

60859 - Physical exercise prescription

Syllabus Information

Academic Year: 2020/21

Subject: 60859 - Physical exercise prescription

Faculty / School: 229 - Facultad de Ciencias de la Salud y del Deporte

Degree: 549 - Master's in Evaluation and Physical Training for Health

ECTS: 6.0

Year: 1

Semester: First semester

Subject Type: Compulsory

Module: ---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as

- **Lectures.** The lectures will be used, since we consider it as very appropriate to adapt the general cognitive level objectives at the level of the students. During the explanations, the dialogue will be promoted by asking questions, using problem-based learning, etc., looking for a active methodology. The explanations will be supported with diagrams and illustrations through PowerPoint presentations (available on Moodle). Its review is recommended before attending the lectures. Also, in certain topics, additional materials will be provided and will encourage the search of different written materials to deepen the knowledge.
- **Seminars.** Theoretical-practical workshops taught by the teacher or by guest speakers on topics of special interest and relevance.
- **Practice sessions.** A series of activities that combine individual work and cooperative work. Depending on the proposed exercise, they will take place in different spaces (sports hall, hall muscle building, laboratory, etc.).
- **Individual assignment.** It will seek to reinforce the autonomous learning, by means of the elaboration

of monographic assignments (group or individual), within a reciprocal teaching methodology. Group work will include the search and bibliographic review, written report and oral presentation in the classroom, encouraging reflection and discussion, of one or several assignments that will be previously reviewed by the teacher in tutorials. The compulsory individual assignment will be based on the writing of a systematic review on a topic related to the course and that will be agreed with the teacher.

- **Tutorials.** Time dedicated to answer questions, to provide specific bibliography of a specific topic in relation to the course syllabus, and to follow the assignment's progress. The tutorial action will be carried out both in person and online (email or Moodle)

4.2.Learning tasks

The course includes the following learning tasks:

- Lectures.
- Practice sessions.
- Tutorials.

4.3.Syllabus

The course will address the following topics:

1. Posture
2. Exercise prescription
3. Periodization and planning
4. Laws and principles of physical training
5. Design of muscular fitness programs
6. Design of cardiorespiratory exercise programs
7. Design of flexibility programs
8. Exercise prescription in special populations: children, adolescents, adults, seniors, pregnant women
9. Exercise prescription in different pathologies: cardiovascular, metabolic, cancer, depression

4.4.Course planning and calendar

The presentation of the final assignment will be done on the last day of class.

4.5.Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=60859>