

60858 - Basic Kinanthropometry

Teaching Plan Information

Academic year: 2024/25

Subject: 60858 - Basic Kinanthropometry

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

The main objective of this subject is for students to learn to use kinanthropometry to perform quality and accurate work in the field of health and performance, knowing the protocols, procedures and measurements of body composition.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda (<https://www.un.org/sustainabledevelopment/es/>) and certain specific targets, such that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to the achievement of Objectives 3.4 of Goal 3, and Objective 4.4 of Goal 4.

2. Learning results

To identify the anatomical landmarks.
To locate and position skin folds.
To measure body folds, diameters, perimeters, heights and circumferences.
To assess body composition using anthropometric formulas.
To adequately assess health status using the tools provided for this purpose.
To calculate somatotype using the anthropometric method.
To prepare a kinanthropometric report.

3. Syllabus

a) Theoretical Contents:

History and structure
Definition, terminology, and anatomy
Preliminary considerations and anthropometric material
Anthropometric points and basic measurements
Folds and perimeters
Lengths and diameters
Technical measurement error
Body composition: methodology
Ethics and anthropometry
Anthropometry and health
Somatotype

b) Practical Contents:

Identification of anthropometric points
Basic measurements
Sum of skinfolds, body composition and somatotype

4. Academic activities

Master classes: 10 hours

Participative lecture including dialogue, analysis and debate. Basic theoretical and conceptual knowledge of the subject is presented.

Laboratory practices: 20 hours

Practical and experiential subject where the professional of sport sciences applies kinanthropometry.

Teaching assignments: 10 hours

Activities that encourage autonomous learning, preparation and study.

Personal study: 32 hours

Assessment tests: 3 hours.

5. Assessment system

Simple system, based exclusively on a global final test consisting of 40 multiple-choice questions. The questions will have a single answer out of five options, and for every four incorrect questions, the value of a correct question will be subtracted. Students will have 60 minutes.

Mixed system, which is composed of the following assessment activities:

a) Written test (40%): 40 multiple-choice questions, with a single correct answer among five options. For every four incorrect questions, the value of a correct question will be subtracted. Students will have 60 minutes.

b) Activities, assignments and exercises (40%): assessment of the three activities developed during the term.

c) Case study (20%): it will consist of the production of a case study for which kinanthropometry must be used to respond to a health or performance approach in a population or sport modality.

In order to pass the subject as a whole, it will be necessary to obtain a grade equal to or higher than 5 in every part of the subject.

Fraud or total or partial plagiarism in any of the assessment tests will result in not passing the subject and achieving the minimum grade, in addition to the disciplinary sanctions that the Quality Assurance Committee decides for these cases.