

**1. General information****Course:** PHYSICAL CONDITION AND HEALTH**Type:** ELECTIVE**Degree:** 394 - UNDERGRADUATE DEGREE IN PRIMARY EDUCATION (CU)**Center:** 103 - FACULTY OF EDUCATION OF CUENCA**Year:** 3**Main language:** Spanish**Use of additional languages:****Web site:****Code:** 46387**ECTS credits:** 6**Academic year:** 2023-24**Group(s):** 30**Duration:** C2**Second language:** English**English Friendly:** Y**Bilingual:** N**Lecturer:** NATALIA MARIA ARIAS PALENCIA - Group(s): 30

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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
CB02	Apply their knowledge to their job or vocation in a professional manner and show that they have the competences to construct and justify arguments and solve problems within their subject area.
CB03	Be able to gather and process relevant information (usually within their subject area) to give opinions, including reflections on relevant social, scientific or ethical issues.
CG02	Design, plan and evaluate teaching and learning processes, both individually and in collaboration with other teachers and professionals in the centre.
CG04	Design and arrange learning spaces, with consideration of diversity and gender equality, equity and respect for human rights, which constitute the values of citizenship.
CG05	Promote coexistence inside and outside the classroom, solve discipline problems and contribute to the peaceful resolution of conflicts. Boost and value pupils' effort, determination and self-discipline.
CG10	Reflect on classroom practice to allow innovation and improvement of the teaching practice. Acquire habits and skills for autonomous and cooperative learning and promote it among pupils.
CT03	Correct oral and written communication.
MEF.01.	
MEF.02.	
MEF.03.	
MEF.04.	
MEF.05.	
MEF.06.	
MEF.07.	

5. Objectives or Learning Outcomes**Course learning outcomes****Description**

Know different designs of educational planning and develop the Physical Education teaching plan

Analyse the social and familiar context of any educational center or a formative structure from Physical Education.

Analyse the possibilities of healthy lifestyles, as well as the disadvantages of not following the health recommendations

Know how to apply the assessment instruments for the different curricular contents of Physical Education

Teaching educational values through Physical Education, knowing how to notice situations of exclusion or risk of exclusion and suggesting actions to solve and prevent it.

Acquire the ability to develop leisure, health, and sports programs after school hours.

Analyse and put into practice the Physical Education curriculum for Primary Education (6-12 years)

Know the different methodologies to use, having the ability to choose the best of them according to the students' and school's characteristics

6. Units / Contents**Unit 1:****Unit 1.1****Unit 1.2**

Unit 1.3

Unit 1.4

Unit 1.5

Unit 2:

Unit 3:

Unit 4:

Unit 5:

Unit 6:

Unit 7:

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	CB02 CB03 CG02 CG04 CG05 CG10 CT03 MEF.01. MEF.02. MEF.03. MEF.04. MEF.05. MEF.06. MEF.07.	1.2	30	Y	N	
Class Attendance (theory) [ON-SITE]	Case Studies	CB02 CB03 CG02 CG04 CG05 CG10 CT03 MEF.01. MEF.02. MEF.03. MEF.04. MEF.05. MEF.06. MEF.07.	1.04	26	Y	N	
Writing of reports or projects [OFF-SITE]	Cooperative / Collaborative Learning	CB02 CB03 CG02 CG04 CG05 CG10 CT03 MEF.01. MEF.02. MEF.03. MEF.04. MEF.05. MEF.06. MEF.07.	0.8	20	Y	Y	
Writing of reports or projects [OFF-SITE]	Reading and Analysis of Reviews and Articles	CB02 CB03 CG02 CG04 CG05 CG10 CT03 MEF.01. MEF.02. MEF.03. MEF.04. MEF.05. MEF.06. MEF.07.	0.8	20	Y	Y	
Final test [ON-SITE]	Assessment tests	CB02 CB03 CG02 CG04 CG05 CG10 CT03 MEF.01. MEF.02. MEF.03. MEF.04. MEF.05. MEF.06. MEF.07.	0.08	2	Y	Y	
Study and Exam Preparation [OFF-SITE]	Case Studies	CB02 CB03 CG02 CG04 CG05 CG10 CT03 MEF.01. MEF.02. MEF.03. MEF.04. MEF.05. MEF.06. MEF.07.	2	50	N	-	
Class Attendance (practical) [ON-SITE]	Cooperative / Collaborative Learning	CB02 CB03 CG02 CG04 CG10 CT03 MEF.03. MEF.04. MEF.05. MEF.06.	0.08	2	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
Assessment of active participation	10.00%	10.00%	
Fieldwork assessment	20.00%	20.00%	
Portfolio assessment	10.00%	10.00%	
Final test	50.00%	50.00%	
Oral presentations assessment	10.00%	10.00%	
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
Final test [PRESENCIAL][Assessment tests]	2
Class Attendance (practical) [PRESENCIAL][Cooperative / Collaborative Learning]	2
Unit 1 (de 7):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	6
Class Attendance (theory) [PRESENCIAL][Case Studies]	4
Writing of reports or projects [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	8

