

26337 - New Trends in Fitness and 'Wellness'

Syllabus Information

Academic year: 2024/25

Subject: 26337 - New Trends in Fitness and 'Wellness'

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:

Semester: Second semester

Subject type: Optional

Module:

1. General information

At present, there are numerous job offers linked to the field of Fitness, and graduates of Physical Activity and Sport Sciences can find in this field a job opportunity for which they must be well prepared.

This subject aims for students to acquire competencies related to this field, which can be useful whether they are involved in sports training, management, teaching or health.

This approach is related to certain Sustainable Development Goals (SDGs) of the 2030 Agenda of United Nations (<https://www.un.org/sustainabledevelopment/es/>), in such a way that the acquisition of the subject's learning results provides training and competence to contribute to some extent to their achievement:

Goal 3: Health and wellness

Goal 4: Quality Education.

Goal 5: Gender Equality.

2. Learning results

In order to pass this subject, the students shall demonstrate they has acquired the following results:

Knows the basic fundamentals of the work in each of these trends, both to teach group and individual classes

Performs structured classes, teaching progressions, and individual adaptations in each of the disciplines worked on in class

Knows the structure of music characteristic of fitness activities, and uses it appropriately as a fundamental support element for certain group activities in this field

Is critical of current trends in the field of physical activity, valuing positively those that meet healthy criteria and rejecting those that do not, being aware of the permanent change to which the world of fitness and wellness is subjected, and of the great business that has arisen around it, rejecting those aspects of this field that are unethical.

Designs and implements sessions aimed at improving specific objectives in different contexts, applying the methodology of Fitness and Wellness activities, safely and efficiently.

3. Syllabus

The program offered to the student to help them achieve the expected results includes the following

- **TOPIC 1: EVOLUTION OF TRENDS IN THE PRACTICE OF PHYSICAL ACTIVITY:** Mainly focused on the history and evolution of trends in the practice of physical activity.
- **TOPIC 2: DIRECTED GROUP ACTIVITIES:** It will be focused on the description of the main types of activities performed in the Fitness and Wellness area, focusing mainly on directed activities.
- **TOPIC 3: AQUATIC FITNESS ACTIVITIES:** It will focus on fitness and wellness activities in the aquatic environment.
- **TOPIC 4: USE OF MATERIALS:** It will deal with the use of both classic and new materials in Fitness and Wellness activities.

4. Academic activities

- Master classes: 15 hours
Theoretical-practical sessions in which the contents of the subject will be explained.
- Practical classes: 40 hours
Experimentation of different activities and dynamics, and of the basic principles for intervention.
- Special practices: 5 hours
Visits to fitness centres to learn about the real work context. It is possible that, due to the availability of the centres, it may not be possible to carry out these internships, so the hours of special internships would be moved to the previous section.
- Teaching assignments: 40 hours
Design and implementation of interventions with specific contexts and objectives.
- Personal study. 42 hours
- Assessment tests. 8 hours

5. Assessment system

Students must demonstrate that they have achieved the intended learning results by means of the following assessment activities

CONTINUOUS EVALUATION SYSTEM:

In order to pass the subject by "continuous evaluation", attendance and active participation in at least **85%** of the practices is a prerequisite

Procedures and description of the same

- **WRITTEN TEST**

WEIGHTING: **40%** of the final grade. The exam will include all or some of the following types of questions: essay questions, short questions and problem solving.

This test will take place during the last theoretical session of the semester.

- **SIMULATIONS AND STUDENT PRODUCTIONS:**

Virtual Training Test (individual work):

The objective of this activity is to improve communication skills, exploring their strengths and enhancing them in a simulation of a real professional situation. The 10-15 minute mini-session is aimed at healthy adults, without pathologies or injuries, but with different levels of physical condition. The goal of the work is strength. Diversity must be taken into account in each exercise, both in terms of difficulty and intensity. In each exercise, the most frequent errors must be anticipated in order to place emphasis on avoiding them. The people who will receive the session, will do it in deferred from their homes.

As evidence of competencies, a video will be delivered by the stipulated deadline, consisting of the following:

- Short personal introduction ("Hi, I'm X, future graduate in Physical Activity Sciences") the type of session to be held and to whom it is addressed.
- Exercises: description of the exercises giving visual example, accompanying the demonstration with verbal indications if necessary. The indications will be aimed at: achieving an adequate technique, avoiding most frequent errors, motivating, informing about the remaining repetitions...
- Ending the session and saying goodbye. The video will be delivered through a google drive link or similar, respecting the deadlines previously set (use official Unizar account), and corroborating that the delivery has been done correctly.

