

## 26317 - Physical Exercise and Health

### Información del Plan Docente

Academic Year	2017/18
Faculty / School	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	295 - Degree in Physical Activity and Sports Science
ECTS	6.0
Year	3
Semester	First semester
Subject Type	Compulsory
Module	---

### **1.General information**

#### **1.1.Introduction**

#### **1.2.Recommendations to take this course**

#### **1.3.Context and importance of this course in the degree**

#### **1.4.Activities and key dates**

### **2.Learning goals**

#### **2.1.Learning goals**

#### **2.2.Importance of learning goals**

### **3.Aims of the course and competences**

#### **3.1.Aims of the course**

#### **3.2.Competences**

### **4.Assessment (1st and 2nd call)**

#### **4.1.Assessment tasks (description of tasks, marking system and assessment criteria)**

### **5.Methodology, learning tasks, syllabus and resources**

#### **5.1.Methodological overview**

To achieve this, the lectures and practicals are interleaved to optimize the learning process, reducing the time from students acquiring theoretical knowledge until the application of this. This strategy is gradually adapted to solve practical problems and cases involving ultimately the more applied part of the module, and a way of bringing students to situations that would confront in a job in the field of physical activity and health in specific populations.

## 26317 - Physical Exercise and Health

### 5.2.Learning tasks

a. Lectures. Presential. 15 hours. Theoretical knowledge is presented to student. Basics of the course will focus on the topics covered in the program that will be accessible on the ADD of the subject. Students can download in PDF each of the theoretical topics exhibited at each lecture.

b. Laboratory practical classes and / or seminars. Presential. 22.5 hours. Will take place in different premises of the Faculty, biomedical laboratory, weight room, pavilion, outdoor in small group of 4 to 6 Maximum students. They are interspersed with the lectures. In these practices students will perform the following activities: evaluation of the components of physical fitness related to health, exercise design and specific training plans derived from the prescription of physical exercise for improvement and / or maintenance of the state with health.

c. Field practical classes. Presential. 22.5 hours. Will take place in different premises of the Faculty, biomedical laboratory, weight room, pavilion, outdoor ... they were interspersed with lectures. In these practices students will perform the following activities: evaluation of the components of physical fitness related to health, exercise design and specific training plans derived from the prescription of physical exercise for improvement and / or maintenance of the state with health.

### 5.3.Syllabus

Teaching unit I: Introduction to physical activity and health. Overview.

Teaching unit II: Basics on physical activity and health.

Teaching unit III: Exercise prescription.

Teaching unit IV: Promotion of physical activity for health.

### 5.4.Course planning and calendar

### 5.5.Bibliography and recommended resources

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- Exercise in health and disease : evaluation and prescription for prevention and rehabilitation / Michael L. Pollock, Jack H. Wilmore. . 2nd ed Philadelphia [etc.] : W.B. Saunders, 1990.
- Manual ACSM para la valoración y prescripción del ejercicio / [director principal, W. Larry Kenney] . 2ª ed., 1ª reimp. Barcelona : Paidotribo, cop. 2007
- Physical activity and cardiovascular health : a national consensus / Arthur S.Leon (editor) . Champaign, Illinois : Human Kinetics, cop.1997
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## 26317 - Physical Exercise and Health

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- Physical activity and psychological well-being / Edited by Stuart J.H. Biddle, Kenneth R. Fox, Stephen H. Boutcher. 1st. ed., repr. London : Routledge, 2002 (repr.)
  - Physical activity for health and fitness / Allen W. Jackson ... [et al.] . Updated ed. Champaign, IL : Human Kinetics, cop.2004
  - ACSM's exercise management for persons with chronic diseases and disabilities / American College of Sports Medicine. 2nd ed. Champaign, IL. : Human Kinetics , c2003
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  - Physical activity and obesity / Claude Bouchard, Peter T. Katzmarzyk, editors . 2nd ed. Champaign [Illinois] : Human Kinetics, cop. 2010
  - Heyward, Vivian H.. Advanced fitness assessment and exercise prescription / Vivian H. Heyward. . 6th ed. Champaign, Il. : Human Kinetics; 2010
  - Weineck, Jürgen. Salud, ejercicio y deporte / Jürgen Weineck . 1a. ed. Barcelona : Paidotribo, cop. 2001