VNIVERSITAT DE VALÈNCIA

Course Guide
34399 Physical activity and promotion of health in nursing

COURSE DATA

Data Subject	
Code	34399
Name	Physical activity and promotion of health in nursing
Cycle	Grade
ECTS Credits	4.5
Academic year	2024 - 2025

Study (s)

Degree	Center	Acad. year	Period
1200 - Degree in Nursing	Faculty of Nursing and Chiropody	4	First term
1213 - Grado en Enfermería (Ontinyent)	Faculty of Nursing and Chiropody	4	First term

Subject-matter

Degree	Subject-matter	Character
1200 - Degree in Nursing	21 - Optional training	Optional
1213 - Grado en Enfermería (Ontinyent)	21 - Formación optativa	Optional

Coordination

Name	Department
QUERALT BLASCO, ANA	125 - Nursing

SUMMARY

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La asignatura "Actividad física y promoción de la salud en enfermería" consta de 4,5 créditos ECTS de formación optativa. Se imparte en el último curso de grado.

La promoción de la salud, y en especial la promoción de actividad física, es una tarea interdisciplinar que exige la coordinación de distintos profesionales, entre quienes se encuentran los profesionales de enfermería. La finalidad de estas actividades de promoción de salud es la creación de una demanda pública que sitúe las cuestiones relativas a la salud en un lugar preferente y convencer a quienes poseen influencia en su acción a favor de la salud.

La inactividad física y el sedentarismo constituyen uno de los principales problemas de salud pública en todo el mundo. Según Lee et al. (2012), el sedentarismo es responsable de una de cada diez muertes en el mundo, prácticamente el mismo número que las que provoca el tabaco o la obesidad. Tanto el sedentarismo como el sobrepeso son factores de riesgo omnipresentes en muchos de los problemas de salud como la diabetes, las enfermedades cardiovasculares, osteomusculares, oncológicas, etc. y se relacionan con la cronicidad de los mismos. Los profesionales de enfermería, tanto desde el ámbito hospitalario y de atención primaria como desde el desempeño de tareas de gestión e investigación, poseen un papel clave en la promoción de la actividad física en la población.

La asignatura "Actividad física y promoción de la salud en enfermería" tiene como objetivo concienciar al Graduado/a en Enfermería de la importancia de la actividad física orientada a la salud, así como de su promoción en la sociedad actual, contribuyendo así a la adquisición de estilos de vida saludables por parte de la persona, la familia y la comunidad.

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

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

Other requirements

Es conveniente que el alumnado posea los conocimientos, habilidades y actitudes trabajados en las materias que forman parte del módulo de Formación Básica Común y del módulo de Ciencias de la Enfermería, así como haber realizado los Practicums I y II del módulo de Prácticas Tuteladas y Trabajo Fin de Grado.

COMPETENCES (RD 1393/2007) // LEARNING OUTCOMES (RD 822/2021)

1200 - Degree in Nursing

- Understand a person's interactive behaviour based on gender, group or community, within their social and multicultural context.
- Reflect on the importance of gender analysis in health, and understand how, depending on lifestyles, the use of time and working conditions have an impact on people's health.
- Work as a team, understood as a basic unit into which professionals and other workers of health care organisations are integrated, structured and organised in single- or multi-disciplinary and inter-disciplinary teams, as a way of ensuring the quality of health care.
- Maintain and update professional skills, with particular emphasis on independent learning of new knowledge and skills and motivation for quality in health care.
- Propose and develop health care actions that privilege health promotion and disease prevention, and that aim to improve the living conditions of the population.

- Offer health education actions using strategies that are appropriate to individuals, families and communities, making scientific information and recommendations available to the population in an understandable language.
- Establish truthful, effective and respectful communication with patients, family, social groups, other professionals and the media, both orally and in writing, and promote health education.
- Know and apply communication techniques and tools from a non-sexist perspective, both in interpersonal relationships and in group dynamics.
- Identify community participation as an essential element for the development of health promotion, and participate in the formulation, implementation and evaluation of healthy public policies and intersectoral projects that strengthen local development.
- Understand, critically asses and know how to use sources of clinical, biomedical and health information to obtain, organise, interpret and communicate scientific and epidemiological information.
- Be able to formulate hypotheses and to gather and critically assess information to resolve problems by applying, among others, the gender approach.
- Know and assess the nutritional needs of healthy people and of those with health problems, throughout the life cycle and according to physical activity, in order to promote and reinforce healthy eating behaviour patterns. Identify the nutrients and the foods in which they are found. Identify the most prevalent nutritional problems in women and men and select appropriate dietary recommendations.
- Implement health care information and communication technologies and systems.
- Be able to describe the foundations of the primary health care level and the activities to be developed to provide comprehensive nursing care to the individual, family and community. Understand the role and activities and cooperative attitude that the professional must adopt within a primary health care team. Promote the involvement of individuals and groups in their health-disease process.
- Bachelor's thesis. Cross-disciplinary subject area involving work related to different subjects.

LEARNING OUTCOMES (RD 1393/2007) // NO CONTENT (RD 822/2021)

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WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	28,00	100
Classroom practices	10,00	100
Laboratory practices	5,00	100
Tutorials	2,00	100
Development of group work	10,00	0
Development of individual work	25,00	0
Readings supplementary material	10,00	0
Preparing lectures	15,00	0
Preparation of practical classes and problem	7,50	0
TOTAL	**112,50**	

TEACHING METHODOLOGY

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EVALUATION

English version is not available

REFERENCES

Basic

- Devís, J. (coord.) (2000). Actividad física, deporte y salud. Barcelona: Inde.
- Lee, I.M., Shiroma, E.J., Lobelo, F., Puska, P., Blair, S.N., & Katzmarzyk, P.T. (2012). Effect of physical inactivity on major non-communicable diseases worldwide: an analysis of burden of disease and life expectancy. Lancet, 380: 219229.
- OMS (2020). Directrices de la OMS sobre actividad física y hábitos sedentarios: de un vistazo [WHO guidelines on physical activity and sedentary behaviour: at a glance]. Ginebra: Organización Mundial de la Salud.
- Serra, R. & Bagur, C. (2004). Prescripción de ejercicio físico para la salud. Barcelona: Paidotribo.
- Vallbona, C., Roure, E., Violan, M., & Alegre J.V. (2007). Guia de prescripció dexercici físic per a la salut (PEFS). Barcelona: Generalitat de Catalunya.

- Villalvilla, D. J., Alonso, C., Aznar, S. & Martínez, L. (2013). Promoción de actividad física y salud para una práctica enfermera basada en la evidencia. Madrid: DAE.