UNIVERSIDAD DE CASTILLA - LA MANCHA

GUÍA DOCENTE

1. General information

Course: HEALTH AND PHYSICAL ACTIVITY
Code: 39309
Type: CORE COURSE
ECTS credits: 9
Degree: 314 - DEGREE IN SCIENCES OF THE PHYSICAL ACTIVITY AND OF THE SPORT
Academic year: 2021-22
Center: 8 - FACULTY OF SPORT SCIENCES
Group(s): 40
Year: 2
Duration: AN
Main language: Spanish
Second language: English
Use of additional languages:
English Friendly: Y
Web site:
Bilingual: N

Lecturer: **SUSANA AZNAR LAIN** - Group(s): **40**

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Lecturer: **JAVIER ORTEGA LÓPEZ** - Group(s): **40**

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2. Pre-Requisites

Not established

3. Justification in the curriculum, relation to other subjects and to the profession

Not established

4. Degree competences achieved in this course

Course competences

Code	Description
A01	Develop the ability to collect and interpret data to make judgments that include a reflection on relevant social, scientific or ethical issues.
A02	Transmit information, ideas, problems and solutions to a specialized and non-specialized audience.
A04	Knowing how to apply information and communication technologies (ICT) to the field of Physical Activity and ports Sciences.
A06	Apply the knowledge acquired to the workplace from situations where the student must solve specific problems and develop and defend arguments.
A08	Understand and use common handbooks, as well as manuscripts and, in general, leading bibliography on subjects related to physical activity and sport, in order to prepare reports or solve specific problems that may arise.
A09	Develop learning skills necessary to undertake further studies with a high degree of autonomy.
B04	Know and understand the physiological and biomechanical factors that condition the practice of physical activity and sport.
B11	Promote and evaluate the formation of lasting and autonomous habits of practice of physical activity and sport.
B14	Assess physical condition and prescribe health-oriented physical exercises.
B15	Identify the risks that are derived for health, from the practice of inappropriate physical activities.
B16	Plan, develop and evaluate the development of programs of physical-sport activities.
M711	To know methods to quantify Physical Activity and relate it to Health.
M712	Develop Physical Activity and Health programs for healthy individuals and special populations.
M713	Apply different Health and Fitness tests.
M715	To know the factors that determine participation and/or adherence to healthy lifestyles.
M716	Make a physical activity and health program proposal to a family member.

5. Objectives or Learning Outcomes

Course learning outcomes

Description

To establish the basic guidelines of a physical activity programme for HEALTH for people with health problems.

To describe the justification of the physical activity recommendations for health.

To explain the recommendations of exercise for health: cardio-pulmonary, strength and flexibility.

To identify what aspects influence an initial evaluation prior to physical activity practice.

Additional outcomes

6. Units / Contents

Unit 1:

Unit 1.1

Unit 1.2

Unit 1.3

Unit 2:
- **Unit 2.1**
- **Unit 2.2**
- **Unit 2.3**

Unit 3:
- **Unit 3.1**
- **Unit 3.2**
- **Unit 3.3**

Unit 4:
- **Unit 4.1**
- **Unit 4.2**
- **Unit 4.3**

Unit 5:
- **Unit 5.1**
- **Unit 5.2**
- **Unit 5.3**
- **Unit 5.4**
- **Unit 5.5**
- **Unit 5.6**

Unit 6:
- **Unit 6.1**
- **Unit 6.2**
- **Unit 6.3**

Unit 7:
- **Unit 7.1**
- **Unit 7.2**
- **Unit 7.3**
- **Unit 7.4**
- **Unit 7.5**

