



1. General information

Course: PHYSICAL ACTIVITY AND HEALTH

Type: ELECTIVE

Degree: 314 - DEGREE IN SCIENCES OF THE PHYSICAL ACTIVITY AND OF THE SPORT

Center: 8 - FACULTY OF SPORT SCIENCES

Year: 4

Main language: English

Use of additional languages:

Web site:

Code: 39328

ECTS credits: 6

Academic year: 2022-23

Group(s): 40

Duration: First semester

Second language: Spanish

English Friendly: Y

Bilingual: Y

Lecturer: IGNACIO ARA ROYO - Group(s): 40

| Building/Office | Department | Phone number | Email | Office hours |
|-----------------|---|--------------------|---------------------|--------------|
| Sabatini (1.65) | ACTIVIDAD FÍSICA Y CIENCIAS DEL DEPORTE | 925268800 Ext 5543 | ignacio.ara@uclm.es | |

Lecturer: IRENE RODRÍGUEZ GÓMEZ - Group(s): 40

| Building/Office | Department | Phone number | Email | Office hours |
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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. |
| A03 | Understand the scientific literature in the field of physical activity and sport in the English language and in other languages of significant presence in the scientific field. |
| A04 | Knowing how to apply information and communication technologies (ICT) to the field of Physical Activity and Sports Sciences. |
| A05 | Develop leadership skills, interpersonal relationships and teamwork, regardless of sex, creed, race and disability. |
| A06 | Apply the knowledge acquired to the workplace from situations where the student must solve specific problems and develop and defend arguments. |
| A07 | Desarrollar hábitos de excelencia y calidad en el ejercicio profesional aplicando los derechos fundamentales, los principios de igualdad de oportunidades y los valores propios de una cultura democrática. Asimismo actuar conforme a los valores éticos en relación a la salud de los usuarios y al respeto sobre el medio ambiente. |
| 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. |
| B01 | Know and understand the object of study of the Physical Activity and Sport Sciences. |
| B02 | Know and understand the object of study of the Physical Activity and Sport Sciences. |
| B03 | 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. |
| B12 | Plan, develop and control the training process at its different levels. |
| 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. |

5. Objectives or Learning Outcomes

Course learning outcomes

Description

Identify the risks that are derived for health, from the practice of inappropriate physical activities.

Promote and evaluate the formation of lasting and autonomous habits of practice of physical activity and sport.

Transmit information, ideas, problems and solutions to a specialized and non-specialized audience.

Know and understand the object of study of the Sport Sciences and Physical Activity

Know and understand the physiological and biomechanical factors that condition the practice of physical activity and sport.

To deal with english written scientific literature.

Plan, develop and evaluate the realization of programs of physical-sports activities.

Develop habits of excellence and quality in professional practice applying fundamental rights, the principles of equal opportunities and the values of a

democratic culture. Also act in accordance with ethical values \mathcal{L} in relation to the health of users and respect for the environment.

Develop the ability to collect and interpret data to make judgments that include a reflection on relevant social, scientific or ethical issues.

Apply the knowledge acquired to the workplace from situations where the student must solve specific problems and develop and defend arguments

Assess physical fitness and prescribe health-oriented physical exercises.

Understand the scientific literature in the field of physical activity and sport in the English language and in other languages \mathcal{L} of significant presence in the scientific field.

Additional outcomes

6. Units / Contents

Unit 1:

Unit 1.1

Unit 1.2

Unit 1.3

Unit 1.4

Unit 2:

Unit 2.1

Unit 2.2

Unit 2.3

Unit 2.4

Unit 2.5

Unit 2.6

Unit 2.7

Unit 2.8

7. Activities, Units/Modules and Methodology

| Training Activity | Methodology | Related Competences (only degrees before RD 822/2021) | ECTS | Hours | As | Com | Description |
|---|----------------------------------|---|---|------------|----|-----|-------------|
| Class Attendance (theory) [ON-SITE] | Lectures | | 1.38 | 34.5 | Y | N | |
| Computer room practice [ON-SITE] | Practical or hands-on activities | | 0.6 | 15 | Y | N | |
| Individual tutoring sessions [ON-SITE] | | | 0.3 | 7.5 | Y | Y | |
| Project or Topic Presentations [ON-SITE] | | | 0.06 | 1.5 | Y | Y | |
| Final test [ON-SITE] | | | 0.06 | 1.5 | Y | Y | |
| Study and Exam Preparation [OFF-SITE] | Self-study | | 1.44 | 36 | Y | N | |
| Writing of reports or projects [OFF-SITE] | Guided or supervised work | | 0.54 | 13.5 | Y | Y | |
| Portfolio Development [OFF-SITE] | Guided or supervised work | | 0.54 | 13.5 | Y | N | |
| Practicum and practical activities report writing or preparation [OFF-SITE] | Guided or supervised work | | 1.08 | 27 | Y | Y | |
| Total: | | | 6 | 150 | | | |
| Total credits of in-class work: 2.4 | | | Total class time hours: 60 | | | | |
| Total credits of out of class work: 3.6 | | | Total hours of out of class work: 90 | | | | |

