

60851 - Bases for physical activity promotion

Syllabus Information

Academic year: 2023/24

Subject: 60851 - Bases for physical activity promotion

Faculty / School: 229 - Facultad de Ciencias de la Salud y del Deporte

Degree: 549 - Master's in Evaluation and Physical Training for Health

ECTS: 3.0

Year: 1

Semester: Second semester

Subject type: Optional

Module:

1. General information

The subject and its expected results respond to the following approaches and objectives:

To provide students with the fundamental bases for the development of intervention strategies related to the promotion of physical activity.

These approaches and objectives are aligned with the Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to their achievement.

- Objective 3: Health and Well-being
- Objective 4: Quality Education

2. Learning results

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

- 1.- Identify the different phases that make up a research on the promotion of physical activity and link them to theories, models and influencing variables.
- 2.- Identify the different factors that influence the practice of physical activity and sedentary behaviours in the adolescent population.
- 3.- Critically assess different possibilities of intervention to improve the levels of usual physical activity in the adolescent population within different contexts of school and out-of-school intervention.

3. Syllabus

CONTENTS

I.- GENERAL. REFERENCE CONCEPTS

- Promotion of physical activity and health education. Theories and models.
- Phases of research for the promotion of physical activity.

II.- ANALYSIS OF THE FACTORS INFLUENCING THE PRACTICE OF PHYSICAL ACTIVITY

- Measurement of physical activity and main methodological alternatives.
- Usual levels and patterns of physical activity.
- Levels and patterns of sedentary activity.
- Levels of compliance with physical activity recommendations.
- Influences for the practice of physical activity. Reference models.

The cross-cultural perspective.

III.- INTERVENTIONS FOR THE PROMOTION OF PHYSICAL ACTIVITY.

- Review of intervention projects for the promotion of physical activity.
- The relevance of school in the promotion of physical activity.
- The social-ecological model for the promotion of physical activity.
- Guidelines and strategies for effective intervention based on the school environment.
- Analysis of an effective intervention program: "Follow the Footprint".

4. Academic activities

AF1-Master class: 15 classroom hours

AF2 - Problem solving and case studies: 15 classroom hours

AF6 - Study: 38 hours.

AF7 - Personalized tutoring teacher-student: 5 hours

AF8 - Assessment tests: 2 hours.

5. Assessment system

The student must demonstrate achievement of the intended learning results through the following assessment activities:

EV1 - Written test: 30% (Objective tests (true/false or dichotomous, multiple choice, matching or matching items, etc.) or short or short answer restricted questions).

EV4 - Techniques based on the attendance and active participation of the student in class, seminars and tutorials: 70% (work in small groups on proposed practical cases). Students will work on real data and real practical assumptions that lead them to propose a research design that can incorporate, in a reasoned way, those variables that best fit the specific context studied.

Fraud or total or partial plagiarism in any of the assessment tests will result in not passing the subject and achieving the minimum grade, in addition to the disciplinary sanctions that the Quality Assurance Committee decides for these cases. For more detailed information on plagiarism and its consequences please consult: <https://biblioteca.unizar.es/propiedad-intelectual/propiedad-intelectual-plagio>