It is strongly recommended not to rush delivery times to avoid possible technological problems.

Grading based on teacher evaluation.

WEIGHTING: **30%** of the final grade

Practical test session Collective directed activity (group work):

It consists of delivering a session based on a content seen in class, or using a different dynamic agreed with the teachers. The objective of the session is muscle toning, although it can be integrated with other types of work: cardiovascular, flexibility, balance, agility...

Each group will choose dynamics, materials (2 types maximum), and localize the work on a body area: train upper body, lower body or core.

The duration of the session will depend on the number of students enrolled in the subject, but will be around 20-30 minutes

Each group must submit a written work describing the session before the intervention. Said work shall be no longer than 10 pages, and must include the following sections:

- Cover with name of session and name of the group members
- Material necessary for the development of the session
- Detailed description of the exercises and dynamics: graphic and written description, approximate execution time, repetitions, organization, attention to diversity.
- Descriptions of safety and success criteria for the activity: considerations to be taken into account before and during the activity, verbalizations to maintain safety conditions when appropriate
- Description of the music used
- Bibliography and webliography (APA norms)

WEIGHTING: **30%** of the final grade.

• **VOLUNTEER WORK**

Conducting virtual sessions in other contexts outside the university environment, or within the university itself in the case of having the competencies to do so (teaching support). This type of work will be done by prior arrangement with the teacher. A maximum of **0.5** additional points may be added to the final grade of the subject. Those students who wish to obtain "Honours" in the subject must do at least one of these voluntary works. The teacher will communicate in the presentation of the subject the breakdown of tasks included in the evaluation and the approximate schedule of completion and/or delivery of the same.

THE SPECIFIC GRADING CRITERIA FOR EACH PROCEDURE WILL BE DETAILED PRIOR TO THE DEVELOPMENT OF THE TESTS. TO PASS THE SUBJECT BY THIS EVALUATION SYSTEM IT IS NECESSARY TO PASS WITH A MINIMUM GRADE OF 5 BOTH SECTIONS ("WRITTEN TEST" AND "SIMULATIONS AND PRODUCTIONS").

GLOBAL EVALUATION TEST:

Procedures and description of the same:

• **ORAL TEST ON THEORETICAL-PRACTICAL CONTENTS**

WEIGHTING: **40%** of the final grade. The exam will include all or some of the following types of questions: essay questions, short questions and problem solving.

• **SIMULATIONS AND STUDENT PRODUCTIONS:**

Virtual Training Test

See the test guidelines for continuous assessment students. The deadline for submitting the evidence of competence by making a video is the official exam date, by sending a google drive link to the faculty (official Unizar account). It is strongly recommended not to rush delivery times to avoid possible technological problems.

WEIGHTING: **30%** of the final grade.

Practical test session Collective directed activity

See the test guidelines for continuous assessment students. The only aspect that changes with respect to it is that the global assessment students will perform the test individually, and must find a group with which to implement the designed session, having the appropriate permissions for recording. The deadline for submitting the evidence of competency by making a video is the official exam date, by sending google drive link to the faculty (official Unizar account). The video must be presented in quality conditions, in such a way that it can be viewed and heard correctly. It is strongly recommended not to rush the deadlines of delivery to avoid possible technological problems.

WEIGHTING: **30%** of the final grade.

TO PASS THE SUBJECT BY THIS EVALUATION SYSTEM IT IS NECESSARY TO PASS WITH A MINIMUM GRADE OF 5 BOTH SECTIONS ("WRITTEN TEST" AND "SIMULATIONS AND PRODUCTIONS")

Fraud or total or partial plagiarism in any of the evaluation tests will result in the failure of the course with the minimum grade, in addition to the disciplinary sanctions that the guarantee committee adopts for these cases. For a more detailed knowledge about plagiarism and its consequences please consult :<https://biblioteca.unizar.es/propiedad-intellectual/intellectual-property-plagiarism#>.

6. Sustainable Development Goals

- 3 - Good Health & Well-Being
- 4 - Quality Education
- 5 - Gender Equality