Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280317 **Name:** Physical Activity and Health

Credits: 6,00 **ECTS Year:** 3 **Semester:** 1

Module: 3) Specific Obligatory Formation Module.

Subject Matter: Physical activity and physical exercise for health and with special populations.

Type: Compulsory

Field of knowledge: Health Sciences

Department: Physical Preparation and Conditioning

Type of learning: Classroom-based learning

Languages in which it is taught:

Lecturer/-s:

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Module organization

3) Specific Obligatory Formation Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Physical activity and physical exercise for health and with special populations.	12,00	Physical Activity and Health	6,00	3/1
		Presciption and Programmes for Healthy Lifestyles	6,00	4/1
Physical exercise, fitness and sports physical training.	18,00	Evaluation of Biological Condition	6,00	3/1
		Planning and Methodology of Training in PA	6,00	3/2
		Prevention and Rehabilitation of Injuries in PA	6,00	4/1
Teaching of Physical Education and Sports.	18,00	Design, Evaluation and Intervention in Educational Programmes	6,00	4/1
		Didactics and Methodology of Sports and Physical Activity	6,00	3/1
		Social Morality and Professional Deontology	6,00	4/1
Sports organization and management.	12,00	Sports Marketing	6,00	3/2
		Sports Training Planning and Organisation	6,00	3/1

Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

R1	Design and autonomously implement exercise and physical-sports activities focused on health from a multidisciplinary perspective.
R2	Select, based on experimentation, the appropriate exercise for prescribing healthy physical activity, considering the needs of each population and context.
R3	Identify, correct, and optimize habits, activities, and execution of exercises/technical movements, providing appropriate feedback to avoid health risks (using various methodologies).
R4	Recognize supportive contexts for physical exercise adherence and prevention of physical and psychosocial health risks.
R5	Critically analyze and discuss various documentary information sources (in Spanish and English) regarding the effects of physical activity.

Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4	30,00%	Written and/or practical tests.
R1, R2, R3, R4, R5	20,00%	Individual or Group Work / Project.
R1, R2, R3, R4, R5	20,00%	Exercises and Practices in the Classroom.
R1, R2, R3, R4, R5	30,00%	Oral tests or presentation.

Observations

This course is NOT eligible for a single assessment request in accordance with Article 10.3 of the GENERAL REGULATIONS FOR THE ASSESSMENT AND GRADING OF OFFICIAL COURSES AND UCV DEGREE PROGRAMS.
Students may retain the assessment instruments they have passed for three years after their initial enrollment.
A grade of 50% must be obtained in the following assessment instruments in order to pass the course:

- Written and/or practical tests
- Individual or group work/project
- Oral tests or presentations

Attendance at all practical sessions indicated in the schedule is compulsory. If students fail to attend 70% of these sessions, they will fail both exam sessions for the course and will have to retake all practical sessions in the following enrollment period.
If any of these criteria are not met, students will be graded with a maximum of 4.5.

SPECIFICATIONS TO THE EVALUATION INSTRUMENTS

Written and/or practical tests

It consists of a final test on the official call dates. Multiple choice test with questions that may be multi-answer (4 options with a 33.3% penalty) and/or true or false (with a 50% penalty).

Exercises and Practices in the Classroom

Participate and actively perform the tasks of the theoretical-practical and/or practical classes in the classroom or sports area. These activities may only be submitted by students who have attended these sessions.

Individual or Group Work / Project

Two projects/assignments will be carried out on content related to the subject. The type and theme

of these will be detailed by the teacher. As an example, a project could be: making a video of a muscle group and equipment, giving a practical session, conducting surveys, among others. The submission date will be indicated in each group's schedule.

Oral tests or presentation

·Oral type test* on theoretical/practical questions. *Only students who pass the multiple-choice test with a minimum of 5 points will be allowed to take the oral test. The course assessment system is cumulative, so the grades obtained in the different midterm exams are independent and are added together.

The detailed explanation (procedure for work) as well as the evaluation tools (sheets or rubrics) of each section will be posted on the platform of each group available to the student.

Use of Artificial Intelligence Tools in the CAFD Degree Program

Use of Artificial Intelligence tools in the CAFD degree program In the Bachelor's Degree in Physical Activity and Sports Sciences (CAFD), the use of Artificial Intelligence (AI) tools is permitted in a complementary and responsible manner, as long as it contributes to active learning, the development of critical thinking, and the improvement of students' professional skills. Under no circumstances should AI replace personal effort, direct practice, or independent reflection, which are fundamental pillars of this degree program.

Permitted Uses of AI:
·Obtaining alternative explanations of theoretical or methodological concepts.
·Generating outlines, concept maps, or summaries to support study.
·Simulating interviews, questionnaires, or training sessions as part of methodological or research practices.
·Receiving feedback on report writing, provided that the original content is the student's own.
·Supporting the search for bibliography or scientific references, always contrasting with reliable and real academic sources, and respecting the CAFD regulations for the presentation of university work.

Prohibited Uses of AI:
·Writing complete sections of academic papers, classroom exercises and practices, internship reports, journals, or portfolios, as well as the Final Degree Project.
·Formulating hypotheses, objectives, or conclusions for academic work.
·Replacing qualitative or quantitative data analysis with automated tools without human validation.
·Creating videos, presentations, or avatars with AI as a substitute for the student's oral or practical presentation.
·Obtaining automatic answers to tests, rubrics, or assessable activities through the use of AI.

Citation and Attribution Guidelines:
·Any use of AI tools must be explicitly acknowledged in the submitted document (e.g., in a footnote or appendix).
·The name of the tool, the purpose of use (e.g., grammatical review, organization of ideas, interview simulation), and where it was used in the work must be indicated.
·Responsible use of AI will be evaluated within the framework of originality, academic honesty, and digital competence.

Additional recommendations:
Students are encouraged to combine the use of AI with traditional methods (manual problem solving, practical session design, direct observation, etc.) to ensure the comprehensive development of their skills.

If there are any doubts about the permitted use of AI in a specific activity, students should consult the faculty responsible for the course.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

M1 Attendance at practices.

M2 Resolution of problems and cases.

M3 Discussion in small groups.

M4 Practical laboratories.

M5 Presentation of content by the teacher.

M6 Practical lesson.

M7 Group dynamics and activities.

IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M2, M5	R1, R2, R3, R4	34,00	1,36
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity. M1, M3, M6	R1, R2, R3, R4, R5	16,00	0,64
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2	R1, R2, R3, R4, R5	6,00	0,24
TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M2, M3	R1, R2, R3, R4, R5	4,00	0,16
TOTAL		**60,00**	**2,40**

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring. M7	R1, R2, R3, R4, R5	50,00	2,00
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces. M2	R1, R2, R3, R4, R5	40,00	1,60
TOTAL		**90,00**	**3,60**

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
BLOCK I	BASIC CONCEPTS AND CONTEXTUALIZATION OF THE PHYSICAL ACTIVITY AND HEALTH
BLOCK II	EFFECTS OF PHYSICAL ACTIVITY. BENEFITS AND RISKS
BLOCK III	HEALTHY PHYSICAL ACTIVITIES. GENERAL RECOMMENDATIONS ON THE HEALTHY PHYSICAL ACTIVITY PRESCRIPTION (ACSM)
BLOCK IV	CORRECT, SAFE AND EFFECTIVE PERFORMANCE OF THE EXERCISES. PRACTICAL APPLICATIONS

Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK I	10,00	20,00
BLOCK II	4,00	8,00
BLOCK III	10,00	20,00
BLOCK IV	6,00	12,00

References

BASIC REFERENCES

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