



## IDENTIFYING DATA

### Physical exercise & welfare programs

Subject	Physical exercise & welfare programs			
Code	P02G050V01910			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	4th	1st
Teaching language	Galician			
Department				
Coordinator	Alonso Fernández, Diego			
Lecturers	Alonso Fernández, Diego			
E-mail	diego_alonso@uvigo.es			
Web				
General description				

## Competencies

Code	
A13	(*)Capacidade para avaliar a condición física e prescribir exercicio físico orientado cara á saúde
A16	(*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais ao campo da actividade física e a saúde
B2	(*)Coñecemento e comprensión da literatura científica do ámbito da actividade física e o deporte
B13	(*)Hábitos de excelencia e calidade no exercicio profesional
B25	(*)Habilidade de liderado, capacidade de relación interpersoal e traballo en equipo
B26	(*)Adaptación a novas situacións, á resolución de problemas e á aprendizaxe autónoma

## Learning aims

Expected results from this subject	Training and Learning Results
(*)- Capacidad para aplicar los protocolos de valoración previa al ejercicio físico en distintos grupos poblacionales y patologías.	A13
(*)- Hábitos de excelencia y calidad en el ejercicio profesional.	B13
(*)Adaptación a nuevas situaciones, la resolución de problemas y el aprendizaje autónomo.	B26
(*)Habilidad de liderazgo, capacidad de relación interpersonal y trabajo en equipo.	B25
(*)Comprensión de la literatura científica del ámbito del ejercicio físico y el bienestar	B2
(*)Capacidad para identificar los riesgos que se derivan para la salud del desarrollo de las actividades físicas inadecuadas entre la población que realiza práctica física orientada a la salud	A16

## Contents

Topic	
1. New trends plan us of exercise and welfare.	1.1. Programs of physical exercise and welfare in aquatica. 1.2. New trends of programs with healthy physical orientation (Pilates method, stretching,hipopressive method).
2. The Personal trainer.	2.1. The figure of the personal trainer. 2.2. Marketing and communication of the personal trainer. 2.3. Application of the programs of physical exercise and wellbeing.I. 2.4. New equipments and tools stop the personal trainer.

3. Bases, structure, design and control of programs of physical exercise and wellbeing by objectives.	3.1. Preparation to the pregnancy, pre-childbirth and post-childbirth. 3.2. Functional recovery. 3.3. Reduction of weight. 3.4. Balance postural and muscular.
4. Programs of prevention and promotion of wellbeing.	4.1. Programs of promotion of active lifestyle. 4.2. Programs of prevention of harmful Frocks.
5. New technologies and equipment applied to programs of physical exercise and promotion of the health.	5.1. Technologies and equipment applied to programs of physical exercise and welfare. 5.2. Technology and Equipment in programs of promotion and prevention of the health.

### Planning

	Class hours	Hours outside the classroom	Total hours
Outdoor study / field practices	3	1	4
Projects	10	10	20
Laboratory practises	30	6	36
Master Session	30	45	75
Jobs and projects	5	5	10
Short answer tests	2	2	4
Practical tests, real task execution and / or simulated.	0.5	0.5	1

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

### Methodologies

	Description
Outdoor study / field practices	Exit and practical of field to sport instalations.
Projects	Manufacture of one group project related with the subject.
Laboratory practises	Practice of the cotents guided by teaching staff.
Master Session	Exhibition of the teaching staff of the ideas and basic contents of the subject.

### Personalized attention

#### Methodologies Description

Projects	The students will have tutories and personal attention through the email and the use of TEMA platform.
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### Assessment

	Description	Qualification
Master Session	To obtain this qualification is indispensable requirement reach 80% of the time of practice. CLARIFICATION: And indispensable condition reach 80% of assistance to the theorist and to the practice to be evaluation in both split.	5
Jobs and projects	To approve this part owes to reached 50% of the qualify of this part.  The students will owe to designe, schedule and developpe a work by Project of one fear linked with the subject. The students will owe *cumplir with the requirements of registration in the Work by Project, that was established in theoretical and practical kinds, us first 30 days of kind. The *incumplimento of this requirement will suppose to lose the right of participation in the project in this part.  The requirements of manufacture, develop and evaluation of the "Project" will be exposed pole teaching staff in kind and places it in the TEMA platform.	60
Short answer tests	To approve this part owes to reached 50% of this qualification part.	30
Practical tests, real task execution and / or simulated.	To obtain this qualify is indispensable requirement reach 80% of the time of practice. CLARIFICATION: it IS indispensable condition reach 80% of assistance to the theorist and to the practice to be evaluated in both split.	5

### Other comments on the Evaluation

## CLARIFICATIONS ENVELOPE To EVALUATION OF The 1ª EDITION:

The final qualification of the subject will calculate from the sum of the partial notes of each proof or \*apartado, provided that it reach 50% of the note of the project parta and in the examination is to say:

1. Assistance and participation to sessions \*maxistrais and practical (10% in total);
2. Assessment of the process of manufacture and of the resulted of the project (60%);
3. Proof written (30%);

## 2ª EDITION or ANNOUNCEMENT

The criteria will be the same out of the assistance and participation (10%).

In case of not approving in 1ª edition the "Project", to approve it in the 2ª edition, will be able to be substitue by a proof writing that evaluate the same competitions that intends develope and will have an equivalent value to the project of the 1ª edition.

They Will save the partial notes approved in 1ª edition stop this 2ª edition.

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### **Sources of information**

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### **Recommendations**

#### **Subjects that continue the syllabus**

Fitness activities/P02G050V01901

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#### **Subjects that are recommended to be taken simultaneously**

Assessment and prescription of physical activity for health/P02G050V01503

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#### **Subjects that it is recommended to have taken before**

Fitness activities/P02G050V01901

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