

# Teaching guide

## IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Health Science		
Faculty/School:	Health Sciences		
Course:	HEALTHY PHYSICAL ACTIVITY: FROM CHILDHOOD TO OLD AGE		
Type:	Optional	ECTS credits:	6
Year:	4	Code:	7567
Teaching period:	Eighth 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 intended to help students acquire the necessary knowledge to devise a physical activity from the perspective of the health of different groups (according to age), starting with children and continuing to older people.

## 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 apply physiological, biomechanical, behavioural and social principles in the proposal of tasks to be taught in the educational context in the fields of physical activity and health, as well as during the supervision of physical and sports activities.

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

## Specific skills

To be familiar with the different demands and problems of people with special needs, as well as the healthy physical activities that are most suited to each of the various groups.

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

To plan and carry out an inclusive, healthy physical activity, promoting the educational values of rapprochement and cooperation among all individuals.

To be familiar with the differences, demands and social concerns related to physical activity and health in humans of different ages.

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
62 hours	88 hours