

# Teaching guide

## IDENTIFICATION DETAILS

Degree: Physical Activity and Sports Sciences

Field of Knowledge: Health Science

Faculty/School: Health Sciences

Course: EVALUATION OF PHYSICAL ACTIVITY AND HEALTH: PEOPLE, PROGRAMMES AND RESOURCES

Type: Optional

ECTS credits: 6

Year: 4

Code: 7557

Teaching period: Seventh semester

Area: Physical Activity and Health

Module: Health-oriented Physical Activity

Teaching type: Classroom-based

Language: Spanish

Total number of student study hours: 150

## SUBJECT DESCRIPTION

This course details the different assessment techniques and processes that exist in the field of physical activity and health. Students will acquire an optimal understanding of these so that they may interpret and apply them properly.

## 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 plan, develop and assess school sports, training and physical activity programmes focussed on health and fitness.

### Specific skills

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

To develop positive personal emotional balance and harmony as a starting point for any health-related intervention.

To design programmes to optimise goal achievement and to improve the level of satisfaction of those involved in the activities.

To assess the quality of various programmes, mediums and activities.

To develop postural education programmes, assessing the effects of the exercises prescribed.

### DISTRIBUTION OF WORK TIME

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