

## 60851 - Bases for physical activity promotion

### Información del Plan Docente

<b>Academic Year</b>	2016/17
<b>Academic center</b>	229 - Facultad de Ciencias de la Salud y del Deporte
<b>Degree</b>	549 - Master's in Evaluation and Physical Training for Health
<b>ECTS</b>	3.0
<b>Course</b>	1
<b>Period</b>	Second semester
<b>Subject Type</b>	Optional
<b>Module</b>	---

### **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**

Students will be able to identify the different periods that make up a research about promoting physical activity and to link with theories, models and variables of influence.

Students will be able to identify different factors that influence the practice of physical activity and sedentary behaviors in adolescents.

Students will be able to critically evaluate different intervention possibilities for improving levels of physical activity in adolescents within school and extracurricular intervention contexts.

#### **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**

## 60851 - Bases for physical activity promotion

### 5.1. General methodological presentation

### 5.2. Learning activities

### 5.3. Program

#### I. GENERAL. CONCEPTS OF REFERENCE

Promoting physical activity and health education. Theories and models. Research periods for promoting physical activity.

#### II FACTORS OF INFLUENCE IN PHYSICAL ACTIVITY

Measures of physical activity and main methodological alternatives.

Levels and habitual patterns of physical activity. Levels and patterns of sedentary activity.

Levels of compliance with the recommendations of physical activity. Factors of influence of physical activity. Reference models.

The transcultural perspective.

#### III.- INTERVENTION PROGRAMS FOR PHYSICAL ACTIVITY PROMOTION.

Review of projects relating to the promotion of physical activity. The importance of school in promoting physical activity.

The social-ecological model for promoting physical activity.

Guidelines and effective intervention strategies based on the school environment. Analysis of an effective intervention program, "Sigue la Huella"

### 5.4. Planning and scheduling

### 5.5. Bibliography and recommended resources