

60858 - Basic Kinanthropometry

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	3.0
Course	1
Period	Second 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 learning process that is designed for this subject is based on the following:

Lectures. Participatory master class will be used, 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 looking for an active methodology.

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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 expository sessions.

Practical classes. Essential; contribute about 70% of the module content. Will take place in the biomedical laboratory and all the anthropometric necessary materials will be provided. (Measuring rod, scales, pachymeter, tape measure, caliper). Students must also complete 17 anthropometric profiles.

Tutorials. Devoted to answer questions or provide specific bibliography of a specific topic in relation to lectures or practical lectures. In addition, monitoring or raised work will be done. The tutorial will take place both in classroom and non-classroom (via telematics via e-mail or Anillo Digital Docente).

5.2.Learning activities

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

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5.3.Program

The program offered to the students, in order to help achieving the expected results includes the following activities:

a) Theory contents:

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- ISAK. History and organizational structure.
- Anthropometric equipment and calibration: basics calibration, skinfold compass, pachymeter, tape measure, scales and height boards.
- Statistics: technical error of measurement (TEM), confidence intervals, actual interpretation of changes, Phantom z-scores, percentiles.
- Body composition: sum of skinfold regression equations, fat percentage, errors in calculation equations fat percentage.
- Somatotype: definition, basic calculations, somatocharts, relationship with athletic performance.
- Ethics: informed consent, measurement protocol, measurements in women and children, ethnic groups, cultures and sensibilities.
- Nutritional status assessment

b) Practical contents:

- Anatomical reference marks necessary for the basic profile
- Technical use of instruments (skinfold caliper, measuring tape and pachymeter)
- Monitored measurements of the basic protocol (17 measurements)

5.4.Planning and scheduling

5.5.Bibliography and recomended resources