Study and Exam Preparation [AUTÓNOMA][Case Studies]	9
Unit 2 (de 7):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Case Studies]	6
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	10
Writing of reports or projects [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	2
Study and Exam Preparation [AUTÓNOMA][Case Studies]	11
Unit 3 (de 7):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	12
Class Attendance (theory) [PRESENCIAL][Case Studies]	6
Writing of reports or projects [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	8
Study and Exam Preparation [AUTÓNOMA][Case Studies]	14
Unit 4 (de 7):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	3
Class Attendance (theory) [PRESENCIAL][Case Studies]	2
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	3
Writing of reports or projects [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	2
Study and Exam Preparation [AUTÓNOMA][Case Studies]	3
Unit 5 (de 7):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	4
Class Attendance (theory) [PRESENCIAL][Case Studies]	4
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	7
Study and Exam Preparation [AUTÓNOMA][Case Studies]	2
Unit 6 (de 7):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	4
Class Attendance (theory) [PRESENCIAL][Case Studies]	4
Study and Exam Preparation [AUTÓNOMA][Case Studies]	10
Unit 7 (de 7):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	1
Study and Exam Preparation [AUTÓNOMA][Case Studies]	1
Global activity	
Activities	hours
Class Attendance (theory) [PRESENCIAL][Case Studies]	26
Writing of reports or projects [AUTÓNOMA][Cooperative / Collaborative Learning]	20
Writing of reports or projects [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	20
Final test [PRESENCIAL][Assessment tests]	2
Study and Exam Preparation [AUTÓNOMA][Case Studies]	50
Class Attendance (practical) [PRESENCIAL][Cooperative / Collaborative Learning]	2
Class Attendance (theory) [PRESENCIAL][Lectures]	30
Total horas: 150	

10. Bibliography and Sources						
Author(s)	Title/Link	Publishing house	Citv	ISBN	Year	Description
Xiao J.	Physical exercise for human health Active Start: A Statement of Physical Activity Guidelines for Children From Birth to Age 5, 3rd Edition. https://www.shapeamerica.org/standards/guidelines/activestart.aspx	Springer			2020 2020	
Ortega FB, Ruiz JR, Castillo MJ, Sjöström M	Physical fitness in childhood and adolescence: a powerful marker of health	Int J Obes (Lond),32(1):1-11			2008	
Rodríguez Ordaz J, Terrados N	Métodos para la valoración de la actividad física y el gasto energético en niños y adultos http://archivosdemedicinadeldeporte.com/articulos/upload/Revision_Gasto_energetico_365_115.pdf				2006	
Ruiz JR, et. al.	ALPHA-fitness test battery: health-related field-based fitness tests assessment in children and adolescents				2011	
López, P. A.	Ejercicios desaconsejados en la actividad física: detección y alternativas	INDE	Barcelona		2008	
Martínez-Vizcaíno, V. y Sánchez-López, M	Relación entre actividad física y condición física en niños y adolescentes				2008	
Valenciano, J. y Fernández, J.G	Educación Física, salud y desarrollo curricular de las competencias básicas	INDE	Barcelona		2011	capítulo
Veiga J.L, Martínez D.	Programa PERSEO http://www.aecosan.msssi.gob.es/AECOSAN/docs/documentos/nutricion/educanaos/profesores_escuela_activa.pdf			978-84-691-3646-1	2008	

