

**1. General information****Course:** EVALUATION OF PHYSICAL ACTIVITY PROGRAMMES AIMED A**Type:** ELECTIVE**Degree:** 2323 - MASTERS DEGREE PROGRAMME IN SPORT SCIENCE**Center:** 8 - FACULTY OF SPORT SCIENCES**Year:** 1**Main language:** Spanish**Use of additional languages:****Web site:****Code:** 310497**ECTS credits:** 4.5**Academic year:** 2023-24**Group(s):** 40**Duration:** C2**Second language:** English**English Friendly:** Y**Bilingual:** N**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: AMELIA GUADALUPE GRAU - Group(s): 40

Building/Office	Department	Phone number	Email	Office hours
1.74 Edificio Sabatini	ACTIVIDAD FÍSICA Y CIENCIAS DEL DEPORTE		amelia.guadalupe@uclm.es	

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
E14	Assess the changes that occur as a result of a health-oriented physical activity program.
G01	Apply the knowledge linked to Sports Sciences using research methods, adapting them to the changes derived from the innovation processes.
G02	Design research designs adapted to the conditions of scientific rigor in the field of study of Sport Sciences
G03	Contribute through original research to broaden the horizons in the field of study of physical activity for health and sport performance, offering the findings found for possible publication referenced nationally and internationally.
G04	Carry out a critical analysis, on the development and presentation of new and complex ideas in the field of study of physical activity for health and sport performance, by means of an informed assessment.
G05	Promote the mutual exchange of knowledge with other colleagues, with the academic world, and with society in general, in relation to the field of study of physical activity for health and sport performance.
M033	
M034	
M035	
M036	
M037	
M038	

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

Know how to evaluate a health-oriented physical activity program based on body composition changes, levels of physical activity and physical fitness.

Know, assess and interpret the different tests to assess physical fitness

Know, assess and interpret body composition results depending on the method used

Know, assess and interpret the results of the different physical activity assessment methods.

Additional outcomes**6. Units / Contents****Unit 1:****Unit 1.1****Unit 2:****Unit 3:****Unit 4:****Unit 5:****Unit 6:**

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	E14 G01 G02 G03 G04 G05 M033 M034 M035 M036 M037 M038	0.8	20	Y	N	
Computer room practice [ON-SITE]	Practical or hands-on activities	E14 G01 G02 G03 G04 G05 M033 M034 M035 M036 M037 M038	0.28	7	Y	N	
Project or Topic Presentations [ON-SITE]	Individual presentation of projects and reports	E14 G01 G02 G03 G04 G05 M033 M034 M035 M036 M037 M038	0.5	12.5	Y	Y	
Final test [ON-SITE]	Self-study		0.04	1	Y	Y	
Writing of reports or projects [OFF-SITE]	Guided or supervised work	E14 G01 G02 G03 G04 G05 M033 M034 M035 M036 M037 M038	1.38	34.5	Y	Y	
Analysis of articles and reviews [OFF-SITE]	Reading and Analysis of Reviews and Articles	E14 G01 G02 G03 G04 G05 M033 M034 M035 M036 M037 M038	0.5	12.5	Y	N	
Study and Exam Preparation [OFF-SITE]	Self-study	E14 G01 G02 G03 G04 G05 M033 M034 M035 M036 M037 M038	1	25	Y	N	
Total:			4.5	112.5			
Total credits of in-class work: 1.62			Total class time hours: 40.5				
Total credits of out of class work: 2.88			Total hours of out of class work: 72				

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	50.00%	50.00%	
Practicum and practical activities reports assessment	25.00%	25.00%	
Oral presentations assessment	25.00%	25.00%	
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][Guided or supervised work]	34.5
Unit 1 (de 6):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	5
Computer room practice [PRESENCIAL][Practical or hands-on activities]	1.75
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	6.25
Study and Exam Preparation [AUTÓNOMA][Self-study]	6.25
Unit 2 (de 6):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	5
Computer room practice [PRESENCIAL][Practical or hands-on activities]	1.75
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	6.25
Study and Exam Preparation [AUTÓNOMA][Self-study]	6.25
Unit 3 (de 6):	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	5
Computer room practice [PRESENCIAL][Practical or hands-on activities]	1.75
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	6.25
Study and Exam Preparation [AUTÓNOMA][Self-study]	6.2
Global activity	
Activities	hours
Writing of reports or projects [AUTÓNOMA][Guided or supervised work]	34.5
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	18.75
Study and Exam Preparation [AUTÓNOMA][Self-study]	18.7
Class Attendance (theory) [PRESENCIAL][Lectures]	15

10. Bibliography and Sources						
Author(s)	Title/Link	Publishing house	Citv	ISBN	Year	Description
Claude Bouchard & Peter Katzmarzyk	Physical Activity and Obesity- 2nd Edition	Human Kinetics		9780736076357	2010	
Claude Bouchard, Steven N.Blair, William Haskell	Physical Activity and Health	Human Kinetics		9780736050920	2007	
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		0781749905	2007	
Steven Heymsfield, Timothy Lohman, Zi-Mian Wang, Scott Going	Human Body Composition-2nd Edition	Human Kinetics		9780736046558	2005	
	VER BIBLIOGRAFIA COMPLETA EN CAMPUS VIRTUAL					