



## 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	
B2	Knowledge and comprehension of the scientific literature of the area of the physical activity and the sport.
B5	Knowledge and comprehension of the effects of the practice of the physical exercise on the structure and function of the human body.
B12	Application of the technologies of the information and communication (TIC) to the area of the Sciences of the Physical Activity and of the Sport.
B13	Habits of excellence and quality in the professional exercise.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.
C9	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practical physical and sports activity in the population who realizes sports training
C24	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical - sports recreative activity, with attention to the individual and contextual characteristics of the persons
C26	Aptitude to select the material and sports equipment adapted for every type of physical - sports recreative activity
C28	Aptitude to apply the physiological biomechanical, comportamental and social principles, in the physical - sports recreative activities
C29	Aptitude to identify the risks that stem for the health, of the practice of physical inadequate activities in the medical instructors of physical - sports recreative activity

### Learning outcomes

Expected results from this subject	Training and Learning Results	
The students will be able of *conocer *y comprise bases of the activities of *fitness.	B2 B5 B12 B13	
The students will be able to design, develop and evaluate the processes of And-To relative the activities of *fitness, with attention to the individual characteristics and *contextuales of the people.	B5 B25	C9 C24 C26 C28 C29
The students will be able to comprise wool scientific literature of the field of the activities of *fitness.	B2	
The students will be able to promote the training of frocks *perdurables and autonomous of practises of activity of *fitness.		C9

The students will be *capacades to identify the risks that derive stop the health of the practice of the activities of *fitness.		C29
The students will be able to select and know use the material and suitable sportive equipment stop B26 the activities of *fitness.		C24
The students will be able to apply the principles *fisiológicos, *biomecánicos, *comportamentales and social to the field of the activities of *fitness.	B5	C28

## 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 ( <a href="http://www.uvigo.es/faitic">http://www.uvigo.es/faitic</a> ), 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
Master Session	Tutories TEMA Platform
Autonomous troubleshooting and / or exercises	Tutories TEMA Platform

<b>Assessment</b>				
	Description	Qualification	Training and Learning Results	
Autonomous troubleshooting and / or exercises	The students/ace will be evaluated in the theoretical and practical classes	15	B5	C9 C24 C26 C28 C29
Short answer tests	The theoretical examination will be able to consist of short questions and/or type test of the diverse contents.	50	B2 B5 B12 B13 B25 B26	C9 C24 C26 C28 C29
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	B2 B5 B12 B13 B25 B26	C9 C24 C26 C28 C29

### **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 and wellbeing programs/P02G050V01910