Willmore, J. H. y Costill, D. L.	Fisiología del esfuerzo y del deporte	Paidotribo	Barcelona	2010	
Woolf-May, K.	Prescripción de ejercicio fundamentos fisiológicos. Guía para profesionales de la salud, del deporte y del ejercicio físico	Elsevier masson		2008	
Sádaba, C. y Briguu, X.	Niños y adolescentes españoles ante las pantallas: rasgos configuradores de una generación interactiva	CEE Participación Educativa, 15, 86-104		2011	
Abellán J., Arias N., Beltrán V., Fernández JG., Gil P., González I., Hernández A., Lizandra J., Martínez A., Molina JP, Navarro V., Prieto A., Sáez N.M, Valenciano J., Valencia A.	Mediación educativa. Juegos, ocio y recreación	Ediciones Pirámide, Grupo Anaya S.A.	978-84-368-3609-7	2016	Ver capítulo 5 (Juegos motores orientados a la salud)
Hernández, J.L., Velázquez, R., Alonso, D., Garoz, I., López, C., y López, A. et al	Evaluación de ámbitos de la capacidad biológica y de hábitos de práctica de actividad física. Estudio de la población escolar española			2007	
Janssen, I. y Leblanc, A. G	Systematic review of the health benefits of physical activity and fitness in school- aged children and youth			2011	
López Chicharro J, Fernández Vaquero A.	Fisiología del ejercicio	Panamericana		2006	
	Physical Activity Guidelines Advisory Committee Scientific Report			2018	
Aznar, S. y Webster, T	Actividad física y Salud en la Infancia y la Adolescencia. Guía para todas las personas que participan en su educación	Ministerio de Educación y Ciencia		2006	
CSD	Estudio de los hábitos deportivos de la población escolar española			2011	
	http://www.csd.gob.es/csd/estaticos/dep-escolar/encuesta-de-habitos-deportivos-poblacion-escolar-en-espana.pdf				
El Ministerio de Sanidad, Servicios Sociales e Igualdad	DAME 10			2015	
	http://www.msssi.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/video.htm				
BW Böttiger L.L. Bossaert M. Castrén D. Cimpoesu M. Georgiou R. Greif M. Grünfeld A. Lockey C. Lott I. Maconochie R. Melioste K.G. Monsieurs J.P. Nolan G.D. Perkins V. Raffay J. Schlieber F. Semeraro J. Soar A. Truhlá, P. Van de Voorde J. Wyllie S. Wingen	Kids Save Lives. ERC position statement on school children education in CPR. ¿Hands that help ¿ Training children is training for life ¿.			2016	
	WHO guidelines on physical activity and sedentary behaviour (2020).			2020	
	https://www.who.int/publications/i/item/9789240015128				
Guijarro, Eva; Rocamora, Irene; Gonzalez-Villora, Sixto; Arias-Palencia, Natalia María	The role of physical education in the achievement of international recommendations: A study based on pedagogical models			2019	
Irene Rocamora, Sixto González-Villora, Javier Fernández-Río & Natalia María Arias-Palencia	Physical activity levels, game performance and friendship goals using two different pedagogical models: Sport Education and Direct Instruction			2019	
Guiomar Serrano-Gallén, Natalia M. Arias-Palencia, Sixto González-Villora, Víctor Gil-López, Monserrat Solera-Martínez	The relationship between physical activity, physical fitness and fatness in 3¿6 years old boys and girls: a cross-sectional study			2022	
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Jorge Cañete García-Prieto, Vicente Martínez-Vizcaino, Antonio García-Hermoso, Mairena Sánchez-López, Natalia Arias-Palencia, Juan Fernando Ortega Fonseca, Ricardo Mora-Rodríguez	Energy Expenditure in Playground Games in Primary School Children Measured by Accelerometer and Heart Rate Monitors.			2017	
LIPPINCOTT WILLIAMS AND WILKINS. WOLTERS KLUWER HEALTH	MANUAL ACSM PARA LA VALORACION Y PRESCRIPCION DEL EJERCICIO	LIPPINCOTT WILLIAMS AND WILKINS. WOLTERS KLUWER HEALTH	Baltimore, MD, USA. 9788418563348	2021	