



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280406 **Name:** Prescription and Assessment of Physical Exercise in Different Populations

Credits: 6,00 **ECTS Year:** 4 **Semester:** 1

Module: 6-9) Professional itinerary 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:

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Module organization

6-9) Professional itinerary module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Education of the physical activity and the sport	12,00	Design, assessment and intervention of educational programs	6,00	4/1
		Pedagogy in Educational Values in Physical and Sports Activity	6,00	4/1
Sports training	12,00	Assessment of Biological Condition	6,00	4/1
		Planning and Methodology of Sports Training	6,00	4/1
Physical Activity and Quality of Life	12,00	Prescription and Assessment of Physical Exercise in Different Populations	6,00	4/1
		Promotion and Programs of Healthy Lifestyles	6,00	4/1
Management and sportive/sport recreation.	12,00	Sports Facilities	6,00	4/1
		Structure and Legislation in Sports Management	6,00	4/1

Recommended knowledge

Having passed the course on Physical Activity and Health. As a recommendation, be approved Anatomy, Exercise Physiology, Kinesiology, Biomechanics, and Theory and Practice of Fitness.



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 knowledge and theoretical understanding of exercise prescription for special populations.
- R2 Analyze and evaluate the importance of physical exercise prescription for special populations.
- R3 Demonstrate practical skills in the implementation and evaluation of exercise prescription for special populations
- R4 Demonstrate ability to locate, identify and use sources of scientific information concerning exercise prescription for special populations.
- R5 Demonstrate the ability to express orally and in writing the acquired knowledge and reflections 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	
CG8	Being able to recognise multicultural and diverse environment				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	
SPECIFIC		Weighting			
		1	2	3	4



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CE6	Know and experience the practice of body language as a means of communication and personal and interpersonal relationship				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



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R5	50,00%	Written/oral and/or practical tests.
R1, R2, R3, R4, R5	10,00%	Participation and self-assessment.
R1, R2, R3, R4, R5	20,00%	Active participation.
R1, R2, R3, R4, R5	20,00%	Oral exhibition of individual and / or group works.

Observations

Criteria for granting a grade of A with honors: Mention Honors (MH) may be granted to students who score at or above "9", provided that the number of these students does not exceed 5% of those enrolled in that subject (if the student group is less than 20 an honors would be awarded to the student / to reach the required score). If the number of students meeting the conditions of honors exceed 5%, this rating will be assigned to complete this percentage starting with the highest score. if result obtaining the honors will be demonstrated by conducting a new test or criterion of teaching.

To pass the subject at 1st or 2nd enrolment: The results obtained by the student will be graded according to the following numerical scale of 0 to 10, with 2 decimal expression, which may be added the corresponding qualitative rating:

- 4,9: Suspense (SS),
- 5,0 - 6,9: Aproved (AP),
- 7,0 - 8,9: Notable (NT),
- 9,0 - 10: Outstanding (SB).

The minimum score of each section evaluated in order to average the final grade for the course will be 4.5 points. The final average to pass the course will be 5 points. In the event that a sanction, a party is suspended, regardless of the average of all remaining parts being approved on 5, the student will be awarded a maximum grade of 4.5 points.



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, R2, R3, R5	4,00	0,16
<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	2,00	0,08
<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	4,00	0,16
<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, R3, R4, R5	50,00	2,00
TOTAL		60,00	2,40



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	50,00	2,00
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	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
UNIT 1: BASIC PRINCIPLES	BASIC PRINCIPLES
UNIT 2: Special Populations: Physical, psychological and social. Prescription and assessment exercise. Programs, control protocols.	2.1-Physical activity in people with musculoskeletal disorders. 2.2-Physical activity in people with cardiovascular disorders. 2.3-Physical activity in people with metabolic 2.4-Physical activity in people with respiratory disorders 2.5-Physical activity in people with psychological disorders 2.6-Physical activity in older people 2.7-Physical activity in women who are pregnant, prenatal and postpartum. 2.8-Physical Activity in other populations



Temporary organization of learning:

Block of content	Number of sessions	Hours
UNIT 1: BASIC PRINCIPLES	7,00	14,00
UNIT 2: Special Populations: Physical, psychological and social. Prescription and assessment exercise. Programs, control protocols.	23,00	46,00



References

BASIC BIBLIOGRAPHY:

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WEB LINKS:

Database:

Ebsco (acceso en la intranet de la UCV)

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/>

Journal of interest:

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 /
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Journal of Exercise Physiology-online / <http://www.asep.org/journals/jeponline>

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Journal of Sports Science and Medicine / <http://www.jssm.org/>

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Webs of interest:

American College of Sports Medicine / <http://www.acsm.org/>

Medline Plus / <http://www.nlm.nih.gov/medlineplus/spanish/>

Saludmed / <http://www.saludmed.com/>

Ministerio de Sanidad, Servicios Sociales e Igualdad /
http://www.msssi.gob.es/ciudadanos/proteccionSalud/adolescencia/actividad_fisica.htm



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:

The practical sessions will be adapted and carried out throught the telematical tool provided by de University.



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.