

## 60861 - Master's Dissertation

### Syllabus Information

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**Academic Year:** 2020/21

**Subject:** 60861 - Master's Dissertation

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

**Degree:** 266 -

107 - Mobility for Degree

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

**ECTS:** 18.0

**Year:** 1

**Semester:** Second semester

**Subject Type:** Master Final Project

**Module:** ---

## 1.General information

### 1.1.Aims of the course

The subject and its expected results respond to the following approaches and objectives:

Located at the end of the development of academic activities, the Final Master's Thesis (TFM) is at the same time a compendium of all or part of the knowledge and skills acquired during the course and evidence of the students' abilities to apply them to situations concrete. For this reason, the main objective of the TFM is to prove that students have acquired the competencies sought and are capable of applying them with scientific-technical rigor and satisfactory results while demonstrating their ability to communicate with terminological precision, quality and coherence Expository the results of your TFM.

### 1.2.Context and importance of this course in the degree

The TFM is a subject located in the second semester, within module VI "Final Master's Project" and with a curricular load of 18 ECTS.

The Master's degree culminates in the TFM, where students must fully and rigorously face one of the modalities that appear in article 2 of the Regulations, of June 16, 2020, for the preparation of End-of-Degree Projects and End of Master at the Faculty of Health and Sports Sciences, counting on the advice of the teaching staff. It is recommended to approach the development of the TFM once the students have passed the 42 remaining credits of the compulsory and optional subjects of the study plan.

### 1.3.Recommendations to take this course

Legal recommendations: they do not exist.

Essential recommendations: It is strongly recommended that students have contact with the teaching staff of the different areas of knowledge related to the degree to assess the lines of work and director. In addition, it is recommended to approach the preparation of the TFM once the students have passed the remaining 42 credits of the compulsory and optional subjects of the study plan.

## 2.Learning goals

### 2.1.Competences

Students will acquire the following specific skills:

CE1 - Propose research projects in a methodologically appropriate way to the objectives, resources and social context in which they are to be developed.

CE2 - Employ strategies of excellence, ethics and quality in research and professional practice in the field of Physical Activity for Health, following the recommendations of the Declaration of Helsinki and Law 14/2007 and subsequent updates on Biomedical Research.

CE3 - Control the different methodological alternatives that can be applied in the framework of physical activity oriented towards health.

CE4 - Use different research techniques and apply them appropriately to the field of knowledge of the assessment and recommendation of physical exercise for health in different population groups. depending on age, sex, chronic diseases, disability, etc.

CE5 - Identify and assess health problems that affect different population groups, and in which physical exercise can have a positive impact for its treatment and subsequent improvement.

CE6 - Extract and properly analyze information from scientific texts within the framework of Physical Activity Sciences, assessing their possible link to the field of Health.

CE7 - Evaluate the physiological, anatomical, and biochemical changes that occur as a consequence of a health-oriented physical activity program.

CE8 - Carry out optimized bibliographic searches in the field of health-oriented physical activity, strategically selecting the most relevant information for the object of the research: purpose of the intervention, population groups, intervention methodology.

CE9 - Analyze the psychosocial and physiological variables associated with health-oriented physical activity, using the most appropriate scientific methodology. (transculturality, adherence, self-efficacy, planned behaviors, obesogenic environments).

CE10 - Defend, through oral presentation, a research work linked to the assessment and recommendation of physical exercise for health before a court, preferably using ICTs.

CE11 - Be able to use advanced methodologies in the analysis of energy expenditure and body composition such as Accelerometers, Metabolimeter, DXA, Plestymograph, BIA.

CE12 - Assign intervention patterns in special populations linked to the assessment and prescription of physical exercise aimed at achieving healthy habits. Carriers of chronic pathologies, elderly, disabled, etc.

CE13 - Be able to apply and interpret the most appropriate methodology for assessing body composition and its influence on the health of different population groups.

CE14 - Be able to differentiate and carry out the different data analysis techniques necessary to answer research questions in the different scientific fields of the sciences of physical activity and health.

CE15 - Identify and interpret in scientific texts the most appropriate standards of action for the design of health-oriented physical activity programs in people with hypertension, metabolic or osteoarticular problems.

CE16 - Find and appropriately interpret in the scientific literature the most important elements for the prescription of health-oriented physical activity programs in children, youth, adults, the elderly and / or people with special needs.

CE17 - Know how to distinguish and value gender differences in relation to the pathologies that can be intervened from physical activity.

CE18 - Develop programs of physical activity and training oriented towards health in obese or overweight people.

CE19 - Design action programs, in the field of health-oriented physical activity, that can integrate and improve those already existing in the community where professional work is carried out.

## **2.2.Learning goals**

The students, to pass this subject, must demonstrate the following results:

To design, develop, write and present a TFM in accordance with the requirements present in the Regulations, of June 16, 2020, for the preparation of End-of-Degree and End-of-Master's Projects at the Faculty of Health and Sports Sciences.

