



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280317 **Name:** Physical Activity and Health

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

Module: 3) Specific Obligatory Formation Module.

Subject Matter: Physical activity and physical exercise for health and with special populations.

Type: Compulsory

Field of knowledge: Ciencias de la Salud

Department: -

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 Autonomously design and apply exercises and physical-sports activities oriented to health from a multidisciplinary perspective.
- R2 Select, after experimentation, the appropriate exercise for the prescription of healthy physical activity, attending to the needs of each population and context.
- R3 Identify, correct and optimize habits, activities and execution of technical exercises / gestures, providing adequate feedback avoiding health risks (relying on different methodologies).
- R4 Identify contexts of practice of activity that favor adherence to physical exercise, and the prevention of risks to physical and psychosocial health.
- R5 Analyze, discriminate and critically discuss various sources of documentary information (in Spanish and English) on the effects of physical activity.



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	



CG8	Recognize multiculturalism and diversity.	X			
CG10	Develop skills for adaptation to new situations and for autonomous learning.			X	
CG11	Develop skills for creativity, initiative and entrepreneurship.		X		
CG13	Be able to apply theoretical knowledge in practice.				X
CG14	Use the internet properly as a means of communication and as a source of information.			X	
CG18	Be able to self-evaluate.			X	

SPECIFIC	Weighting			
	1	2	3	4
CE 2.3 Design and apply fluently, naturally, consciously and continuously physical exercise and adequate physical condition, efficient, systematic, varied, based on scientific evidence, for the development of adaptation and improvement processes or readaptation of certain capacities of each person in relation to human movement and its optimization; with the purpose of be able to solve unstructured, increasingly complex and unpredictable problems and with an emphasis on populations of character special.			X	
CE 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote the adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their integral health, well-being and quality of life, and with emphasis on populations of a special nature such as: the elderly (elderly), schoolchildren, people with disability and people with pathologies, health problems or similar (diagnosed and / or prescribed by a doctor) attending gender and diversity.		X		



CE 3.4 Promote education, dissemination, information and constant orientation to people and leaders about the benefits, significance, characteristics and positive effects of the regular practice of physical and sports activity and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as the information, guidance and advice on the possibilities of physical activity and appropriate sport in your environment in any professional intervention sector.

x

CE 5.4 Identify, organize, direct, plan, coordinate, implement and carry out technical-scientific evaluation of resources organizational and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, in order to achieve safe, efficient physical and sports activities and healthy, adapted to the development, characteristics and needs of individuals and the type of activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis on special populations and guaranteeing safety, efficiency and professionalism in the activity carried out in compliance with current regulations.

x

CE 6.3 Articulate and deploy with rigor and a scientific attitude the justifications on which to elaborate, support, base and constantly and professionally justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.

x



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4, R5	30,00%	Carrying out a project.
R1, R2, R3, R4	60,00%	Written / oral and / or practical tests.
R5	5,00%	Student self-assessment.
R2, R3	5,00%	Active participation.

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. |
| M7 | Small group discussion. |
| M8 | Resolution of problems and cases. |



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Course guide

Year 2023/2024
280317 - Physical Activity and Health

M9 Attendance at practices.





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, R3, R4	34,00	1,36
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	16,00	0,64
TUTORING: Supervision of learning, evolution. Small group discussion. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M7	R1, R2, R3, R4, R5	4,00	0,16
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, R5	6,00	0,24
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, R5	50,00	2,00
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, R3, R4, R5	40,00	1,60
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 I	BASIC CONCEPTS AND CONTEXTUALIZATION OF PHYSICAL ACTIVITY AND HEALTH
BLOCK II	EFFECTS OF PHYSICAL ACTIVITY. BENEFITS AND RISKS
BLOCK III	HEALTHY PHYSICAL ACTIVITIES. GENERAL RECOMMENDATIONS IN THE PRESCRIPTION OF HEALTHY PHYSICAL ACTIVITY (ACSM)
BLOCK IV	CORRECT, SAFE AND EFFECTIVE PERFORMANCE OF THE EXERCISES. PRACTICAL APPLICATIONS



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK I	10,00	20,00
BLOCK II	4,00	8,00
BLOCK III	10,00	20,00
BLOCK IV	6,00	12,00



References

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Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

Situation 1: Teaching without limited capacity (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

Situation 2: Teaching with limited capacity (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

☐

Microsoft Teams

☐

Kaltura



Situation 3: Confinement due to a new State of Alarm.

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

☐

Microsoft Teams

☐

Kaltura

Explanation about the practical sessions:



2. System for Assessing the Acquisition of the competences and Assessment System

ONSITE WORK

Regarding the Assessment Tools:

☒ The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

☐ The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

Comments to the Assessment System: