

Teaching guide

IDENTIFICATION DETAILS

Degree: Physical Activity and Sports Sciences

Field of Knowledge: Health Science

Faculty/School: Health Sciences

Course: CONTENTS AND TEACHING APPLICATIONS FOR A HEALTHY PHYSICAL ACTIVITY

Type: Optional

ECTS credits: 6

Year: 4

Code: 7558

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 is designed to acquaint students with the most important contents and the educational applications required by physical activity from a health perspective.

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 develop skills for leadership, interpersonal relations and teamwork.

To develop analytical, synthetic, reflective, critical, theoretical and practical thought.

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

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

Specific skills

To optimally implement new trends in the field of health and physical activity.

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

To be familiar with the various educational methods and applications of physical activity geared towards improving quality of life.

To be familiar with alternative therapies that improve health.

To develop occupational risk prevention programmes through a realistic, creative approach, assessing their various effects.

DISTRIBUTION OF WORK TIME

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