

63146 - Sports education and quality of life

Syllabus Information

Academic year: 2024/25

Subject: 63146 - Sports education and quality of life

Faculty / School: 107 - Facultad de Educación

Degree: 330 - Complementos de formación Máster/Doctorado
573 - Master's in Lifelong Learning: Introduction to Research

ECTS: 3.0

Year: 573 - Master's in Lifelong Learning: Introduction to Research: 1

330 - Complementos de formación Máster/Doctorado: XX

Semester: Second semester

Subject type: 330 - ENG/Complementos de Formación

573 - Optional

Module:

1. General information

This course aims to develop and publicize scientific knowledge that has to contribute to the modification of strategies aimed at developing policies linked to improving people's quality of life. Research close to the promotion of health and physical activity is essential, with school Physical Education being a particularly key opportunity for the promotion of healthy habits. This subject aims to provide students with the fundamental bases for the development of strategies and intervention programs related to the promotion of physical activity from the educational and community context, contributing at the same time to the achievement of the sustainable development objectives. The development of this subject is supported by the World Action Plan for Physical Activity 2018-20130 (WHO, 2018), therefore it seeks that students commit to creating active societies, environments, systems and people, and at the same time accelerate the application of the SDGs, becoming drivers of change in educational research. A reference space for agents of change interested in contributing to the achievement of the SDGs through physical activity. This subject seeks to represent, promote, value and evaluate the commitment of university students towards the creation of active societies, environments, people and systems. At the same time, in each course, the intention is to continue working in a network, and function as an observatory seeking synergies with other educational innovation projects of the university, with educational centers, and with foundations, institutions, and educational, health, and social organizations.

This subject is included in the Optional Module: Research Areas, where it aims to provide specific training to the students most interested in the research carried out in the field of promoting physical activity, Physical Education and quality of life.

2. Learning results

Identifies the different phases that make up research on the promotion of physical activity and links it to theories, models and variables of influence.

Identifies the different factors that influence the practice of physical activity and sedentary behaviors in children, adolescents and adults.

It identifies cognitive, emotional and motivational variables that influence adherence to the practice of physical activity in educational contexts.

It critically assesses different possibilities of intervention to improve the levels of habitual physical activity in children and adolescents within different contexts of school, extracurricular and community intervention.

3. Syllabus

I.- GENERALITIES. REFERENCE CONCEPTS

Education for health, promotion of physical activity and quality of life. Theories and models. Research phases for the promotion of physical activity.

Global Action Plan for Physical Activity 2018-2030: creation of active societies, environments, people and systems. Agenda 2030 and Sustainable Development Goals.

II.- ANALYSIS OF THE FACTORS THAT INFLUENCE THE PRACTICE OF PHYSICAL ACTIVITY

Measurement of physical activity and quality of life and main methodological alternatives.

Usual levels and patterns of physical activity and sedentary activity.

Levels of compliance with the recommendations for the practice of physical activity.

Influences for the practice of physical activity. Reference models: self-determination theory, health asset model, social-ecological model, and other social cognitive theories that explain physical activity behavior in childhood and adolescence.

Disadvantaged or priority populations. The cross-cultural perspective.

III.- INTERVENTIONS FOR THE PROMOTION OF PHYSICAL ACTIVITY.

Physical Education as an agent for the promotion of physical activity.

The relevance of the school center in the promotion of physical activity.

Review of intervention projects: social-ecological model and effective intervention strategies in the school and community environment.

4. Academic activities

The teaching-learning activities programmed for this course are based on the following methodologies:

M01: Presentation of contents by the teacher and collaborators.

M02: Review/analysis of reports, resources, programs, etc.

M03: Elaboration of projects and/or works with real contexts.

M04: Discussion groups with students and collaborators of the subject.

5. Assessment system

Continuous/formative evaluation test with the following parts:

E01: Oral or written exam: 30%. A theoretical-practical test will be carried out with questions of different types where students demonstrate the knowledge, skills and attitudes acquired.

E03: Analysis work, resolution of cases and methodological development related to the contents of the subject: 70%. Throughout the course, different formative learning experiences will be carried out where theoretical content will be integrated with practical applications and proposals and designs by the students.

It will be necessary to pass both parts of the evaluation test separately with a minimum of 5 points each.

Comprehensive assessment test with the following parts:

E01: Global oral or written exam: 100%. A theoretical-practical test will be carried out with questions of different types where students demonstrate the knowledge, skills and attitudes acquired.

6. Sustainable Development Goals

3 - Good Health & Well-Being

4 - Quality Education