

60859 - Physical exercise prescription

Syllabus Information

Academic year: 2023/24

Subject: 60859 - Physical exercise prescription

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

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

ECTS: 6.0

Year: 1

Semester: First semester

Subject type: Compulsory

Module:

1. General information

In this subject, students are expected to acquire and assimilate the concepts and procedures that are essential for the proper design of physical activities or for the prescription of physical exercise, taking into account the characteristics of the target population.

The student will experience theoretical-practical situations that have an effect on the different populations, pathologies and physical qualities under study and analysis.

These approaches and objectives are aligned with the SDGs of the Agenda 2030 of the United Nations (<https://www.un.org/sustainabledevelopment/es/>), so the subject provides training and competence to contribute to some extent to its 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:

Know the variables that influence the prescription of physical exercise and their application to different types of populations.

Design and prescribe appropriate physical exercise programs that have an impact on the physical, cardiorespiratory, muscular and articular system.

Conveniently plan and schedule training sessions for specific populations.

Appropriately use current materials and novel resources in the performance of physical exercise adapted to every need.

3. Syllabus

1. The position
2. Exercise prescription
3. Periodization and planning
4. Laws and principles of physical training
5. Design of muscular fitness programs
6. Design of cardiorespiratory exercise programs
7. Design of flexibility programs
8. Prescription of physical exercise in special populations: children, adolescents, adults, seniors, pregnant women
9. Prescription of exercise in different pathologies: cardiovascular, metabolic, cancer, depression

4. Academic activities

TRAINING ACTIVITY

Master Class 15 h

Problem solving and case studies 15 h

Laboratory practice 30 h

Study 88h

Assessment tests 2 h

These training activities will be developed according to the following theoretical-practical syllabus:

Exercise prescription

- Types of exercise
- Exercise intensity and volume
- Training methods

Design of cardiorespiratory exercise programs.

- Fundamentals of a cardiorespiratory exercise session
- Aerobic training methods
- Personalized exercise programs

Design of muscular fitness programs

- Principles of training with and without overload
- Training methods
- Development and effects of strength training programs

5. Assessment system

CONTINUOUS ASSESSMENT

This assessment method takes class participation into account.

The work on physical exercise prescription should deal with a specific case (real or fictitious). It will be delivered through the Moodle platform, within the official deadlines established by the faculty.

The final grade is divided into 30% for active participation in the theoretical and practical classes, 20% for the adequacy of the planned work presented, 30% for the oral exposition and a 20% for the defence and debate with the teaching staff.

B or FINAL ASSESSMENT

Submission of a final paper in addition to the completion of a written final assessment test, in which the student must demonstrate all the competencies achieved in the subject.

The work to be presented will be the same as that described for the continuous assessment. In addition, a final test must be taken. It will have a final weighting of 30%.

Fraud or total or partial plagiarism in any of the assessment tests will result in not passing the subject and having the minimum grade, in addition to the disciplinary sanctions the Quality Assurance Committee decides for these cases.