Applies ethical principles, excellence, and quality in the research exercise.

Justify the use of a research methodology.

Know the structure of an investigation report.

Make a presentation using means and procedures (ICTs) that facilitate understanding.

Is able to answer questions in a relevant way.

## **2.3.Importance of learning goals**

The presentation and defense of the TFM, culminates the Master's degree curriculum, highlighting the ability of students to integrate, apply and develop different conceptual and methodological aspects learned during the Master, to write and publicly present a TFM.

## **3.Assessment (1st and 2nd call)**

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

Students must demonstrate that they have achieved the expected learning outcomes through the following assessment activities:

In both the first and second calls, the evaluation of the TFM is based on two activities (written memory and oral defense in public session). The final grade will be the result of the sum of the two activities, as long as each of them has been passed:

? Assessment of written memory (80% of the final grade).

Evaluation criteria:

? Overall evaluation of the work.

? Theoretical foundation and justification.

? Research methodology.

? Formal aspects.

The composition of each of these evaluation criteria can be found in Document M1: TFM memory evaluation instrument, part C. Guidelines for the drafting and presentation of the master's final working memory of the complementary regulations for The TFM of the University Master's Degree in Evaluation and Physical Training for the health of the Regulation, of June 16, 2020, for the preparation of End-of-Degree and End-of-Master's Projects at the Faculty of Health and Sports Sciences.

? Assessment of the oral defense in public session before court (20% of the final grade).

Evaluation criteria:

? Expository clarity and ability to transmit results.

? Assessments on complex issues.

? Use of teaching resources and ICTs in the presentation.

? Adaptation to the time available and selection of the aspects presented

? Coherence, relevance and completeness of the answers given to the questions raised.

The composition of each of these evaluation criteria can be found in Document M2: An assessment instrument for the defense of the TFM, part C. Guidelines for the drafting and presentation of the master's final working report of the complementary regulations for The TFM of the University Master's Degree in Evaluation and Physical Training for the health of the Regulation, of June 16, 2020, for the preparation of End-of-Degree and End-of-Master's Projects at the Faculty of Health and Sports Sciences.

## **4.Methodology, learning tasks, syllabus and resources**

### **4.1.Methodological overview**

The learning process that has been designed for this subject is described in the Regulations, of June 16, 2020, for the preparation of End-of-Degree and End-of-Master's Projects at the Faculty of Health and Sports Sciences and in Annex VII - Complementary regulations for the TFM of the University Master's Degree in Evaluation and Physical Training for Health.

### **4.2.Learning tasks**

Reading of PRC-002 ?Procedure for the preparation, evaluation and management of end-of-studies projects? and of the Regulations for the preparation of End-of-Degree and End-of-Master's Projects at the Faculty of Health and Sports Sciences and Annex VII - Complementary regulations for the TFM of the University Master's Degree in Assessment and Physical Training for Health.

Contact with the teaching staff of the master to assess the lines of work and director.

Meeting with the coordination of the degree to define the tutor of the TFM.

Delivery of Annex I "Proposal for the end of studies work".

Approval of the research ethics committee if it so requires.

Completion of the TFM under the supervision of the teaching staff.

Delivery of Annex II and III "authorization and deposit of the work end of studies"

Memory deposit.

Carrying out the oral defense.

### **4.3.Syllabus**

Each syllabus will be determined by all the personnel involved in each TFM.

### **4.4.Course planning and calendar**

The Quality Assurance Committee of the master's degree will enable the appropriate mechanisms so that the enrolled students can choose a director. In the ADD the list of teachers available for the direction of the TFM will be published.

Each student must submit a TFM proposal using the standard form and must certify compliance with the ethical aspects of

the proposal. Annex I must be submitted at least 45 calendar days before the expected date of deposit.

The list of favorable TFM proposals will be published in the ADD of the subject.

The TFM report must meet the requirements set out in the specific guidelines established in Annex VII - Complementary regulations for the TFM of the University Master's Degree in Evaluation and Physical Training for Health. Students must make the deposit of the TFM (Annex II) and the electronic deposit of the report in the digital repository of the University of Zaragoza (DEPOSITA). The delivery of the documentation will be carried out with a minimum advance, with respect to the date established for the defense before the evaluating court, of 14 calendar days.

The Center will establish and publish the exact dates for the defense of the TFM. according to the established standards in art. 9 of the Consolidated Text of the Regulation of the end-of-degree and end-of-master projects at the University of Zaragoza approved by resolution of the Rectum of May 17, 2018, it is reported that the calls for the public defense of the TFM will be the following: Extraordinary (advance call) February, July, September and December.

All documentation will preferably be delivered through the Electronic Office of the University of Zaragoza (<http://regtel.unizar.es>).

#### **4.5. Bibliography and recommended resources**

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=60861>