

TEACHING GUIDE

Research in Physical Activity, Health and Quality of Life

COURSE OUTLINE		
Name of the subject: Research in Physical Activity, Health and Quality of Life		
Module: Research lines in Physical Activity and Sport Sciences		
Code number: 1160404	Curriculum year: 2016	
Type: Compulsory	Academic course: 2021-22	
ECTS Credits: 3	Course: 1	Semester: 1
Language of classes: Spanish		

TEACHING STAFF INFORMATION				
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CLASSES HOURS
http://www.uhu.es/fedu/masteriefcd/?q=alumnado-horarios

SUBJECT DESCRIPTION
PRE-REQUISITES AND RECOMENDATIONS: Normal knowledge of university students of Master's degree. Regular and active attendance at the theoretical and practical sessions is recommended (attendance at least 70% of the teaching hours is mandatory to pass the course). In addition, the use of the virtual teaching platform (Moodle) for proper monitoring of the subject.
BASIC COMPETENCES CB6.- Possess and understand knowledge that provides a basis or opportunity to be original in the development and / or application of ideas, often in a research context. CB7.- Students know how to apply the acquired knowledge and their ability to solve problems in new or little-known environments within broader or multidisciplinary contexts related to the field of study (physical activity, physical education and sport).

CB8.- Students are able to integrate knowledge and face the complexity of formulating judgments based on information that, being incomplete or limited, includes reflections on social and ethical responsibilities linked to the application of their knowledge and judgments.

CB9.- Students know how to communicate their conclusions and the knowledge and ultimate reasons that support them to specialized and non-specialized audiences in a clear and unambiguous way.

CB10.- Students possess the learning skills that allow them to continue studying in a way that will have to be largely self-directed or autonomous.

TRANSVERSE COMPETENCES

CT2.- Advanced use of information and communication technologies.

CT4.- Commit to ethics and social responsibility as a citizen and as a professional, in order to know how to act in accordance with the principles of respect for fundamental rights and equality between men and women and respect and promotion of Human Rights and as well as those of universal accessibility for disabled people, in accordance with the principles of a culture of peace and democratic values.

CT5.- Mastering the academic and professional project, having developed sufficient autonomy to participate in research projects and scientific or technological collaborations within its thematic scope, in interdisciplinary contexts and, where appropriate, with a high component of knowledge transfer.

SPECIFIC COMPETENCES

CE1.- Design and develop research, innovation and evaluation projects in different contexts: schools, institutes, social care centers, public or private organizations and institutions, etc.

CE2.- Know and be able to use quantitative and qualitative research techniques and instruments.

CE3.- Apply and transfer the main results of the research.

CE11.- Know and apply basic research methodologies and techniques.

LEARNING OUTCOMES:

RA1. Understand the importance of an active lifestyle for health promotion and disease prevention.

RA2. Know the benefits and risks of physical activity on comprehensive health, promoting proper emotional health linked to physical activity.

RA3. Know the most important aspects of physical condition-health.

RA4. Know how to evaluate the level of physical condition, prescribing and programming physical exercises oriented to health.

RA5. Knowing how to make adaptations in physical practice based on population characteristics: elderly people, frequent pathologies, ...

RA6. Develop a critical attitude towards the cult of the body and become aware of the damage generated by prejudices towards obesity.

RA7. Be able to design and implement physical exercise and health programs.

TEACHING METHODOLOGY

Learning and teaching activities	Hours	Presence percentage
Lecture hours	33	100%
Supervised practical workshop	12	100%
Independent learning hours	105	0%
Other	0	

CONTENTS

1. Introduction to Physical Activity and its relationship with Health and Quality of Life

- 1.1 Evolution of the concept of health and its relationship with the concept of health-related quality of life.
- 1.2 Benefits of Physical Activity on health and quality of life.
- 1.3 Assessment of health-related quality of life.

2. Physical activity and sedentary lifestyle.

- 2.1 Physical activity and sedentary lifestyle: definition and evaluation. Introduction to the time-use epidemiology.
- 2.2 Evolution and updating of international guidelines on physical activity recommendations by age group.
- 2.3 International initiatives to assess and monitor levels of Physical Activity and Sedentary lifestyle.

3. Physical exercise as therapy in chronic diseases.

- 3.1 Definition and characteristics of different chronic diseases
- 3.2 Summary of the evidence on the benefits of physical exercise in these pathologies.
- 3.3 Type of exercise recommended for these pathologies.
- 3.4. Contraindications and / or precautions to take into account.

4. Promotion of physical activity and intervention programs.

- 4.1. Intervention strategies for the promotion of physical exercise.
- 4.2. Components of the physical exercise program for health.
- 4.3. Design of physical exercise and health programs.
- 4.4. Examples of specific physical exercise and health programs.

BIBLIOGRAPHY

Basic bibliography

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Specific bibliography

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Links of interest

<http://sportsci.org/> A Peer-Reviewed Journal and Site for Sport Research

<https://www.uhu.es/biblioteca/> website of the library of the University of Huelva

Bibliographic references manager

- Mendeley <https://www.mendeley.com>
- Zotero <https://www.zotero.org/>

ASSESSMENT

<i>Evaluation activities</i>	<i>%</i>
1. Exam and/or final report	60%
2. Continuous evaluation / virtual campus tasks	20%
3. Practice reports	20%