

26321 - Physical Activity and Specific Populations

Syllabus Information

Academic year: 2024/25

Subject: 26321 - Physical Activity and Specific Populations

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: Compulsory

Module:

1. General information

The **general goal** of this subject is that students have a global vision of physical activity as a means to improve health in specific populations of health in specific populations.

As specific goals:

1. To study the characteristics of some population groups whose evaluation, as well as exercise programming, have relevant peculiarities.
2. Know how to carry out previous evaluations that inform us of the starting levels and that motivate the exercise program, the results of which must be evaluated.

These approaches and goals are aligned with the following Sustainable Development Goals (SDGs) of the 2030 Agenda of the United Nations <https://www.un.org/sustainabledevelopment/es/>:

- Goal 3: Health and wellness
- Goal 4: Quality Education.
- Goal 5: Gender Equality.
- Goal 12: Responsible Production and Consumption
- Goal 17: Alliances to Achieve goals.

2. Learning results

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

1. Understands the importance of the practice of physical activity for health, because it knows the repercussions on health of a sedentary lifestyle and understands the needs and benefits of a physical exercise practice without risks.
2. Understands the scientific literature regarding the subject matter, and is able to draw conclusions from different articles and reviews.
3. Identifies the basic elements for the assessment of the level of physical activity and healthy fitness specific for different population groups (e.g., children, adolescents, elderly, people with disabilities, pregnant women).
4. Designs evaluation protocols according to the physiological characteristics of those evaluated, interprets results and reports and subsequently designs procedures for the practice of healthy physical exercise.
5. Develops a critical spirit about multidisciplinary work in physical activity and health in population groups with specific characteristics.

3. Syllabus

1. Contextualization

- a. Benefits and risks of physical activity
- b. Health screening prior to exercise participation
- c. Assessment and interpretation of healthy physical condition

d. General principles of physical exercise programming

2. Healthy populations with special considerations

- a. Children and adolescents
- b. Elderly people
- c. Pregnant

3. Heart, cerebrovascular and pulmonary disease

- a. Heart disease
- b. Stroke
- c. Pulmonary disease

4. Metabolic diseases and cardiovascular risk factors

- a. Diabetes mellitus
- b. Dyslipidemia
- c. Hypertension
- d. Metabolic syndrome
- e. Overweight and obesity

5. Other chronic diseases and conditions

- a. Arthritis
- b. Cancer
- c. Cerebral palsy
- d. Fibromyalgia
- e. Intellectual disability
- f. Multiple sclerosis
- g. Osteoporosis
- h. Exercise promotion and adherence in specific populations

4. Academic activities

1. **Master class.** Face-to-face. 15 hours. In them, students are introduced to the basic theoretical knowledge of the subject.
2. **Problem solving and case studies.** Face-to-face. 22,5 hours. In small groups; different topics related to the program of the subject will be worked on in a critical way and the active participation of the students will be sought.
3. **Internships.** Face-to-face. 22,5 hours. In small groups, in different facilities of the Faculty, biomedical laboratory, pavilion..
4. **Jobs.** Non-face-to-face activities. 85 hours. Students must demonstrate sufficient capacity for autonomous work.
5. **Attendance at events.** Face-to-face/online. Not mandatory.

5. Assessment system

There are two assessment options for the ordinary call:

1. Continuous assessment:

- a. **Paper** of specific subject matter and elaboration (including public presentation). It will be weighted by 20% of the final grade. Students who do not obtain a minimum grade of 5 on the paper, , will not be able to continue with this method of evaluation.
- b. **Written test** (multiple choice and short answer questions). The overall result of this test will be weighted at 80% in the final grade. Students who do not obtain a minimum grade of 5 in the written test, will not pass the subject.

2. Global assessment:

- a. **Written test** (multiple-choice and short-answer questions) included in the official examination period of the University of Zaragoza. The exam grade will be the final grade for the subject.

Extraordinary call

There will be a **global written test**, with multiple-choice and short-answer questions, and the grade of this test will be the final grade of the subject.

If the subject has been passed, it is possible to improve the grade up to 1 point in **both exams**, by means of the realization of different activities (during the course of the course) related to the subject of the subject.

Fraud or total or partial plagiarism in any of the evaluation tests will result in not passing the subject with the minimum grade, in addition to the disciplinary sanctions adopted by the Guarantee Committee for these cases.