

# Teaching guide

## IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Social and Legal Science		
Faculty/School:	Education and Humanities		
Course:	EXERCISE PHYSIOLOGY		
Type:	Compulsory	ECTS credits:	6
Year:	2	Code:	7523
Teaching period:	Third semester		
Area:	Physiology of Exercise		
Module:	Scientific Foundations of Human Motor Skills		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

## SUBJECT DESCRIPTION

Explanation and analysis of the workings of key systems and devices involved in performing exercise, both in a state of rest and in their response during physical activity.

## SKILLS

### Basic Skills

Students must have demonstrated knowledge and understanding in an area of study that is founded on general secondary education. Moreover, the area of study is typically at a level that includes certain aspects implying

knowledge at the forefront of its field of study, albeit supported by advanced textbooks

Students must be able to apply their knowledge to their work or vocation in a professional manner and possess skills that can typically be demonstrated by coming up with and sustaining arguments and solving problems within their field of study

Students must have the ability to gather and interpret relevant data (usually within their field of study) in order to make judgments that include reflections on pertinent social, scientific or ethical issues

Students must be able to convey information, ideas, problems and solutions to both an expert and non-expert audience

Students must have developed the learning skills needed to undertake further study with a high degree of independence

### General Skills

To evaluate physical condition and prescribe health-oriented physical exercise.

To acquire basic scientific training applied to physical activity and sports in their various manifestations.

To be familiar with and understand the foundations, structures and functions of the skills and patterns of human body movement and its various manifestations.

To be familiar with and understand the effects of physical exercise on the structure and function of the body, and on the psychological and social aspects of human beings.

### Specific skills

To be familiar with the musculoskeletal system and its functionality in human movement.

To be familiar with and effectively apply the different adaptive responses occurring in the body as a result of physical activity and sport.

### DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
60 hours	90 hours