

69036 - Physical activity and energy expended in the child and adolescent

Información del Plan Docente

Academic Year	2017/18
Faculty / School	104 - Facultad de Medicina
Degree	461 - Master's in Genetic, nutritional and environmental growth and development conditions
ECTS	1.0
Year	1
Semester	Annual
Subject Type	Optional
Module	---

1.General information

1.1.Introduction

1.2.Recommendations to take this course

1.3.Context and importance of this course in the degree

1.4.Activities and key dates

2.Learning goals

2.1.Learning goals

2.2.Importance of learning goals

3.Aims of the course and competences

3.1.Aims of the course

3.2.Competences

4.Assessment (1st and 2nd call)

4.1.Assessment tasks (description of tasks, marking system and assessment criteria)

5.Methodology, learning tasks, syllabus and resources

5.1.Methodological overview

The proposed activities for this course focus on the understanding and assimilation of the main concepts of the physical activity and energy expenditure.

More information regarding this course can be found on (<http://www.unizar.es/mabueno/>) and on the Master's website (<http://campusvirtual.ugr.es/moodle/>)

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5.2.Learning tasks

5.3.Syllabus

The course will address the following topics:

- Topic 1. Energy expenditure
- Topic 2. Physical condition and physical exercise
- Topic 3. Normal patterns of physical exercise and energy expenditure in children and adolescents
- Topic 4. Growth and human development and physical exercise
- Topic 5. Children's congenital heart disease
- Topic 6. Cardiovascular disease and physical exercise
- Topic 7. Diabetes and other endocrine diseases and physical exercise
- Topic 8. Blood disorders and sports
- Topic 9. Miscellaneous: importance of physical activity in different organic pathologies in children, adolescents and adults

5.4.Course planning and calendar

This course is online and the teaching period takes place during January and February of the corresponding academic year.

The submission of assignments shall be carried out during March (deadline for submission will be informed in advance). Assignments must be uploaded to the Moodle platform and the application DropBox

5.5.Bibliography and recommended resources