

26337 - New Trends in Fitness and 'Wellness'

Syllabus Information

Academic Year: 2020/21

Subject: 26337 - New Trends in Fitness and 'Wellness'

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: Second semester

Subject Type: Optional

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 learning process that has been designed for this subject is based on the following:

Professor's exposition

Project Oriented Learning

Troubleshooting

Group sharing

Experiencing practical applications.

Visualization of audiovisual material

Management of specific software applicable to the field of physical activity.

ADDENDUM:

POSSIBLE ADAPTATIONS OF THE COURSE BY SITUATION COVID-19

In the event that a non-face-to-face teaching scenario is presented, the contents of the subject can be continued with adaptatio

Instead of doing practical sessions of the contents, as we ordinarily do, they will be taught in a theoretical-practical way, giving

Expressly selected videos will be provided to facilitate monitoring and understanding.

Regarding the teaching methodology, forums will be established with topics of interest.

Group video calls will be held to explain dynamics, theoretical and practical content, answer collective questions, etc ...
Selected videos on practical content will be provided.
Regular communication will be established with group and individual emails to deal with each particular situation.
It will be provided through Moodle notes prepared expressly with guiding questions on key aspects.

4.2.Learning tasks

4.3.Syllabus

4.4.Course planning and calendar

4.5.Bibliography and recommended resources