

**COURSE DATA****Data Subject**

Code	33224
Name	Physical exercise for quality of life
Cycle	Grade
ECTS Credits	6.0
Academic year	2019 - 2020

Study (s)

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Faculty of Physical Education and Sport Sciences	3	Other cases
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	Faculty of Physical Education and Sport Sciences	3	Other cases

Subject-matter

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	20 - Physical exercise for quality of life	Obligatory
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	20 - Ejercicio físico para la calidad de vida	Obligatory

Coordination

Name	Department
GONZALEZ MORENO, LUIS MILLAN	122 - Physical and Sports Education

SUMMARY

Exercise for Life Quality is a subject that attempted to deepen the use of different means and methods of the sport sciences to improve the welfare of people. It is a subject of 3rd degree course and is compulsory and it has a workload of 6 ECTS credits.

The course will focus on the analysis of exercise as a help for improving the factors affecting the different dimensions of quality of life. This content will be offered ranging from social aspects to technical aspects that are mediating in the improvement and / or maintaining the health, and by extension in the enjoyment of life.



Specifically, during the academic year three major thematic areas will be held, namely:

Thematic Block I: Conceptualization of exercise to maintain the quality of life
Thematic block II: Ergonomics and safety during the development of physical exercise to maintenance of the quality of life;
Thematic block III: Prescription of exercise for maintaining quality of life.

The professor will use various teaching methods for both, the theoretical and the practical part. Lectures will be conducted, discussions will be led, and debates and practical level exercises will be enhanced based on guided discovery and action research.

An evaluation of the skills development of theoretical and practical will be performed through a mixed system of continuous assessment and / or final exams.

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

There are no special requirements beside those marked in the curriculum.

OUTCOMES

1312 - Degree in Physical Activity and Sport Sciences

- Know the use and suitability of health products linked to nursing care, paying special attention to differences according to age and gender.
- Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.
- Promote and evaluate the acquisition of enduring and autonomous habits of practising physical activity and sport.
- Plan, implement and evaluate physical activity and sports programmes targeted at special populations.
- Identify health risks derived from inappropriate physical and sporting activities and propose alternatives.
- Evaluate physical fitness and prescribe health-oriented physical exercises.
- Apply information and communication technologies (ICTs) in the field of physical activity and sport sciences.



- Develop leadership, interpersonal and teamwork skills.
- Develop habits of professional excellence and quality.
- Understand the effects of physical exercise on the structures and functions of the human body.
- Know the beneficial effects of physical exercise on human psychological and social dimensions.
- Understand the health adaptations of the fundamentals of fitness.
- Know, understand and know how to evaluate the determinants of quality of life and healthy lifestyles.
- Know and critically analyse the recommendations of the most important governmental institutions on the prescription of physical exercise for health in healthy sectors of the population.
- Know how to stimulate adherence to the activities and programmes for improving the quality of life.
- Know the different environments for promoting physical activity for health.
- Analyse critically the suitability of the different joint movements, from an ergonomic point of view, that are usually prescribed in sessions and programmes of physical fitness for health.
- Know and apply different procedures for evaluating healthy habits, physical function and risk factors for physical exercise according to the needs and characteristics of each individual.
- Prescribe physical exercise programmes to improve and/or maintain the quality of life based on its determinants and on a comprehensive model for acquiring healthy habits.
- Evaluate physical exercise programmes for the improvement and/or maintenance of quality of life.
- Select and know how to use the most appropriate individual-use equipment for each type of activity and population in the field of physical exercise for the maintenance of quality of life.
- Use the sources of certified scientific knowledge in the field of physical activity sciences applied to the maintenance and improvement of the quality of life.
- Develop capacities to operate according to the principles of excellence and ethics in the field of physical activity for the maintenance and improvement of the quality of life.
- Know how to apply the fundamental rights and the principles of equal opportunities in the field of physical activity for the maintenance and improvement of the quality of life.
- Develop appropriate skills for individual and group work in the field of physical activity for the maintenance and improvement of the quality of life.

