



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280411 **Name:** Prescription and Programmes for Healthy Lifestyles

Credits: 6,00 ECTS **Year:** 4 **Semester:** 1

Module: 3) Specific Obligatory Formation Module.

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

Type: Obligatoria

Branch of knowledge: Health Sciences

Department: Physical Preparation and Conditioning

Type of learning: Classroom-based learning

Language/-s in which it is given: Spanish

Teachers:

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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	Physical Activity and Health	6	3/1
		Prescription and Programmes for Healthy Lifestyles	6	4/1
Physical exercise, fitness and sports physical training.	18	Assessment of Biological Condition	6	4/1
		Planning and Methodology of Training in PA	6	3/2
		Prevention and Rehabilitation of Injuries in PA	6	4/1
Teaching of Physical Education and Sports.	18	Design, Evaluation and Intervention in Educational Programmes	6	4/1
		Didactics and Methodology of Sports and Physical Activity	6	3/1
		Social Morality and Professional Deontology	6	4/1
Sports organization and management.	12	Sports Marketing	6	3/2
		Sports Training Planning and Organisation	6	3/1



Learning outcomes

Al finalizar la asignatura, el estudiante deberá demostrar haber adquirido los siguientes resultados de aprendizaje:

R6 - Design, implement, and promote real-world physical-sports programs for special populations from a multidisciplinary perspective, enhancing exercise adherence and physical and psychosocial development.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
- Articulate and deploy programs for the promotion, orientation, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on special populations, with the presence of a professional or carried out in a autonomous by the citizen, in the different types of spaces and in any sector of professional intervention in physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and the greatest and most appropriate practice of physical activity and sport.
- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Identify, organize, direct, plan, coordinate, implement and carry out technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, with the purpose of achieving safe, efficient and healthy physical and sports activities, adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis on special populations and guaranteeing safety, efficiency and professionalism in the activity carried out in compliance with current regulations.



- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Know how to promote, advise, design, apply and technically-scientifically evaluate physical activity, physical exercise and sport programs that are appropriate and varied, adapted to the needs, demands and individual and group characteristics of the entire population, and with emphasis on older people. (seniors), the female gender and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor).
- Know how to readapt, retrain and/or reeducate people, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a doctor), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.

Type of AR: Competencias

- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in a manner adequate, efficient, systematic, varied and methodologically integrated for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport.

R7 - Develop and/or adapt fitness improvement programs considering risk prevention and specific contraindications based on the characteristics of the special population.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.



- Articulate and deploy programs for the promotion, orientation, coordination, supervision and technical-scientific evaluation of physical activity, physical exercise and sport for the entire population, with emphasis on special populations, with the presence of a professional or carried out in a autonomous by the citizen, in the different types of spaces and in any sector of professional intervention in physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sport) according to the possibilities and needs of citizens, with the aim of achieving their autonomy, understanding, and the greatest and most appropriate practice of physical activity and sport.
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R8 - Qualitatively and quantitatively analyze results from applied physical activity programs in different populations and contexts.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
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Type of AR: Competencias



- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in a manner adequate, efficient, systematic, varied and methodologically integrated for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport.

R9 - Identify, argue, and justify (in written and/or oral form) methods, techniques, exercises, and physical activity programs based on the type of population and application context

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

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- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
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Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R6, R7, R8, R9	30,00%	Written and/or practical tests.
R6, R7, R8	30,00%	Individual or Group Work / Project.
R7, R8, R9	20,00%	Exercises and Practices in the Classroom.
R6, R7, R8	20,00%	Oral tests or presentation.

Observations

Students may keep the assessment instruments passed during the 3 years following the first enrolment.

It is necessary to obtain 50% in all assessment instruments to pass the subject.

According to article 4.2. of the UCV Evaluation Guidelines, the limit of absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.

If any of these criteria is not met, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMENT

Written and/or practical tests

There will be a multiple-choice exam and a practical application exam at the end of the course in



the scheduled dates according to the academic calendar.

Oral tests or exposition

A physical activity programme for special populations related to the contents of the subject will be presented in a group:

Individual or Group Work / Project

A physical activity programme for special populations related to the contents of the subject will be carried out as a group:

Exercises and Practices in the Classroom.

Participation in the different tasks carried out in class or through the UCVnet platform.

The detailed explanation (procedure for the assignments) as well as the evaluation tools (worksheets or rubrics) for each section will be posted on each group's platform at the student's disposal.

Actividades formativas

The methodologies to be used so that the students reach the expected learning outcomes will be the following:

- M2 Resolution of problems and cases.
- M3 Discussion in small groups.
- M5 Presentation of content by the teacher.
- M6 Practical lesson.
- M7 Group dynamics and activities.

IN-CLASS TRAINING ACTIVITIES

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS



THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.	R6, R7	Discussion in small groups. Presentation of content by the teacher. Group dynamics and activities.	24,00	0,96
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.	R6, R7, R8, R9	Resolution of problems and cases. Discussion in small groups. Practical lesson. Group dynamics and activities.	30,00	1,20
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R6, R7	Resolution of problems and cases. Group dynamics and activities.	2,00	0,08
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.	R6, R7, R8, R9	Resolution of problems and cases. Presentation of content by the teacher.	4,00	0,16
TOTAL			60,00	2,40



TRAINING ACTIVITIES OF AUTONOMOUS WORK

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring.	R6, R7, R8, R9	Resolution of problems and cases. Discussion in small groups. Group dynamics and activities.	38,00	1,52
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.	R6, R7	Resolution of problems and cases.	52,00	2,08
TOTAL			90,00	3,60



Description of contents

Descripción de contenidos necesarios para la adquisición de los resultados de aprendizaje.

Theoretical content:

Block of content	Contents
1. GENERAL RATIONALE FOR PHYSICAL ACTIVITY PRESCRIPTION	GENERAL PRINCIPLES OF PHYSICAL ACTIVITY PRESCRIPTION
2. HEALTH AND PHYSICAL EXERCISE PROGRAMMES. Strategies and considerations.	HEALTH AND PHYSICAL EXERCISE PROGRAMMES. Strategies and considerations.
3. PRESCRIPTION OF PHYSICAL EXERCISE FOR POPULATIONS WITH SPECIAL CHARACTERISTICS. Physical, psychological and social characteristics. Functional limitations. Benefits and contraindications of physical exercise. Prescription of physical exercise, control, protocols.	PRESCRIPTION OF PHYSICAL EXERCISE FOR POPULATIONS WITH SPECIAL CHARACTERISTICS. Physical, psychological and social characteristics. Functional limitations. Benefits and contraindications of physical exercise. Prescription of physical exercise, control, protocols.



Temporary organization of learning:

Block of content	Sessions	Hours
1. GENERAL RATIONALE FOR PHYSICAL ACTIVITY PRESCRIPTION	3	6,00
2. HEALTH AND PHYSICAL EXERCISE PROGRAMMES. Strategies and considerations.	3	6,00
3. PRESCRIPTION OF PHYSICAL EXERCISE FOR POPULATIONS WITH SPECIAL CHARACTERISTICS. Physical, psychological and social characteristics. Functional limitations. Benefits and contraindications of physical exercise. Prescription of physical exercise, control, protocols.	24	48,00



References

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