

Academic Year/course: 2022/23

26337 - New Trends in Fitness and 'Wellness'

Syllabus Information

Academic Year: 2022/23

Subject: 26337 - New Trends in Fitness and 'Wellness'

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

Degree: 295 - Degree in Physical Activity and Sports Science

ECTS: 6.0

Year:

Semester: Second semester

Subject Type: Optional

Module:

1. General information

2. Learning goals

3. Assessment (1st and 2nd call)

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The learning process that has been designed for this subject is based on the following:

Professor's exposition

Project Oriented Learning

Troubleshooting

Group sharing

Experiencing practical applications.

Visualization of audiovisual material

Management of specific software applicable to the field of physical activity.

ADDENDUM:

POSSIBLE ADAPTATIONS OF THE COURSE BY SITUATION COVID-19

In the event that a non-face-to-face teaching scenario is presented, the contents of the subject can be continued with adaptatio

Instead of doing practical sessions of the contents, as we ordinarily do, they will be taught in a theoretical-practical way, giving

Expressly selected videos will be provided to facilitate monitoring and understanding.

Regarding the teaching methodology, forums will be established with topics of interest.

Group video calls will be held to explain dynamics, theoretical and practical content, answer collective questions, etc ...

Selected videos on practical content will be provided.

Regular communication will be established with group and individual emails to deal with each particular situation.

It will be provided through Moodle notes prepared expressly with guiding questions on key aspects.

4.2. Learning tasks

The following table shows the type of teaching-learning activities planned and their time commitment

	HOURS
Large group	15
Practices	45
Work, study, evaluation tests	90

4.3. Syllabus

The contents of the subject are included and ordered following the following structure (Agenda):

UNIT 1: EVOLUTION OF TRENDS IN THE PRACTICE OF PHYSICAL ACTIVITY

Mainly focused on the evolution of trends in the practice of physical activity

UNIT 2: DIRECTED COLLECTIVE ACTIVITIES

It will be focused on the description of the main types of activities carried out in the room within the field

UNIT 3: AQUATIC FITNESS ACTIVITIES

It will focus on fitness and wellness activities in the aquatic environment (mainly aqua aerobics and aqua

UNIT 4: USE OF MATERIALS

It will deal with the use of new materials in the field of fitness and wellness, and the new uses of classic r

4.4. Course planning and calendar

Calendar of face-to-face sessions and jobs submission

Calendar of face-to-face sessions:

	FEBRERO	MARZO	ABRIL	MAYO
UNIT 1	T			
UNIT 2	T / P	T / P	T / P	T / P
UNIT 3				T
UNIT 4				T / P

Table 1: Distribution of the contents of the subject throughout the semester. T: Contents addressed at a cc

Job submission:

- Virtual Training: It will be held on an agreed date in the middle of the semester.
- Practical Test 2: Give a session based on content seen in class (group). They will be carried out during the last month of the subject.

4.5. Bibliography and recommended resources

You can find the recommended bibliography to follow the course at the following link:

<https://psfunizar10.unizar.es/br13/egAsignaturas.php?id=4805>