

60850 - Physical activity and health: scientific evidences

Información del Plan Docente

Academic Year	2016/17
Academic center	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	549 - Master's in Evaluation and Physical Training for Health
ECTS	6.0
Course	1
Period	First semester
Subject Type	Compulsory
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

5.2.Learning activities

5.3.Program

1. Introduction. Terminology and concepts.
2. Historical background. CDC 2008 reports.
3. Evolution of recomendations.
4. Effects of physical activity on health and disease
 1. Responses and adaptations to exercise

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2. Biochemical and molecular changes
5. Physical activity benefits on different diseases (obesity, cancer, diabetes, hypertension...)
6. Scientific evidence degree
7. Patterns models and trends of health physical activity related

5.4.Planning and scheduling

5.5.Bibliography and recommended resources