



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280301 **Name:** Physical Activity and Health

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

Module: 3) Applied Knowledge module

Subject Matter: Physical Activity and Quality of Life **Type:** Compulsory

Field of knowledge: Health and functional assessment

Department: Functional Health and Assessment

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

1164DT	<u>Lluis Ramos Santamaria</u> (Responsible Lecturer)	lluis.ramos@ucv.es
283A	<u>Laura Elvira Macagno</u> (Responsible Lecturer)	laura.elvira@ucv.es
283B	<u>Marta Martin Rodriguez</u> (Responsible Lecturer)	MARTA.MARTIN@UCV.ES
283C	<u>Julio Martin Ruiz</u> (Responsible Lecturer)	julio.martin@ucv.es
283D	<u>Lluis Ramos Santamaria</u> (Responsible Lecturer)	lluis.ramos@ucv.es
283X	<u>Lluis Ramos Santamaria</u> (Responsible Lecturer)	lluis.ramos@ucv.es



Module organization

3) Applied Knowledge module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Teaching physical activity and sports	6,00	Teaching and Methodology of Physical and Sport Activities	6,00	3/1
Sports Training	6,00	Theory and Practice of Physical Conditioning	6,00	3/2
Physical Activity and Quality of Life	6,00	Physical Activity and Health	6,00	3/1
Sport and Recreation Management	6,00	Planning and Sports Organisation	6,00	3/2

Recommended knowledge

None. as a recommendation, have adopted the subjects Anatomy, Exercise Physiology and Kinesiology.



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 Acquire theoretical knowledge and understanding about physical activity and its characteristics in relation to health.
- R2 Recognize the impact of different types of physical activity on the organs and systems as well as the benefits and risks may pose to health.
- R3 Demonstrate practical skills in implementing activities and in designing physical activity programs in relation to health.
- R4 Demonstrate ability to locate, identify and use sources of scientific information relating to physical activity and health.
- R5 Demonstrate the ability to express orally and in writing knowledge and insights raised.



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):

GENERAL		Weighting			
		1	2	3	4
CG1	Understanding scientific literature in English and other important languages widely used in the scientific field achieving a good management of information		X		
CG2	Ability to apply information technology and communication (ICT)			X	
CG3	Develop skills to solve problems through decision-making				X
CG4	Transmit any information regarding the contents of body expression both in writing and orally				X
CG5	Plan and organize any activity efficiently			X	
CG6	Develop interpersonal skills and teamwork, both international and domestic contexts and in interdisciplinary teams and non-interdisciplinary				X
CG7	Be capable of critical reasoning using the knowledge gained			X	
CG10	Develop skills to adapt to new situations and autonomous learning			X	
CG11	Develop skills for creativity, initiative and entrepreneurship		X		
CG13	Being able to apply theoretical knowledge in practice				X
CG14	Use Internet well as communication and as a source of information			X	
CG18	Being able to assess themselves			X	



SPECIFIC	Weighting			
	1	2	3	4
CE1 Knowing and understanding the contents within the scope of Physical Activity and Sports Science				X
CE5 Know and understand the effects of the practice of body language and its manifestations in the personal development and health improvement				X
CE11 Promote and evaluate various expressive forms				X
CE13 Applying physiological, biomechanical, behavioural and social principles to different fields of physical activity and sports			X	
CE15 Identifying risks of inadequate physical activity on health			X	
CE18 Select and know how to use the most appropriate teaching materials and resources for each type of activity				X



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R5	60,00%	Written/oral and/or practical tests.
R1, R2, R3, R4, R5	15,00%	Completion of a project.
R1, R2, R3, R4, R5	5,00%	Student self-assessment.
R1, R2, R3, R4, R5	5,00%	Active participation.
R1, R2, R3, R4, R5	15,00%	Oral exhibition of individual and / or group works.

Observations

First enrolment:

It is necessary to pass the written exam with a mark of 5 or above (out of 10) and the average mark of all the parts be equal or above 5. In the event of failing to pass the written exam with a 5, but getting a total of 5 or above, the final mark granted will be a 4.5.

