

25666 - Physical activity and Health

Syllabus Information

Academic year: 2023/24

Subject: 25666 - Physical activity and Health

Faculty / School: 127 - Facultad de Ciencias de la Salud

Degree: 605 - Degree in Physiotherapy

ECTS: 6.0

Year: 4

Semester: Second semester

Subject type: Optional

Module:

1. General information

The objective of the subject is to provide knowledge of the effects of physical activity and the absence of physical activity on the organism. Assess the health-related components of physical fitness and develop specific and individual physical exercise programs for the assessed subjects.

These approaches and goals are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 in such a way that the acquisition of the learning results of the subject provides capacity and competence to contribute to some extent to their achievement.

2. Learning results

Upon completion of this subject, the student will be able to:

1. -Know and understand the dependence of the human organism on movement and the repercussions of exercise and sedentary lifestyles on health
2. -Know the risks and benefits of physical exercise, as well as the necessary procedures to minimize its practice
3. -Know the basic elements of evaluation to identify the strengths and weaknesses of those being evaluated.
4. -Understand the basis of the design of physical exercise programs for health.
5. -Know the use of different techniques and tools for the study of health-related physical condition.

3. Syllabus

The following are the topics that will be dealt with during the term, without prejudice to the possibility of including any related current topics that may arise during the academic year.

1. -Block 1. Responses and adaptations of the organism to physical exercise.
2. -Block 2. Benefits of regular physical exercise on organ systems. Sedentary lifestyle. Risks of a sedentary/inactive lifestyle.
3. -Block 3. Assessment of health-related components of physical condition. Cardiorespiratory resistance. Muscular strength and endurance. Flexibility. Balance.
4. -Block 4. General principles of physical exercise prescription.
5. -Block 5. Prescription of physical exercise.

4. Academic activities

Theoretical face-to-face classes: 25 hours large group

Practical laboratory classes: 20 hours.

Solutions and problems and cases: 10 hours.

Teaching assignments. 32 hours

Non-face-to-face activities: 95 hours.

The student must be responsible for the personal study of the theoretical and practical contents developed in the subject, as well as for the preparation of work, research of documentation and all those non face-to-face activities that will guide them towards the acquisition of the specific competences.

Tutoring: Three hours of tutoring will be made available to students. The possibility of telematic tutorials will be offered.

5. Assessment system

Active participation in the theoretical classes and seminars of the subject (5%)

They are approached in a "Participative Master Class" mode, in which students are continuously asked to participate. They will be graded from 0 to 10

Active participation during the practical classes of the subject (5%)

Attendance and participation will be graded from 0 to 10. Students who do not attend 80% of these practices will have to pass a practical exam.

Individual or small group work (20%)*

The students will have to write and present a short essay based on scientific evidence (at least 3 scientific articles that support it) with the objective of convincing a public body of the benefits/necessity of incorporating physical exercise as a means of prevention, maintenance or improvement of health (See Moodle of the subject).

Completion of an objective test (70%) - Global - (100%)*

The evaluation of the degree of acquisition and understanding of the conceptual contents will be carried out by means of a written exam . The test will consist of 25 multiple choice questions, with 4 possible answers, only one of which is considered correct.

Incorrect answers subtract one third of the sum of the correct answers.

*** It will be necessary to obtain *at least 5 points to pass the subject.***