

## 63146 - Sports education and quality of life

### Syllabus Information

**Academic Year:** 2020/21

**Subject:** 63146 - Sports education and quality of life

**Faculty / School:** 107 - Facultad de Educación

**Degree:** 323 - Master's in Lifelong learning in multicultural contexts

330 - Complementos de formación Máster/Doctorado

573 - Master's in Lifelong Learning: Introduction to Research

**ECTS:** 3.0

**Year:** XX

**Semester:** 330 - Second semester

573 - Second semester

**Subject Type:** 573 - Optional

330 - ENG/Complementos de Formación

**Module:** ---

### 1.General information

#### 1.1.Aims of the course

This subject aims to develop and publicize the scientific knowledge that has to contribute to the modification of strategies aimed at developing policies aimed at improving the quality of life of people.

It is essential to investigate close to the time of physical activity, being Physical Education a key moment for the promotion of physical activity.

This subject aims to provide students with the fundamental bases for the development of intervention strategies related to the promotion of physical activity from the school context.

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

This subject is included in the optional module: Areas of research, which aims to provide specific training to students more interested in research developed in the field of physical activity and Physical Education.

#### 1.3.Recommendations to take this course

There are no specific recommendations.

### 2.Learning goals

#### 2.1.Competences

CE01- Understand the epistemological foundations of scientific knowledge so that it can expand training as a researcher.

CE 02 - Use the theoretical knowledge related to educational research in its different areas to analyze different investigations, identifying the relevant elements related to the methodology

used in them.

CE15- Identify current problems in specific research areas and design research or interventions with relevant actions derived from the problems.

CE17- Identify the social and motivational factors that influence the practice of physical activity and know / plan interventions in the school context for the development and improvement of healthy habits in the population.

## **2.2.Learning goals**

- Identifies the different phases that make up a research on the promotion of physical activity and links it with theories, models and variables of influence.
- Identify what are different factors that influence the practice of physical activity and sedentary behavior in children and adolescents.
- Identifies cognitive, emotional and motivational variables that influence adherence to the practice of physical activity in school contexts.
- Value critically different intervention possibilities to improve the levels of physical activity usual in children and adolescents within different contexts of school and extracurricular intervention.

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

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

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

Global evaluation test with the following parts:

E01 - Oral or written global exam: 30%. There will be a theoretical test with questions of different types where students demonstrate the knowledge acquired and the ability to apply them.

E03 - Analysis work, resolution of cases and methodological development related to the contents of the subject: 70%

Throughout the course different works will be carried out where the theoretical contents will be integrated with practical applications and proposals and designs by the students. These works will be assessed through the evidence provided in a didactic folder/portfolio.

It will be necessary to pass both parts of the evaluation test with a minimum of 5 points each.

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

### **4.1.Methodological overview**

The teaching-learning activities programmed for this subject are based on the following methodologies:

M01 -Presentation of contents by the teacher and collaborators.

M02 - Review / analysis of reports and materials

M03 - Elaboration of projects and / or works

M04 - Discussion groups

#### **4.2.Learning tasks**

#### **4.3.Syllabus**

##### **I.- GENERAL. CONCEPTS OF REFERENCE**

-Education for health and promotion of physical activity. Theories and models Phases of research for the promotion of physical activity.

##### **II.- ANALYSIS OF THE FACTORS THAT INFLUENCE THE PRACTICE OF PHYSICAL ACTIVITY**

- The measurement of physical activity and main methodological alternatives.
- Levels and habitual patterns of physical activity and sedentary activity.
- Levels of compliance with physical activity practice recommendations.
- Influences for the practice of physical activity. Reference models: Theory of Self-determination and other social cognitive theories that explain the behavior of physical activity in childhood and adolescence.
- Emotions and practice of physical-sport activity.
- The transcultural perspective.

##### **III.- INTERVENTIONS FOR THE PROMOTION OF PHYSICAL ACTIVITY.**

- The Physical Education as an agent of promotion of physical activity.
- The relevance of the school in the promotion of physical activity.
- Review of intervention projects: social-ecological model and effective intervention strategies in the school environment.

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

Depending on the academic calendar established and the scheduled times, the specific calendar of the subject will be made, with the distribution of sessions and delivery of documents for the portfolio.

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