

26317 - Physical Exercise and Health

Syllabus Information

Academic Year: 2019/20

Subject: 26317 - Physical Exercise and Health

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.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. To achieve this, the lectures and practice sessions are combined to optimize the learning process, reducing the time students spend acquiring theoretical knowledge until its application. This strategy is gradually adapted to solve practical problems and cases as a way of providing students with situations that they might face in a professional environment (field of physical activity and health in specific populations).

4.2.Learning tasks

The course includes the following learning tasks:

- **Lectures** (15 hours). Theoretical knowledge is presented to student. Basics of the course will focus on the topics covered in the syllabus that will be accessible on the ADD of the course. Students can download in PDF each of the theoretical topics explained in each session.
- **Laboratory practice sessions and/or seminars** (22.5 hours). They will take place in different spaces of the Faculty, biomedical laboratory, weight room, pavilion, outdoor, etc. in small group of 4-6 students. They are interspersed with the lectures. In these practice sessions students will do 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.
- **Field work** (22.5 hours). They will take place in different spaces of the Faculty, biomedical laboratory, weight room, pavilion, outdoor, etc. in small group of 4-6 students. They are interspersed with the lectures. In these practice

sessions students will do 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.

4.3.Syllabus

The course will address the following topics:

- Topic I. Introduction to physical activity and health. Overview.
- Topic II. Basics on physical activity and health.
- Topic III. Exercise prescription.
- Topic IV. Promotion of physical activity for health.

4.4.Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sports Sciences website.

4.5.Bibliography and recommended resources

- ACSM'S guidelines for exercise testing and prescription / American College of Sports Medicine ; senior editor, Barry A. Franklin ; authors, Gary J. Balady [et al.] . 6th. ed. Philadelphia : Lippincott Williams & Wilkins, 2000
- Dishman, Rod K.. Physical activity epidemiology / Rod K. Dishman, Richard A. Washburn, Gregory W. Heath . Champaign : Human Kinetics, cop. 2004
- 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
- Physical activity and health / Claude Bouchard, Steven N. Blair, William Haskell, editors . Champaign, IL : Human Kinetics, cop. 2007
- 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
- ACSM'S resource manual for guidelines for exercise testing and prescription / American College of Sports Medicine . 4th ed., senior editor, Jeffrey Roitman Philadelphia : Lippincott Williams & Wilkins, 2001
- 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