LEARNING OUTCOMES

At the end of the academic year the student must be able to have at least the 50% of the competencies targeted in this teaching guide.



DESCRIPTION OF CONTENTS

1. ptualization of exercise to maintain the quality of life

Conceptualizing the determinants of health, quality of life, physical activity and exercise, and healthy lifestyles

Factors that may cause loss of quality of life and scientific evidence linking exercise and its maintenance

Areas for promoting and developing exercises to improve the quality of life

2. Ergonomics and safety during the development of exercise to maintain the quality of life

Hygiene habits and posture for the practice of physical activity

Criteria for selecting and using ergonomic equipment

3. Prescription of exercise to maintain the quality of life

Assessment of lifestyle and the dimensions of quality of life: Assessment of hygiene, rest and nutrition. Evaluation of physical function by assessing the physical fitness and functional fitness. Assessment of psychological functioning and social interaction and function. Evaluation of health perceptions.

General and specific criteria for prescribing and developing exercise programs to maintain the quality of life in different stages: Childhood, adolescence, adulthood and old age. Pregnancy and menopause.

WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	45,00	100
Classroom practices	15,00	100
Attendance at events and external activities	5,00	0
Development of individual work	20,00	0
Study and independent work	20,00	0
Readings supplementary material	30,00	0
Preparation of practical classes and problem	10,00	0
Resolution of online questionnaires	5,00	0
TOTAL	150,00	

TEACHING METHODOLOGY



The professor will use different teaching methods for both the theoretical and the practical part. Lectures will be conducted, discussions will be led, and debates and practical level exercises will be enhanced based on guided discovery and action research

Also the professor will prepare materials based on new knowledge technologies. A blog will be created where students can express their points of view on different topics during class work, and additionally it will be given to students audio-visual materials so that they can follow the lectures from their homes or even from their telephone terminals.

EVALUATION

An evaluation of the skills development of theoretical and practical will be performed through a mixed system of continuous assessment and / or final exams.

Students who choose the continuous assessment will provide three theoretical and practical work throughout the course, in the dates indicated by the professor. They will also perform three multiple choice exams on the subject, one of each of the thematic blocks. Each work and each test will have a score between 0-10 points. The final grade is the average of the three papers and the three exams. Those students who obtain 5 points on average will pass the subject and they are not allowed to take the final exam.

Students who do not submit any work or not attend any of the tests will take mandatorily the final exam. Students who fail the course through continuous assessment may be submitted to the final exam. The final exam will be divided into three parts: i. test, ii. short questions and iii. practical course. To pass the course, students must pass the exam with a score of at least 5 points

Additionally the students that prove the attendance at external activities with a content related to the subject (the professor will assess the validity of the activity before the attendance of students to this kind of activities) can rise the mark in one point as long as the final mark after the final continuous assessment reach at least 5 points. Never these activities may be added to grades of less than 5 points. In the event that a student obtains a grade higher than 9 points, attendance at external activities would be a factor to consider in assigning honors.

Additionally, the department requires the students to accomplish the following issues:

Verbatim copying of the whole or part of others work presented as own work is an unacceptable behavior in the academic area. On the other hand, following the Intellectual Protection Act, the total or partial reproduction of others work is usually forbidden, and the noncompliance may result in a misdemeanor or criminal offense.