Unit 8:
- **Unit 8.1**
- **Unit 8.2**

7. Activities, Units/Modules and Methodology

Training Activity	Methodology	Related Competences (only degrees before RD 822/2021)	ECTS	Hours	As	Com	Description
Writing of reports or projects [OFF-SITE]	Project/Problem Based Learning (PBL)	A01 A02 A04 A06 A09 B11 B14 B15 B16 M712 M713 M716	2	50	Y	Y	
Class Attendance (practical) [ON-SITE]	Combination of methods	A01 A02 A04 A06 A08 B04 B11 B14 B15 M712 M713 M716	1.8	45	N	-	
Class Attendance (theory) [ON-SITE]	Combination of methods	A01 A02 A04 A08 B04 B11 B15 M711 M715 M716	1.52	38	N	-	
Writing of reports or projects [OFF-SITE]	Reading and Analysis of Reviews and Articles	A01 A08 B04 B15 M711	0.4	10	Y	N	
Study and Exam Preparation [OFF-SITE]	Self-study	A01 A06 A08 A09 B16 M716	2	50	Y	N	
Writing of reports or projects [OFF-SITE]	Case Studies	A01 A02 A06 B14 B15 M712 M716	1	25	Y	N	
Final test [ON-SITE]		A01 A02 A04 A06 A08 A09 B04 B11 B14 B15 B16 M711 M712 M713 M715 M716	0.08	2	Y	Y	
Progress test [ON-SITE]		A01 A02 A04 A06 A08 A09 B04 B11 B14 B15 B16 M711 M712 M713 M715 M716	0.2	5	Y	N	
		Total:	**9**	**225**			
		Total credits of in-class work: 3.6					**Total class time hours: 90**
		Total credits of out of class work: 5.4					**Total hours of out of class work: 135**

As: Assessable training activity
Com: Training activity of compulsory overcoming (It will be essential to overcome both continuous and non-continuous assessment).

8. Evaluation criteria and Grading System

Evaluation System	Continuous assessment	Non-continuous evaluation*	Description
Final test	65.00%	65.00%	
Theoretical papers assessment	35.00%	35.00%	
Total:	**100.00%**	**100.00%**	

According to art. 4 of the UCLM Student Evaluation Regulations, it must be provided to students who cannot regularly attend face-to-face training activities the passing of the subject, having the right (art. 12.2) to be globally graded, in 2 annual calls per subject , an ordinary and an extraordinary one (evaluating 100% of the competences).

9. Assignments, course calendar and important dates

Not related to the syllabus/contents	
Hours	**hours**
Writing of reports or projects [AUTÓNOMA][Project/Problem Based Learning (PBL)]	25
Writing of reports or projects [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	35
Study and Exam Preparation [AUTÓNOMA][Self-study]	50
Writing of reports or projects [AUTÓNOMA][Case Studies]	25
Final test [PRESENCIAL][]	2
Progress test [PRESENCIAL][]	5
Unit 1 (de 8):	
Activities	**Hours**
Class Attendance (theory) [PRESENCIAL][Combination of methods]	6
Unit 2 (de 8):	
Activities	**Hours**
Class Attendance (practical) [PRESENCIAL][Combination of methods]	4
Class Attendance (theory) [PRESENCIAL][Combination of methods]	4.5
Unit 3 (de 8):	
Activities	**Hours**
Class Attendance (practical) [PRESENCIAL][Combination of methods]	6
Class Attendance (theory) [PRESENCIAL][Combination of methods]	6.5
Unit 4 (de 8):	
Activities	**Hours**
Class Attendance (practical) [PRESENCIAL][Combination of methods]	3
Class Attendance (theory) [PRESENCIAL][Combination of methods]	3.5
Unit 5 (de 8):	
Activities	**Hours**
Class Attendance (practical) [PRESENCIAL][Combination of methods]	4.5
Class Attendance (theory) [PRESENCIAL][Combination of methods]	4.5
Unit 6 (de 8):	
Activities	**Hours**
Class Attendance (practical) [PRESENCIAL][Combination of methods]	11
Class Attendance (theory) [PRESENCIAL][Combination of methods]	3
Unit 7 (de 8):	
Activities	**Hours**
Class Attendance (practical) [PRESENCIAL][Combination of methods]	9
Class Attendance (theory) [PRESENCIAL][Combination of methods]	3
Unit 8 (de 8):	
Activities	**Hours**
Class Attendance (practical) [PRESENCIAL][Combination of methods]	7.5
Class Attendance (theory) [PRESENCIAL][Combination of methods]	7
Global activity	
Activities	**hours**
Writing of reports or projects [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	35
Study and Exam Preparation [AUTÓNOMA][Self-study]	50
Writing of reports or projects [AUTÓNOMA][Case Studies]	25
Class Attendance (theory) [PRESENCIAL][Combination of methods]	38
Class Attendance (practical) [PRESENCIAL][Combination of methods]	45
Writing of reports or projects [AUTÓNOMA][Project/Problem Based Learning (PBL)]	25
Final test [PRESENCIAL][]	2
Progress test [PRESENCIAL][]	5
Total horas:	225

