

30145 - Teaching: Physical Activity and Sport

Información del Plan Docente

Academic Year	2016/17
Academic center	179 - Centro Universitario de la Defensa - Zaragoza
Degree	563 - Bachelor's Degree in Industrial Organisational Engineering 457 - Bachelor's Degree in Industrial Organisational Engineering
ECTS	6.0
Course	4
Period	First semester
Subject Type	Optional
Module	---

1. Basic info

1.1. Recommendations to take this course

1.2. Activities and key dates for the course

2. Initiation

2.1. Learning outcomes that define the subject

2.2. Introduction

3. Context and competences

3.1. Goals

3.2. Context and meaning of the subject in the degree

3.3. Competences

3.4. Importance of learning outcomes

4. Evaluation

5. Activities and resources

5.1. General methodological presentation

The main objective of this course is to learn the basic fundamentals of sport training. In order to achieve this aim, students will study anatomy and exercise physiology concepts and they will analyze the training methodology for the development of physical fitness, with special attention in strength and aerobic capacity. Finally, they will study the planning process of sports training and physical fitness assessment.

5.2. Learning activities

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-Lectures.

-Practical activities and comprehension questions.

-Academic work in groups.

-Personal study.

5.3.Program

1- Skeletal system

2- Muscular system

3- Muscle contraction

4- Energy sources for muscular contraction

5- Principles of sports training

6- Endurance

7- Strength

8- Flexibility

9- Planning of sports training

10- Sports nutrition

5.4.Planning and scheduling

Calendar of sessions and exam dates:

It will be announced by the teacher, both in class and through the moodle platform.

5.5.Bibliography and recommended resources

- Vinuesa, Manuel y Vinuesa, Ignacio. Conceptos y métodos para el entrenamiento físico. Imprime: Centro Geográfico del Ejército. 2007.
- Legaz Arrese, Alejandro. Manual de entrenamiento deportivo. Badalona: Paidotribo, 2012.
- Barbany i Cairó, Joan Ramón. Fisiología del ejercicio físico y el entrenamiento. 2a. ed., 1a. reimp. Barcelona :

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Paidotribo, cop. 2009.

- Weineck, Jurgen. Entrenamiento total [traducción Ramon Polledo]. 1a. ed. Barcelona : Paidotribo, cop. 2005.
- Izquierdo, Mikel. Ejercicio físico es salud. Prevención y tratamiento de enfermedades mediante la prescripción de ejercicio. 1ª ed. Exercycle SL, BH Group, 2013.