

60855 - Physical fitness and energy expenditure assessment

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

This module is scheduled starting from an intensification of theoretical knowledge acquired an eminently practical and applied orientation. It is intended that students are able to apply in practice those theoretical and practical knowledge they have acquired in the module.

5.2.Learning activities

The learning process that is designed for this module is based on the following:

60855 - Physical fitness and energy expenditure assessment

Lectures . participatory master class will be used, since we acknowledge it is very appropriate to adapt the objectives of general cognitive level to the level of students. During lectures, dialogue will be promoted by asking questions, the use of problem-based learning, etc., looking for an active methodology.

Lectures will be supported by diagrams and illustrations by PowerPoint presentations. This material will be provided to students through the Anillo Digital Docente. Revision is recommended before attending different lectures. Also, in certain thematic blocks additional material will be provided, and finding different written materials will be encouraged with the aim of achieving deeper learning.

In addition small seminars will be held, in the form of practical workshops taught by the teacher or invited speakers to deep into topics of particular interest and relevance.

Practical lessons . Composed of a series of activities that combine individual work and cooperative work. Depending on the proposed activity will take place in different spaces (sports hall, fitness room, laboratory, etc.).

Individual work . It will seek to reinforce independent learning, by conducting case studies (group or individual), within a reciprocal teaching methodology. Group work will include search and literature review, written technique and oral presentation in class, encouraging reflection and debate, of one or more essays previously supervised in tutorials by the teacher. Mandatory individual essay will be based on the proposal for physical fitness evaluation of a specific population group, previously agreed with the lecturer.

Tutorials . Aimed to answer questions or provide specific bibliography of a specific topic in relation with lectures and practical lessons. In addition, monitoring of assignments will be done. The tutorials will take place both in office and non-classroom (through email or Anillo Digital Docente).

5.3.Program

The program that is offered will help the student to achieve the expected results includes the following activities:

Health status assessment

- Medical History Questionnaire
- Analysis of coronary risk factors
- Physical examination
- Laboratory tests
- Physician report
- Informed consent

60855 - Physical fitness and energy expenditure assessment

Lifestyle and personal habits assessment

Cardiorespiratory fitness assessment

- Resting test
- Maximal and submaximal testing and protocols
- Field tests

Assessment of muscle strength and endurance

- Devices for measuring muscle strength and endurance
- Tests of strength and endurance
- Issues associated with muscular fitness tests

Flexibility programs assessment

Stress and neuromuscular tension assessment

5.4.Planning and scheduling

Schedule sessions and presentation of works

Lectures and practical sessions will take place on Mondays from 19.00 to 21.00 and Thursdays from 16.00 to 17.30.

It will be held usually in the Rio Isuela (Huesca) Pabellón (sports center). Practical sessions will also be held in the lab of GENUD research group in Zaragoza; this will be notified well in advance.

5.5.Bibliography and recommended resources