10. Bibliography and Sources

Author(s)	Title/Link	Publishing house	Citv	ISBN	Year	Description
L.M. LÓPEZ MOJARES, S. AZNAR LAÍN, A. FERNÁNDEZ VAQUERO, J, LÓPEZ CHICHARRO, A. LUCÍA MULAS, M. PÉREZ RUIZ	Actividad Física y Salud ¿ para ejecutivos y profesionales	CIE-DOSSAT			2001	
National Strength & Conditioning Association	National Strength & Conditioning Association www.nsca.com					
P.A. LÓPEZ MIÑARRO	Ejercicios desaconsejados en la actividad física: Detección y alternativas	Inde			2000	

R. DISHMAN	Advances in Exercise Adherence	Human Kinetics		1994	
The Cooper Institute	www.cooperinst.org				
V.H. HEYWARD	Evaluación y Prescripción del Ejercicio	Human Kinetics		2006	
Woolf-May, K	Prescripción de Ejercicio: Fundamentos fisiológicos	Elsevier Masson	978-84-458-1873-2	2008	
	Crossfit				
	www.corssfit.org				
	Free Weights and Machine Exercise Techniques Video.	Human Kinetics		2000	
	NSCA				Página web
	http://www.nsca.com/				
	Partner-Resistance Strength Training Video	Human Kinetics		2000	
	Resistance Training Instruction: Lower Body// Upper Body // Trunk (Video).	Human Kinetics		2001	
	Salud y ejercicio físico				
	www.cbass.com				
- AMERICAN COLLEGE OF SPORTS MEDICINE	ACSM Para La Valoración y Prescripción del Ejercicio	Paidotribo		2005	
- J. WEINECK	Salud, Ejercicio y Deporte	Paidotribo		2000	
- J.R. SERRA GRIMA, C. BEGUR CALAFAT	Prescripción de ejercicio para la salud	Paidotribo		2004	
AMERICAN COLLEGE OF SPORT MEDICINE	ACSM's Guidelines for Exercise Testing and Prescription	Lippincott Williams & Wilkins		2005	
AMERICAN COLLEGE OF SPORT MEDICINE	ACSM's Resources for the Personal Trainer	Lippincott Williams & Wilkins		2006	
AMERICAN COLLEGE OF SPORT MEDICINE	Manual de Consulta para el Control y la Prescripción del Ejercicio	Paidotribo		2000	
American College of Sports Medicine					American College of Sports Medicine
	www.acsm.org				
Blandine calais-Germain	ANATOMIA PARA EL MOVIMIENTO (T. I): INTRODUCCION AL ANALISIS DE L AS TECNICAS CORPORALES (11ª ED.)			2010	
Blandine calais-Germain	ANATOMIA PARA EL MOVIMIENTO (T. II)			2009	
Brown, National Strength & Conditioning Association	Entrenamiento de la fuerza	Panamericana	978-84-7903-870-0	2007	
E.T. HOWLEY; B.D. FRANKS	Health Fitness Instructors Handbook	Human Kinetics		1992	
G. CIANTI	Manual tutor del Fitness	Tudor		1991	
G.J. FISHER, A.G. VERHS, R. PAT	Tests y Pruebas Físicas	Paidotribo		2004	
H.D. KEMPF, F. SCHMELCHER, C. ZIEGLER	Libro de entrenamiento para la espalda. un programa garantizado para vencer el dolor de espalda.	Paidotribo		2007	
J.L. DURSTINE, G.E. MOORE	ACSM¿s Exercise Management for Persons with Chronic Diseases and Disabilities (2nd edition),	Human Kinetics		2003	
Jose López Chicharro y Luis Miguel Lopz Mojares	Fisiologia Clinica del Ejercicio	Panamericana	978-84-9835-167-5	2008	
	Salud y fitness				página web
	http://www.exrx.net/				
	Stretching and Flexibility	Human Kinetics		2000	
	The Nation¿s Prevention Agency. Center for Disease Control & Prevention				
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	YMCA Healthy Back Video	Human Kinetics		2000	