REFERENCES

Basic

- Arufe V, Domínguez A, García JL, Lera A. Ejercicio físico, salud y calidad de vida. Sevilla: Wanceulen; 2008
- Casimiro AJ et al. Manual básico de prescripción de ejercicio físico para todos. Almería: Universidad de Almería; 2005
- Gómez A, Méndez FX. Ejercicio físico saludable en la infancia. Madrid: Pirámide; 2000
- Guillén del Castillo M. El ejercicio físico como alternativa terapéutica a la salud. Sevilla: Wanceulen; 2005
- Latorre PA, Herrador JA. Prescripción del ejercicio físico para la salud en la edad escolar: aspectos metodológicos, preventivos e higiénicos. Barcelona: Paidotribo; 2003
- Serra R. Prescripción de ejercicio físico para la salud. Barcelona: Paidotribo; 2005

Additional

- Gillison FB, Skevington SM, Sato A, Standage M, Evangelidou S. The effects of exercise interventions on quality of life in clinical and healthy populations; a meta-analysis. Soc Sci Med 2009; 68: 17001710
- O'Connor TM, Jago R, Baranowski T. Engaging parents to increase youth physical activity a systematic review. Am J Prev Med. 2009;37:141-9.
- Windle G, Hughes D, Linck P, Russell I, Woods B. Is exercise effective in promoting mental well-being in older age? A systematic review. Aging Ment Health. 2010;14:652-69.

ADDENDUM COVID-19

This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council

ADENDA A LA GUÍA DOCENTE MOTIVADA POR COVID 19 - 2º CUATRIMESTRE (1º Y 2º CONVOCATORIA)

Continguts / Contenidos

Los contenidos teóricos continúan iguales que en la guía docente original. Tan sólo se ha reducido una pequeña parte de contenidos prácticos.

Volum de treball i planificació temporal de la docència / Volumen de trabajo y planificación temporal de la docencia



La parte de volumen de trabajo presencial ha sido reducido en lo que concierne a las prácticas. La parte teórica continua de forma similar a través de videos en los que se explican los temas que faltaban.

Metodología docente / Metodología docente

La metodología docente ha variado. Siendo no presencial principalmente. Las tutorías serán llevadas a cabo a través del correo electrónico.

Avaluació / Evaluación

La evaluación queda de la siguiente manera:

Los alumnos podrán realizar la evaluación continua o la final. Aquellos alumnos que estén aprobados en la evaluación continua no podrán hacer la evaluación final. La evaluación final será para aquellos alumnos que estén suspendidos en la evaluación continua o no la realicen.

EVALUACIÓN CONTINUA

Los alumnos que opten a la evaluación continua deberán haber realizado el primer examen. Además, deberán realizar en las fechas correspondientes los siguientes trabajos:

Primer examen (ya realizado). Aquellos alumnos que no lo pudieron realizar en su momento deberán realizar la evaluación final que es equivalente a la continua.

Primer trabajo: Trabajo sobre el comentario de textos que se han colgado en el aula virtual. Se presentará el 31 de marzo.

Segundo trabajo: Búsqueda de 10 páginas Web y APP que se puedan emplear para el futuro trabajo como graduado y cuyo objetivo sea el ejercicio para la mejora de la calidad de vida. Se presentará el 13 de abril

La nota será la media entre el primer examen y los dos trabajos. Para aprobar los alumnos deberán llegar a un 5. Aquellos alumnos que no aprueben deberán realizar la evaluación final.

EVALUACIÓN FINAL.

Los alumnos que suspenda la evaluación continua o no se hayan presentado al primer examen, el primer trabajo o el segundo trabajo deberán confeccionar un dossier con los siguientes trabajos:

Trabajo 1: Resumen de las clases correspondientes al primer bloque (temas 1-3) y confección de 25 preguntas tipo test del bloque de contenidos I.

Trabajo 2: Trabajo sobre el comentario de textos que se han colgado en el aula virtual

Trabajo 3: Búsqueda de 10 páginas Web y APP que se puedan emplear para el futuro trabajo como graduado y cuyo objetivo sea el ejercicio para la mejora de la calidad de vida.

Todos los trabajos deberán ser subidos al aula virtual en un único fichero antes del día 9 de junio en primera convocatoria y el 25 de junio en segunda convocatoria.



La nota será la media de estos tres trabajos. Para aprobar los alumnos deberán llegar a un 5. Aquellos alumnos que no aprueben deberán de presentar estos tres trabajos en la segunda convocatoria.

