

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

Code	33237
Name	Applications for physical activities for health: gentle gymnastics and with musical backing
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	4	First term
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	Faculty of Physical Education and Sport Sciences	4	First term

Subject-matter

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	35 - Applications of physical activities for health: gentle gymnastics with musical backing	Optional
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	35 - Aplicaciones de actividad física para la salud: Gimnasias suaves y con soporte musical	Optional

Coordination

Name	Department
COLADO SANCHEZ, JUAN CARLOS	122 - Physical and Sports Education

SUMMARY

This lecture aims to show which the soft gymnastics are and how you can apply today. Similarly show which the physical fitness activities with music are and how you can implement in different contexts and conditions.



PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

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

Other requirements

None.

OUTCOMES

1312 - Degree in Physical Activity and Sport Sciences

- Conocer y comprender las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.
- Conocer y analizar críticamente las recomendaciones de los organismos oficiales más importantes sobre las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.
- Aplicar los principios fisiológicos, biomecánicos, comportamentales y sociales a las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.
- Analizar críticamente desde un punto de vista ergonómico la idoneidad de los distintos movimientos articulares que se emplean habitualmente en las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.
- Identificar los riesgos que se derivan para la salud y proponer alternativas de la práctica inadecuada de actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.
- Conocer y saber aplicar los principales fundamentos con los que estimular la adherencia a los programas para la mejora y mantenimiento de la calidad de vida mediante el uso de actividades de gimnasia suave y de acondicionamiento físico con soporte musical.
- Planificar, desarrollar y evaluar programas actividades de gimnasia suave y de acondicionamiento físico con soporte musical en base a un modelo prescriptivo para la mejora de la calidad de vida.
- Seleccionar y saber utilizar el material y equipamiento más adecuado para el desarrollo de actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.
- Conocer los diferentes entornos de aplicación de las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.
- Utilizar las fuentes del conocimiento científico certificado en el ámbito de las Ciencias de la Actividad Física con especial atención a aquellas que analicen las actividades de gimnasia suave y de acondicionamiento físico con soporte musical aplicadas al mantenimiento y mejora de la calidad de vida.



- Desarrollar capacidades que permitan actuar con excelencia y con ética en el ámbito de la actividad física pero con especial atención a aquellas que sean fundamentales en el desarrollo de las actividades de gimnasia suave y de acondicionamiento físico con soporte musical aplicadas al mantenimiento y mejora de la calidad de vida.
- Saber aplicar los derechos fundamentales y de igualdad de oportunidades de los seres humanos en el ámbito de la actividad física para el mantenimiento y mejora de la calidad de vida y más concretamente durante el desarrollo de actividades de gimnasia suave y de acondicionamiento físico con soporte musical.
- Desarrollar las habilidades adecuadas para el trabajo autónomo y grupal en el ámbito de la actividad física para el mantenimiento y mejora de la calidad de vida y más concretamente durante el desarrollo de actividades de gimnasia suave y de acondicionamiento físico con soporte musical.
- Reunir e interpretar datos relevantes para emitir juicios que incluyan una reflexión sobre temas relevantes de índole social, científica o ética.
- Capacidad de colaborar con los demás y contribuir a un proyecto común.

LEARNING OUTCOMES

They will be assessed during the year depending on the pacing of student's learning.

DESCRIPTION OF CONTENTS

1. Mild exercise

- Origin of soft gymnastics and their common characteristics.
- Examples of mild exercise activities applied to improving the quality of life: Eutony. Mézières method. Feldenkrais Method. Global posture reeducation. Bioenergetics. Pilates. Other ...
- Design sessions and soft gymnastics programs.

2. Fitness with music support.

- Origin of gymnastics and fitness activities with music stand and their common characteristics.
- The music as a resource characterization in fitness activities: structural elements, the speed of the music and its influence on activity.
- Examples of fitness with music stand applied to improving the quality of life:
Basic aerobic, dance and small materials in different media. Group lessons with physical conditioning apparatus.
- Design sessions and programs of fitness activities with music support.

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Theory classes	30,00	100
Classroom practices	30,00	100
Development of individual work	30,00	0
Study and independent work	23,00	0
Preparation of evaluation activities	6,00	0
Resolution of case studies	31,00	0
TOTAL	150,00	

TEACHING METHODOLOGY

This lecture will expose the theoretical content of the topics through classes, according to documentary sources of scientific rigor and most recent update (in both Spanish and English). These classes will serve to establish the knowledge associated with the powers set out and give way to practical classes, in which feeling and apply the knowledge presented in lectures, using for this purpose all technological and procedural timeliness.

From these theoretical and practical classes, teachers / learners as proposed to carry out theoretical and practical work personal or group, as appropriate, for whose implementation will support the teacher in tutored seminars. In these seminars students can share with their peers and with / the teacher / to questions that are, to obtain the same solution and start to play independently powers the module.

In addition to achieving the expected competencies, students will have to develop individual work study and assimilation of knowledge, skills and preparation of the proposed works, as well as academic assistance to any act that may complement and / or enhance the content developed in the subject.

EVALUATION

To assess the acquisition of skills, in addition to the respective reviews, also require the student to demonstrate his ability both in the making and exhibition of theoretical / practical as on attendance and active participation in various academic and scientific activities (lectures and practices, seminars and events recommended and individualized tutoring). Therefore, the ability will have reached the end prove the students by passing a rigorous and reasoned various tests and theoretical-practical and active assistance with your prior to the sessions. At the beginning of the course will be presented and discussed the minimum qualifications and requirements of each test to overcome.

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The lack of assistance to more than 20% of the practical classes developed along the course will be associated to a final evaluation that will include an additional practical test to other tests and assessments carried out by students who have not passed the quota of faults. In this practical additional test should demonstrate, in a global and comprehensive way, all procedural skills developed along the academic year. In the event that this test will be appropriate, it will be concretized and convened at the end of the course by the teachers of the subject to be developed in the usual examination period of each of the calls.

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Basic

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Additional

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ADDENDUM COVID-19

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

English version is not available