

60850 - Physical activity and health: scientific evidences

Teaching Plan Information

Academic year: 2024/25

Subject: 60850 - Physical activity and health: scientific evidences

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

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

- To study the basic recommendations of physical activity for health from a historical perspective.
- To relate physical exercise and health from a scientific perspective.
- To study and discuss the scientific evidence supporting the suitability of exercise for health and disease
- To study the current physical activity patterns of the population.

These approaches and objectives are aligned with the following 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:

- Know the historical evolution of the basic recommendations of physical activity for health
- Know the relationship between physical exercise and health from a scientific perspective.
- Study and discuss the scientific evidence supporting the suitability of exercise for health and disease
- Know the current physical activity patterns of the population

3. Syllabus

Theoretical section

1. Presentation of the subject. Levels of evidence (GRADE) Types of articles/studies.
2. Physical activity recommendations and their evolution. Glossary of terms related to physical activity and exercise.
3. Risk and benefits of physical activity.
4. Physical activity and pregnant women.
5. Physical activity and cancer.
6. Physical activity and bone.
7. Physical activity and muscle.
8. Physical activity, obesity, diabetes and metabolic syndrome.
9. Physical activity and cardiac, pulmonary and vascular diseases.
10. Physical activity, nutrition and supplementation

Practical section

1. Systematic review: Explanation of the PICO model as well as inclusion and exclusion criteria.
2. Searching in databases: learn how to export data and access scientific articles.
3. Group work with French students.
4. Use of bibliographic manager.
5. PRISMA checklist and descriptive table of a systematic review.
6. Solving of doubts from previous practices.
7. Explanation of how the quality of randomized and non-randomized clinical trials is assessed. Explanation of the

- structure of a systematic review.
- 8. Example of work presentation.
- 9. Presentation of works.

4. Academic activities

The program offers the students help to achieve the expected results and comprises the following activities:

-Theoretical classes: students are introduced to the basic theoretical knowledge of the subject, which will deal with the topics presented in the syllabus. If the recommended spacing between participants in the classrooms cannot be met, these classes will be held via Google Meet.

-Practical classes: the practical classes will focus on the explanation of the guidelines to be followed for the correct development of a systematic review. If the recommended spacing between participants in the classrooms cannot be met, these classes will be held via Google Meet.

Subject work: A systematic review work will be developed during the subject and presented later on.

5. Assessment system

OPTION 1. Continuous assessment

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

Follow-up in class (30%): Biweekly tests will be carried out to assess the knowledge acquired by the students. The 6 best tests will be selected at the end of the term.

Written and oral work (70%): verification of the student's knowledge based on an oral exchange between the student and the teacher or presentation (oral presentation or defence) of works or projects.

*Each section must be passed independently with a minimum grade of 5 to pass the subject.

If due to the pandemic produced by COVID 19 it is not possible to take the exam in person, it will be taken telematically through the Moodle platform.

OPTION 2. Global assessment

Written test (50%): Objective test (true/false or dichotomous, multiple choice, matching items, etc.) or short or short answer restricted questions. It will take place on the official examination date.

Written and oral work (50%): verification of the student's knowledge based on an oral exchange between the student and the teacher or presentation (oral presentation or defence) of works or projects.

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>

6. Sustainable Development Goals

- 3 - Good Health & Well-Being
- 4 - Quality Education