



IDENTIFYING DATA

Fitness activities

Subject	Fitness activities			
Code	P02G050V01901			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3rd	1st
Teaching language				
Department				
Coordinator	Alonso Fernández, Diego			
Lecturers	Alonso Fernández, Diego			
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Web				
General description	(*)La asignatura pretende ofrecer al alumno/a una visión general de una de las principales opciones profesionales de la titulación: las actividades de fitness.			

Competencies

Code	
A1	(*)Capacidade para deseñar, desenvolver e avaliar os procesos de ensino-aprendizaxe relativos á actividade física e ao deporte con atención ás características individuais e contextuais das persoas
A2	(*)Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica de actividade física e deporte entre a poboación escolar
A3	(*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, na proposta de tarefas nos procesos de ensino-aprendizaxe a través da actividade física e o deporte
A12	(*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo, adecuado para cada tipo de actividade de adestramento deportivo
A13	(*)Capacidade para avaliar a condición física e prescribir exercicio físico orientado cara á saúde
A22	(*)Capacidade para coñecer e aplicar o marco xurídico do ámbito profesional
A23	(*)Capacidade para identificar e valorar os riscos que poidan derivarse do uso dos equipamentos e instalacións deportivas
B1	(*)Conceptualización e identificación do obxecto de estudo das Ciencias da Actividade Física e do Deporte
B5	(*)Coñecemento e comprensión dos efectos da práctica do exercicio físico sobre a estrutura e función do corpo humano
B8	(*)Coñecemento e comprensión da estrutura, función e desenvolvemento das diferentes manifestacións da motricidade humana
B9	(*)Coñecemento e comprensión dos fundamentos do exercicio físico, xogo motor, danza, expresión corporal e actividades na natureza

Learning aims

Expected results from this subject	Training and Learning Results	
- Knowledge and understanding the foundations of the activities of fitness.	A1	B1
- Understanding of the scientific literature of the field of the activities of fitness.	A2	B5
	A3	B8
	A12	B9
	A13	
	A22	
	A23	

- Capacity to design, develop and evaluate the processes of And-To relative to the physical activity A1 and of the sport, with attention to the individual and contextual characteristics of the people. A2
- Capacity to promote the training of habits perdurables and autonomous of practises of activity of fitness.
- Capacity to identify the risks that derive for the health of the practice of the activities of fitness.
- Capacity to select and know use the material and sportive equipment adapted for the activities of fitness.
- Capacity to apply the physiological principles, biomechanics and social to the field of the activities of fitness.

Contents

Topic

SUBJECT I: Concept and evolution of the fitness	I.1. Concept and evolution of the fitness I.2. The fitness in the actuality I.3. The sector of the services of fitness I.4. The users/ace of the fitness
SUBJECT II: The polyvalent technician of fitness	II.1. Characteristics and training. II.2. Personal and social skills II.3. Guidelines for his professional development
SUBJECT III: Activities of fitness: the room cardio-fitness	III.1. Equipment and operation of a room cardio-fitness III.2. Basic guidelines of training in room III.3. Security and prevention of injuries III.4. The functional training in the room cardio-fitness
SUBJECT IV: Activities of fitness: current tendencies	Subtema IV.1. H.I.I.T. Subtema IV.2. Tonificación con soporte musical Subtema IV.3. Running Subtema IV.4. Cross fit Subtema IV.5. Entrenamiento excéntrico Subtema IV.6. Entrenamiento en suspensión: TRX Subtema IV.7. Core training Subtema IV.8. Entrenamiento propioceptivo Subtema IV.9. Stretching Global Activo Subtema IV.10. F.N.P. Subtema IV.11. Método Pilates

Planning

	Class hours	Hours outside the classroom	Total hours
Case studies / analysis of situations	1	10	11
Autonomous troubleshooting and / or exercises	0	25	25
Master Session	22	21	43
Short answer tests	2	15	17
Reports / memories of practice	0	10	10
Jobs and projects	30	14	44

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Case studies / analysis of situations	They will analyse studies on the current sportive services, the activities of fitness and typology of his users/ace.
Autonomous troubleshooting and / or exercises	Along the practical theoretical/sessions will realise autonomous works in small groups that link to the student/to with the contents.
Master Session	The character does necessary to combine several types of methodologies, depending on the nature of the aims to reach and the contents to treat. It will plead for an active methodology, alternating master class and work in small group in the theoretical sessions and the different proposals of tasks (of the professor and of the own students) in the sessions practise. Besides, the student will have of a virtual support of support to the teaching, through the platform FAITIC (http://www.uvigo.es/faitic), with what will be able to realise a partially on-line follow-up of the matter. - Organisation of the teaching: The sessions of theoretical and practical character will develop in schedule and location fixed by the centre.

Personalized attention

Methodologies	Description
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Master Session	Tutories TEMA Platform
Autonomous troubleshooting and / or exercises	Tutories TEMA Platform

Assessment		
	Description	Qualification
Autonomous troubleshooting and / or exercises	The students/ace will be evaluated in the theoretical and practical classes	15
Short answer tests	The theoretical examination will be able to consist of short questions and/or type test of the diverse contents.	50
Jobs and projects	It will elaborate a global project in small groups on an activity of fitness previously with the educational that include a theoretical structure, practical and of intervention in a population.	35

Other comments on the Evaluation

Sources of information

Colado Sánchez, J.C. (1996). *Fitness en las salas de musculación*. Zaragoza: INDE.

Earle, R.W. y Baechle, T.R. (2008). *Manual NSCA. Fundamentos del entrenamiento personal*. Barcelona: Paidotribo.

Isidro, F., Heredia, J.R., Pinsach, P. y Costa, M.R. (2007). *Manual del entrenador personal. Del fitness al wellness*. Barcelona: Paidotribo.

Thompson, W.R. (2009). *ACSM's guidelines to exercise testing and prescription*. Baltimore, MD: Lippincott Williams & Wilkins. 8th Ed.

Recommendations

Subjects that continue the syllabus

Physical exercise & welfare programs/P02G050V01910
