



IDENTIFYING DATA

(*Exercicio e Condición Física no Ambito do Rendemento e a Saúde

Subject	(*)Exercicio e Condición Física no Ambito do Rendemento e a Saúde			
Code	P02M156V01201			
Study programme	(*)Máster Universitario en Investigación en Actividade Física, Deporte e Saúde			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	20	Optional	1st	2nd
Teaching language				
Department				
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Lecturers	Cancela Carral, José María García García, Óscar			
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Web				
General description				

Competencies

Code	
A1	Own and understand knowledge that provide a base or an opportunity to be original at the develop or application of ideas, often in a research context.
A2	The students known to apply the acquire knowledge and be able to solve problem in new environment or less known in wider contexts (or multidisciplinary) related with their study area.
A3	The students known to integrate knowledge and confront the complexity of formulate judgments from information that, been incomplete or limited, include reflexions about social and ethics responsibilities linked to the application of their knowledge and judgments.
A4	The studens know to communicate their conclusions-and the knowledge's and rationale that support it- to specialist public and not specialist on a clear way and unambiguously.
A5	The students own the ability of learn to continuos studying, in wide range, on a self-directed and autonomous way.
B1	Recognize and learn the study field of physical activity, health and sports, acquiring enough of abilities and methods of researching en these areas.
B2	Be able to devise, design, put in to practice and adopt a research process rigorously academics in the physical activity, health and sports study ambit.
B4	Critically analyze, evaluate and synthesize new and complex ideas in the physical activity, health and sports study ambit.
C2	Develop scientific thoughts capacity to research in the physical activity, health and sports study ambit.
C4	Show link attitudes with excellence habits, ethical commitment and quality in the research exercise physical activity, health and sports study ambit
C5	Known and dominant the information search procedures and tools, both en primary and secondary sources in physical activity, health and sports.
C6	Be able to analyze organized, select, classify and compile information about physical activity, health and sports study ambit.
C7	Assess, manage and combine different techniques of physical activity, health and sports sciences research.
C9	Be able to design and implement a research work in the physical activity, health and sports study ambit.

- C10 Manage software packages for the introduction and data analyze collected in the physical activity, health and sports study ambit.
- C11 Be able to select on a correct way the analyze model and appropriate data for the research design most used in the physical activity, health and sports study ambit.
- C13 Execute the most used statistical analyzed technique of the physical activity, health and sports research.
- C16 Be able to incorporated new technologies and integrate knowledge from other professional and scientific ambits.
- C17 Be able to participate in research projects in the physical activity and sports science ambit.
- C18 Develop on an efficient manner own task[s] of the design, implementation, analyzed and publish work related wit the exercise and physical condition study in the performance and health ambit.
- D1 Critically assess the knowledge, the technology and the available information to solve problems.
- D2 Effectively communicate in academic and informative ambits ideas and concepts linked with the physical activity, health and sports studies.
- D3 Be able to promote in academic and professional contexts activities to improve the technological advance, social and cultural, in physical activity, health and sports sciences field.
- D4 Use basic tools of information and communication technologies (ICTs) needed for their profession exercise and for the lifelong learning.

Learning outcomes

Expected results from this subject	Training and Learning Results
Know and know use the technicians of investigation on exercise and physical condition in the field of the performance and the health	A1 A2 A5 B1 C2 C5 C7 C13 C16 D1 D3 D4
Know realise a design of investigation for the analysis of the physical exercise and the physical condition in the fields of the performance and of the health	A2 A3 A5 B2 C4 C6 C9 C16 C17 C18 D1 D3
Know analyse the results and interpret them.	A2 A3 A4 A5 B4 C4 C10 C11 C13 D2 D4

Contents

Topic	
The scientific method in the study of the exercise and the physical condition in the field of the performance and the health.	Peculiarities of the scientific method in the study of the exercise and of the physical condition in the sportive performance
	Peculiarities of the scientific method in the study of the exercise and of the physical condition in the health

Designs of investigation for the analysis of the physical exercise and the physical condition in the fields of the performance and of the health.	Designs of investigation of effect of the exercise and the physical condition in the performance
	Designs of investigation of effect of the exercise and the physical condition in the performance
Implementation of a design for the analysis of the physical exercise and the physical condition in the fields of the performance and of the health.	Implementation of a design of investigation for the analysis of the physical exercise and the physical condition in the performance
	Implementation of a design of investigation for the analysis of the physical exercise and the physical condition in the health
Collected and processing of corresponding data to a design for the analysis of the physical exercise and the physical condition in the fields of the performance and of the health.	Collected and processing of data in a design of investigation in the field of the performance
	Collected and processing of data in a design of investigation in the field of the health
Oral communication and written of a design for the analysis of the physical exercise and the physical condition in the fields of the performance and of the health.	Oral communication and written of a design of investigation of analysis of the exercise and the physical condition in the performance
	Oral communication and written of a design of investigation of analysis of the exercise and the physical condition in the health

Planning

	Class hours	Hours outside the classroom	Total hours
Master Session	10	0	10
Laboratory practises	60	0	60
Group tutoring	15	0	15
Proceedings	15	0	15
Autonomous troubleshooting and / or exercises	0	398	398
Short answer tests	1	0	1
Jobs and projects	1	0	1

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

Methodologies

	Description
Master Session	Exhibition of the main theoretical contents of the matter with help of audiovisual means.
Laboratory practises	Realisation practises of experimental procedures (collected and management of data) and training in the handle of instruments of investigation.
Group tutoring	Resolution of doubts and follow-up of works
Proceedings	Meetings and activities of group of investigation to tackle the different projects and initiatives in course: follow-ups of experiments, analysis of articles, exhibition of of works (communications in congresses, articles in preparation)
Autonomous troubleshooting and / or exercises	Development of partial works on the development and the resolution of problems of a design of investigation, collected of data, analysis and report of the results, as well as oral communication and written of the same

Personalized attention

Methodologies Description

Group tutoring	The student will receive personalised attention in the destined schedule to this in each academic course. Also they will establish *tutorías *pactadas to realise the follow-up and control of his activity inside the *asignatura
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Assessment

	Description	Qualification	Training and Learning Results			
Master Session	It will realise an examination of short answer on the contents given in the sessions *magistrales	20	A1	B1	C2	D1
Laboratory practises	They will deliver small works realised during the practices	20	A3	B2	C4	D4
					C5	
					C7	
					C10	
					C16	
					C17	

Autonomous troubleshooting and / or exercises	Work realised on the design of investigation posed	60	A2 A4 A5	B2 B4	C6 C9 C10 C11 C13 C18	D2 D3
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Other comments on the Evaluation

The student will have to surpass all the proofs of evaluation to be able to surpass the *asignatura

Sources of information

Hohmann, A., Lames, M., y Letzeier, M. (2005). Introducción a la ciencia del entrenamiento. Barcelona: Paidotribo.

Nacleiro, F. (2011). , Entrenamiento Deportivo: fundamentos y aplicaciones en diferentes deportes. Madrid: editorial medica panamericana.

Neumaier, A. de Marees, H., Seiler, R. (2002). , Entrenamiento de la técnica. Contribuciones para un enfoque interdisciplinario.

Tomas, J.R. y Nelson , J.K. (2006). , Métodos de investigación en actividad física. Barcelona: Paidotribo.

McGarry, T.; O´Donogue, P. y Sampaio, J., Handbook of Sports performance analysis. New York: Routledge.

Recommendations