

60862 - Internships

Syllabus Information

Academic Year: 2020/21

Subject: 60862 - Internships

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

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

ECTS: 3.0

Year: 1

Semester: Second semester

Subject Type: Optional

Module: ---

1.General information

1.1.Aims of the course

The fundamental objective of this course is to encourage students to acquire experience in the research and professional field. Also, to promote that students apply the knowledge acquired in daily work situations.

1.2.Context and importance of this course in the degree

The subject is an optional subject located in the second semester, within module VI "Final Master's Project" and with a curricular load of 3 ECTS. Students must contact a member of the faculty to perform the functions of an academic tutor. In addition, students must be in charge of contacting the entity to get a tutor responsible for the internship entity.

If students take this subject, they will be able to gain experience in the professional and research world, facing different challenges depending on the field in which they have oriented their activity.

1.3.Recommendations to take this course

Legal recommendations: they do not exist.

Essential recommendations: Students are strongly recommended to have a relationship with the entity, or one of its members when doing external internships. The students will choose the internship center through Universa, with the approval of the academic tutor, among the entities recognized by the Faculty of Health and Sports Sciences, or in the entity in which the agreement is established.

2.Learning goals

2.1.Competences

Students who pass this subject will be more competent to:

CE2 - Employ strategies of excellence, ethics, and quality in research work 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 within the framework of health-oriented physical activity.

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 based on age, sex, chronic pathologies, disability, etc.

CE5 - Identify and assess the health problems that affect different population groups, and in which physical exercise can positively influence their treatment and subsequent improvement.

CE6 - Extract and adequately analyze the information from scientific texts within the framework of Physical Activity Sciences, assessing its 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: the 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).

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

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

Knowledge of the research field in the Autonomous Community of Aragon.

Integration in multidisciplinary research teams.

Carry out an analysis and assessment of the research field in the entity applying the knowledge and methods acquired during the training.

2.3.Importance of learning goals

The learning results will allow students to have an opportunity to establish the first contact with the professional or research reality. These results will be of great importance for students who want to orient their future towards the promising field of research in physical exercise, especially when this may be the best non-pharmacological therapy for improving health.

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:

The final grades for the course will be obtained by applying the following percentages in the evaluation of the stay and memory of practices:

? 60%: Qualification of the tutor of the internship entity.

? 40%: Qualification of the academic tutor.

Tutor of the entity must: complete the "questionnaire_evaluación_universa" (available in Moodle), grant a grade, and send it to universa@unizar.es

Students must: deliver the activity report and critical reflection to the academic tutor.

For this process, there is no pre-established document (the conditions, norms, etc. are indicated by the academic manager).

The academic tutor must: Send the activity report, via email, to the person in charge of coordinating the master's degree. Grant both their grade (corresponding to 40%), as well as the final grade (sum of 60% of the entity's tutor and 40% of the academic tutor).

For this process, there is no established document or form.

Send, by email, the final grade to the center's secretariat (secrefsd@unizar.es) who will complete the minutes, and to the person in charge of the coordination who will sign it.

In a scenario of not attending due to health crisis or interruption of practices, the final grade 100% could fall on the academic tutor.

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The academic tutor and the head of the entity will be in charge of guiding the student's learning process. By carrying out these practices, the aim is to achieve the participation of students in professional and/or research activities with different approaches, with physical exercise and health prevailing.

4.2.Learning tasks

The academic tutor and the head of the entity will be in charge of determining the learning activities of the students. These activities must be, fundamentally, research activities carried out in the internship center. However, students must carry out the following stages:

- 1) Proposal of the intention of carrying them out to the academic tutor.
- 2) Contact the training center and search for the person in charge of the entity.

- 3) Establishment of the agreement with UNIVERSA.
- 4) Preparation and design of the activities and tasks to be carried out in the practices.
- 5) Real practice with supervision. The students will carry out a stay in a company or public or private institution, related to the field of intervention through physical exercise on health.
- 6) Supervision of the academic tutor and performance of the activity report and critical reflection.

4.3.Syllabus

Each syllabus will be determined by all the personnel involved in the external practices.

4.4.Course planning and calendar

Internship proposal phase

Contact of the students with the academic tutor and their approach.

Contact the students with the entity to find the person in charge of the entity.

Formalization phase of the internship period

Contact the student with Universa to formalize the practices.

Acceptance of the academic tutor who will sign the documents and agree on how to introduce the student to the entity.

Intermediate phase

Monitoring by the academic tutor through tutorials to confirm the proper development of the work in the entity.

Completion phase

Contact the academic tutor with the head of the entity to collect information about the evaluation.

Delivery of the report of activities and critical reflection to the academic tutor according to the conditions, norms, etc. indicated by the academic manager.

Sending the activity report to the person responsible for coordinating the final grade

Communication of the final grade to the secretary of the center.

4.5.Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=60862>