Información del Plan Docente

Academic Year 2017/18
Faculty / School 179 - Centro Universitario de la Defensa - Zaragoza
Degree 457 - Bachelor's Degree in Industrial Organisational Engineering
          563 - Bachelor's Degree in Industrial Organisational Engineering
ECTS 6.0
Year 4
Semester First semester
Subject Type Optional
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

The main objective of this course is to learn the basic fundaments of sport training. In order to achieve this aim, students will study anatomy and exercise physiology concepts and they will analyze the training methodology for the development of physical fitness, with special attention in strength and aerobic capacity. Finally, they will study the planning process of sports training and physical fitness assessment.
5.2. Learning tasks

- Lectures.
- Practical activities and comprehension questions.
- Academic work in groups.
- Personal study.

5.3. Syllabus
1. Skeletal system
2. Muscular system
3. Muscle contraction
4. Energy sources for muscular contraction
5. Principles of sports training
6. Endurance
7. Strength
8. Flexibility
9. Planning of sports training
10. Sports nutrition

5.4. Course planning and calendar

Calendar of sessions and exam dates:
It will be announced by the teacher, both in class and through the moodle platform.

5.5. Bibliography and recommended resources
30145 - Teaching: Physical Activity and Sport