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: Health Sciences

Department: Physical Preparation and Conditioning

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

283A	Javier Zahonero Miralles **(Responsible Lecturer)**	javier.zahonero@ucv.es
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Module organization

3) Specific Obligatory Formation Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Physical activity and physical exercise for health and with special populations.	12,00	Physical Activity and Health	6,00	3/1
		Presciption and Programmes for Healthy Lifestyles	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
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
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 fitness to optimize health and/or physical-sports performance.
R2	Analyze the qualitative and quantitative results of physical-sports programs applied in different populations and contexts.
R3	Proficiently use various technologies to evaluate the physical-sports preparation and/or training process.
R4	Apply assessment procedures and instruments to determine the level of acquisition of physical-sports skills across 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):

	Weighting			
	1	2	3	4

Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4	40,00%	Written and/or practical tests.
R1, R2, R3, R4	50,00%	Individual or Group Work / Project.
R1, R2, R3, R4	10,00%	Self appraisal.

Observations

Observations

This course is NOT eligible for a single assessment request in accordance with Article 10.3 of the GENERAL REGULATIONS FOR ASSESSMENT AND GRADING OF OFFICIAL COURSES AND UCV DEGREE PROGRAMS.

The student may keep the evaluation instruments passed during the 3 years following the first enrollment.

It is necessary to obtain a 50% in all the evaluation instruments to pass the course.

If any of these criteria is not met, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written and/or practical tests

It consists of a test of theoretical-practical contents (40%) that combines questions (20-25) of short answer, evaluation of data and graphs, as well as multiple-choice questions (1 wrong subtracts 33.3% of a question) and true-false questions (1 wrong subtracts 50% of a question).

Individual or Group Work / Project

It consists of the completion of individual and group practical work by platform (50%), with delivery of written practices by platform. Pass/Fail by delivery. It is necessary to obtain a 5 out of 10 to obtain an average.

Self-assessment

There will be a self-evaluation (10%) where the student will evaluate by answering some items his activity in the subject during the course.

The detailed explanation (procedure for the assignments) as well as the evaluation tools (worksheets or rubrics) of each section will be posted on the platform of each group at the student's disposal.

Use of Artificial Intelligence Tools in the CAFD Degree Program

Use of Artificial Intelligence tools in the CAFD degree program In the Bachelor's Degree in Physical Activity and Sports Sciences (CAFD), the use of Artificial Intelligence (AI) tools is permitted in a complementary and responsible manner, as long as it contributes to active learning, the development of critical thinking, and the improvement of students' professional skills. Under no circumstances should AI replace personal effort, direct practice, or independent reflection, which are fundamental pillars of this degree program.

Permitted Uses of AI:
·Obtaining alternative explanations of theoretical or methodological concepts.
·Generating outlines, concept maps, or summaries to support study.
·Simulating interviews, questionnaires, or training sessions as part of methodological or research practices.
·Receiving feedback on report writing, provided that the original content is the student's own.
·Supporting the search for bibliography or scientific references, always contrasting with reliable and real academic sources, and respecting the CAFD regulations for the presentation of university work.

Prohibited Uses of AI:
·Writing complete sections of academic papers, classroom exercises and practices, internship reports, journals, or portfolios, as well as the Final Degree Project.
·Formulating hypotheses, objectives, or conclusions for academic work.
·Replacing qualitative or quantitative data analysis with automated tools without human validation.
·Creating videos, presentations, or avatars with AI as a substitute for the student's oral or practical presentation.
·Obtaining automatic answers to tests, rubrics, or assessable activities through the use of AI.

Citation and Attribution Guidelines:
·Any use of AI tools must be explicitly acknowledged in the submitted document (e.g., in a footnote or appendix).
·The name of the tool, the purpose of use (e.g., grammatical review, organization of ideas, interview simulation), and where it was used in the work must be indicated.
·Responsible use of AI will be evaluated within the framework of originality, academic honesty, and digital competence.

Additional recommendations:
Students are encouraged to combine the use of AI with traditional methods (manual problem solving, practical session design, direct observation, etc.) to ensure the comprehensive development of their skills.

If there are any doubts about the permitted use of AI in a specific activity, students should consult the faculty responsible for the course.

Learning activities

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

M1 Attendance at practices.

M2 Resolution of problems and cases.

M3 Discussion in small groups.

M4 Practical laboratories.

M5 Presentation of content by the teacher.

M6 Practical lesson.

M7 Group dynamics and activities.

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. M5, M7	R1, R2, R3, R4	32,00	1,28
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity. M1, M2, M3	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	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 present or deliver in classes and/or in tutoring. M2, M3, M7	R1, R2, R3, R4	10,00	0,40
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces. M2	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 I	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 I	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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