CRITERIA FOR GRANTING A GRADE WITH HONORS:

In order to considering a candidate for the mention of this distinction, it is necessary to have a minimum mark of 9. Whenever two students get the same mark, the teacher will take into account the interest in the subject, behaviour and implication of the students. The number of distinctions granted will not exceed 5% of students enrolled in a subject in the corresponding academic year unless enrollment is under 20, in which case only one Distinction may be granted (Royal Decree 1125/2003).



Learning activities

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

- M1 Exhibition of contents by the teacher.
- M2 Dynamics and group activities.
- M3 Resolution of problems and cases.
- M5 Discussion in small groups.
- M6 Practical lesson.



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
<p>PRACTICAL /SEMINAR CLASS: Dynamics and group activities. Resolution of problems and cases. Laboratory practices. Data search in a computer room, library... Meaningful construction of knowledge through the interaction and activity of the student M2, M3, M5, M6</p>	R1, R3, R5	10,00	0,40
<p>TUTORY: Learning supervision, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of schemes and indexes of the proposed works. M5</p>	R3, R4, R5	3,50	0,14
<p>EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final project. M2, M3</p>	R1, R2, R3, R4, R5	2,50	0,10
<p>THEORETICAL CLASS: Presentation of content by the teacher. Competency analysis. Demonstration of skills, abilities and knowledge in the classroom. M1, M2, M5</p>	R1, R2, R4, R5	40,00	1,60
TOTAL		56,00	2,24



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. M2, M3	R1, R3, R4, R5	41,50	1,66
AUTONOMOUS WORK: Study, Individual preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M3	R1, R3, R4, R5	52,50	2,10
TOTAL		94,00	3,76



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
ITEM 1: BASIC CONCEPTS. CONTEXT	<ul style="list-style-type: none">1.1-Evolution of the concept of health and its relation to physical activity.1.2- Relationship between physical activity, exercise, health and quality of life.1.3- Relationship between Physical Fitness and Health. Physical abilities and health.1.4- Habits of physical activity in the population.1.5-. Contexts to promote healthy physical activity: programs increased level of physical activity
ITEM 2: EFFECTS OF PHYSICAL ACTIVITY. BENEFITS AND RISKS	<ul style="list-style-type: none">2.1-Psychological effects.2.2-Social effects.2.3-Physical effects.2.4-Risks and false beliefs in the practice of physical activity
ITEM 3: THE PHYSICAL HEALTH ACTIVITIES OR EMPLOYMENT	<ul style="list-style-type: none">3.1- General recommendations for the prescription of healthy physical activity (ACSM).3.2-Correct performance, safe and effective exercises.3.3-Aerobic activities3.4-The strength-endurance exercises. Stabilizing musculature.3.5-Flexibility exercises.3.6-Balance training and proprioception.3.7- Practical applications: muscle groups, materials, level of difficulty3.8- Basic recommendations in practice healthy eating physical activity.



Temporary organization of learning:

Block of content	Number of sessions	Hours
ITEM 1: BASIC CONCEPTS. CONTEXT	9,00	18,00
ITEM 2: EFFECTS OF PHYSICAL ACTIVITY. BENEFITS AND RISKS	6,00	12,00
ITEM 3: THE PHYSICAL HEALTH ACTIVITIES OR EMPLOYMENT	13,00	26,00



References

BASIC BIBLIOGRAPHY:

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WEBSITES Bases de datos:

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 - Medline / Pubmed / <http://www.ncbi.nlm.nih.gov/pubmed>
 - SPORTDiscus / <http://www.ebscohost.com/academic/sportdiscus-with-full-text>
 - Dialnet (tesis) / <http://dialnet.unirioja.es/>
 - Google académico (artículos sin autor no son válidos) / <http://scholar.google.es/>
- Algunas Revistas de interés:
- Revista Internacional de Ciencias del Deporte / <http://www.cafyd.com/REVISTA/ojs/index.php/ricyde>
 - Revista Internacional de Medicina y Ciencias de la Actividad Física y del Deporte / <http://cdeporte.rediris.es/revista/revista.html>
 - Journal of Exercise Physiology-online / <http://www.asep.org/journals/jeponline>
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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:

Las sesiones prácticas se adaptarán y realizarán a través de las herramientas telemáticas facilitadas por la universidad.



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:

El sistema de evaluación se mantiene pero se adaptarán y realizarán a través de las herramientas telemáticas facilitadas por la universidad y bajo los criterios que esta estipule.