

# Teaching guide

## IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Health Science		
Faculty/School:	Health Sciences		
Course:	PHYSICAL ACTIVITY AND HEALTH IN PHYSICAL EDUCATION		
Type:	Optional	ECTS credits:	6
Year:	4	Code:	7565
Teaching period:	Eighth semester		
Area:	Educational Contents of Physical Education		
Module:	Physical Education and the Teaching of Physical Activity and Sport		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

## SUBJECT DESCRIPTION

The course covers the importance of acquiring healthy habits through physical exercise.

Its main objective is to analyse the relationship between Physical Education, as an area of knowledge, and health, by questioning the role this discipline can play in the school curriculum, with a view to promoting the health of school students, while analysing the different paradigms of Physical Activity and Health in Physical Education which underlie the educational work of teachers.

## 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 promote and assess the development of enduring, autonomous sport and physical activity habits among the population's various professional sectors.

To develop skills for leadership, interpersonal relations and teamwork.

To develop skills to adapt to new situations and problem-solving, as well as for independent learning.

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

### **Specific skills**

To effectively develop physical education sessions, handling mechanisms for student motivation and encouraging them to reach their targets.

To carry out educational leadership by engaging in physical, sports and orientation activities with students and their families, taking into consideration individual educational needs.

To acquire the capacity to listen and empathise through forming close relationships.

### **DISTRIBUTION OF WORK TIME**

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
64 hours	86 hours