

60850 - Physical activity and health: scientific evidences

Información del Plan Docente

Academic Year	2018/19
Subject	60850 - Physical activity and health: scientific evidences
Faculty / School	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	549 - Master's in Evaluation and Physical Training for Health
ECTS	6.0
Year	1
Semester	First semester
Subject Type	Compulsory
Module	---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

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

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as theory session, seminar, and workshop.

Students are expected to participate actively in the class throughout the semester.

Classroom materials will be available via Moodle. These include a repository of the lecture notes used in class, the course syllabus, as well as other course-specific learning materials, including a discussion forum.

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4.2.Learning tasks

The course includes the following learning tasks:

- Theory session
- Practice session
- Assignment

4.3.Syllabus

The course will address the following topics:

1. Introduction. Terminology and concepts
2. Historical background. CDC 2008 reports
3. Evolution of recommendations
4. Effects of physical activity on health and disease
 1. Responses and adaptations to exercise
 2. Biochemical and molecular changes
5. Physical activity benefits on different diseases (obesity, cancer, diabetes, hypertension...)
6. Degree of scientific evidence
7. Patterns, models and trends of physical activity related to health

4.4.Course planning and calendar

The course lasts 60 hours.

Classes are held in the Biomedical seminar II.

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course, will be provided on the first day of class and the faculty website.

4.5.Bibliography and recommended resources