	3,60

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
BLOCK 2	Biological condition assessment: concepts and resources
BLOCK II	Functional assessment of aerobic metabolism
BLOCK III	Functional assessment of anaerobic metabolism
BLOCK IV	Functional assessment of flexibility
BLOCK V	Functional assessment of strength
BLOCK VI	Functional assessment of physical abilities



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK 2	6,00	12,00
BLOCK II	6,00	12,00
BLOCK III	5,00	10,00
BLOCK IV	4,00	8,00
BLOCK V	5,00	10,00
BLOCK VI	4,00	8,00



References

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