

60859 - Physical exercise prescription

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. Posture/Stance

2. Exercise prescription

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3. Periodization and planning
4. Laws and principles of physical training
5. Designing of muscular fitness programs
6. Designing of cardiorespiratory exercise programs
7. Designing of flexibility programs
8. Exercise prescription in special populations: children, adolescents, adults, seniors, pregnant
9. Exercise prescription in different pathologies: cardiovascular, metabolic, cancer, depression.

5.4.Planning and scheduling

5.5.Bibliography and recommended resources