

Academic Year/course: 2021/22

## 26756 - Physical Exercise for Health: Evaluation and Prescription

### Syllabus Information

**Academic Year:** 2021/22

**Subject:** 26756 - Physical Exercise for Health: Evaluation and Prescription

**Faculty / School:** 104 - Facultad de Medicina

**Degree:** 304 - Degree in Medicine

**ECTS:** 4.0

**Year:** 5

**Semester:** First semester

**Subject Type:** Optional

**Module:**

### 1. General information

### 2. Learning goals

### 3. Assessment (1st and 2nd call)

### 4. Methodology, learning tasks, syllabus and resources

#### 4.1. Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. It favors the acquisition of knowledge related to biostatistics, and health services. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions, assignments, and autonomous work.

Students are expected to participate actively in the class throughout the semester.

Classroom materials will be available via Moodle. These include a repository of the lecture notes used in class, the course syllabus, as well as other course-specific learning materials, including a discussion forum.

Further information regarding the course will be provided on the first day of class.

Tutorials. Aimed to answer questions or provide specific bibliography of a specific topic in relation with lectures and practical lessons. In addition, monitoring of assignments will be done. The tutorials will take place both in office and non-classroom (through email or Anillo Digital Docente).

#### 4.2. Learning tasks

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This course organized as follows:

1. Lectures (1 ECTS: 15 hours). Whole group sessions of 50 minutes each one. The professor will explain the theoretical contents, which are available in advance on the virtual platform Moodle.
2. Practice sessions (1.5 ECTS: 15 hours). Sessions where students work with case studies and problem-solving tasks.
3. Assignments (0,5 ECTS: 10 hours). In small groups, students will prepare an essay (which includes bibliographical research, analysis, summary, scientific rigor, coherence of expression and citations). They will submit a written copy at the end of the course and will do an oral presentation.
4. Autonomous work (1 ECTS: 10 hours). Time devoted to study the course contents and prepare the sessions and assignments

### **4.3. Syllabus**

Topic 1 Physical Activity, Health, and Chronic Disease  
Topic 2 Preliminary Health Screening and Risk Classification  
Topic 3 Principles of Assessment, Prescription, and Exercise Program Adherence  
Topic 4 Assessing Cardiorespiratory Fitness  
Topic 5 Designing Cardiorespiratory Exercise Programs  
Topic 6 Assessing Muscular Fitness  
Topic 7 Designing Resistance Training Programs  
Topic 8 Assessing Body Composition  
Topic 9 Designing Weight Management and Body Composition Programs  
Topic 10 Assessing Flexibility  
Topic 11 Designing Programs for Flexibility and Low Back Care  
Topic 12 Assessing Balance and Designing Balance Programs

### **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 "Facultad de Medicina?" website and the Degree website (<http://medicina.unizar.es>, <http://moodle2.unizar.es>).

### **4.5. Bibliography and recommended resources**

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=26756>