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 |
|---|-----------------------|----------------------------|-------------|
| Practicum and practical activities reports assessment | 25.00% | 0.00% | |
| Oral presentations assessment | 25.00% | 0.00% | |
| Final test | 50.00% | 100.00% | |
| 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 |
| Unit 1 (de 2): | |
| Activities | Hours |
| Class Attendance (theory) [PRESENCIAL][Lectures] | 17.25 |
| Computer room practice [PRESENCIAL][Practical or hands-on activities] | 7.5 |

| | |
|--|--------------|
| Individual tutoring sessions [PRESENCIAL][] | 3.75 |
| Project or Topic Presentations [PRESENCIAL][] | .75 |
| Final test [PRESENCIAL][] | .75 |
| Study and Exam Preparation [AUTÓNOMA][Self-study] | 18 |
| Writing of reports or projects [AUTÓNOMA][Guided or supervised work] | 6.75 |
| Portfolio Development [AUTÓNOMA][Guided or supervised work] | 6.75 |
| Practicum and practical activities report writing or preparation [AUTÓNOMA][Guided or supervised work] | 13.5 |
| Unit 2 (de 2): | |
| Activities | Hours |
| Class Attendance (theory) [PRESENCIAL][Lectures] | 17.25 |
| Computer room practice [PRESENCIAL][Practical or hands-on activities] | 7.5 |
| Individual tutoring sessions [PRESENCIAL][] | 3.75 |
| Project or Topic Presentations [PRESENCIAL][] | .75 |
| Final test [PRESENCIAL][] | .75 |
| Study and Exam Preparation [AUTÓNOMA][Self-study] | 18 |
| Writing of reports or projects [AUTÓNOMA][Guided or supervised work] | 6.75 |
| Portfolio Development [AUTÓNOMA][Guided or supervised work] | 6.75 |
| Practicum and practical activities report writing or preparation [AUTÓNOMA][Guided or supervised work] | 13.5 |
| Global activity | |
| Activities | hours |
| Computer room practice [PRESENCIAL][Practical or hands-on activities] | 15 |
| Class Attendance (theory) [PRESENCIAL][Lectures] | 34.5 |
| Individual tutoring sessions [PRESENCIAL][] | 7.5 |
| Project or Topic Presentations [PRESENCIAL][] | 1.5 |
| Final test [PRESENCIAL][] | 1.5 |
| Study and Exam Preparation [AUTÓNOMA][Self-study] | 36 |
| Writing of reports or projects [AUTÓNOMA][Guided or supervised work] | 13.5 |
| Portfolio Development [AUTÓNOMA][Guided or supervised work] | 13.5 |
| Practicum and practical activities report writing or preparation [AUTÓNOMA][Guided or supervised work] | 27 |
| Total horas: 150 | |

| 10. Bibliography and Sources | | | | | | |
|--|---|--------------------------------|-----------|---------------|------|-------------|
| Author(s) | Title/Link | Publishing house | Citv | ISBN | Year | Description |
| John Hawley, Juleen Zierath | Physical Activity and Type 2 Diabetes | Human Kinetics | | 9780736064798 | 2008 | |
| McArdle, Katch and Katch | Exercise Physiology: Energy,nutrition & human performance | Lippincott Williams & Williams | BALT / US | 0781749905 | 2007 | |
| Claude Bouchard & Peter Katzmarzyk | Physical Activity and Obesity-2nd Edition | Human Kinetics | IL / US | 9780736076357 | 2010 | |
| Steven Heymsfield, Timothy Lohman, Zi-Mian Wang, Scott Going | Human Body Composition-2nd Edition | Human Kinetics | IL / US | 9780736046558 | 2005 | |
| | CHECK IN CAMPUS VIRTUAL WEBPAGE FOR COMPLETE REFERENCE LIST | | | | | |
| Claude Bouchard, Steven N.Blair, William Haskell | Physical Activity and Health | Human Kinetics | IL / US | 9780736050920 | 2007 | |