



## IDENTIFYING DATA

### Exercise and Physical Condition in Performance and Health

Subject	Exercise and Physical Condition in Performance and Health			
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	Spanish Galician			
Department				
Coordinator	García García, Óscar			
Lecturers	Cancela Carral, José María García García, Óscar			
E-mail	oscargarcia@uvigo.es			
Web	<a href="http://www.healthyfit.es">http://www.healthyfit.es</a>			
General description	(*)Análise do método científico e a súa aplicación no ámbito da actividade física saudable e do deporte			

## Skills

Code	
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 students know to communicate their conclusions-and the knowledge 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 continuous studying, in wide range, on a self-directed and autonomous way.
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
C6	Be able to analyze organized, select, classify and compile information about 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.
D2	Effectively communicate in academic and informative ambits ideas and concepts linked with the physical activity, health and sports studies.
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
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Know and know use the technicians of investigation on exercise and physical condition in the field of the performance and the health

A3  
C2  
C6  
C10  
C11  
C13  
C16  
D4

Know analyse the results and interpret them.

A2  
A3  
A4  
A5  
B4  
C4  
C10  
C11  
C13  
D2

## 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
Lecturing	6	30	36
Laboratory practical	70	150	220
Seminars	6	15	21
Debate	6	15	21
Flipped Learning	12	30	42
Autonomous problem solving	0	100	100
Problem and/or exercise solving	1	20	21
Essay	1	38	39

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

## Methodologies

	Description
Lecturing	Exhibition of the main theoretical contents of the matter with help of audiovisual means.
Laboratory practical	Realisation practises of experimental procedures (collected and management of data) and training in the handle of instruments of investigation.
Seminars	Resolution of doubts and follow-up of works

Debate	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 works (communications in congresses, articles in preparation)
Flipped Learning	The student will receive through the platform of *teledocencia *fatic documentation so that it can work on her and later can pose to the professor doubt or problems of learning related with these contents
Autonomous problem solving	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 assistance

Methodologies	Description
Lecturing	The student will receive personalized attention at the time designated for it in each academic year. Agreed tutorials will also be established to monitor and control their activity of the theoretical contents within the subject. The tutorials or meetings will be held either in person or through virtual modality, either through the virtual offices of the teachers (1006, prof. Dr. Oscar García García), or by email or through the forums of the tele-teaching platform Moovi.
Laboratory practical	The student will receive personalized attention at the time designated for it in each academic year. Agreed tutorials will also be established to monitor and control their activity of the theoretical contents within the subject. The tutorials or meetings will be held either in person or through virtual modality, either through the virtual offices of the teachers (1006, prof. Dr. Oscar García García), or by email or through the forums of the tele-teaching platform Moovi.
Seminars	The student will receive personalized attention at the time designated for it in each academic year. Agreed tutorials will also be established to monitor and control their activity of the theoretical contents within the subject. The tutorials or meetings will be held either in person or through virtual modality, either through the virtual offices of the teachers (1006, prof. Dr. Oscar García García), or by email or through the forums of the tele-teaching platform Moovi.

### Assessment

	Description	Qualification	Training and Learning Results			
Problem and/or exercise solving	The proof will consist in a battery of ten questions of short answer, on all the contents impartidos in the subject	25	A3 A5	B4	C2 C6	
Essay	The work will consist in realizing a design of investigation on an original subject in the exercise and physical condition in the field of the health or of the performance, establishing a positioning on the subject to treat through the references in the literature, signalling objective, hypothesis and developing the method that would have to carry out to do reality the design of investigation	75	A2 A3 A4 A5	B4	C2 C4 C6 C10 C11 C13 C16	D2 D4

### Other comments on the Evaluation

The student will have to surpass all the proofs of evaluation to be able to surpass the subject. In case of not having surpassed the subject in the first announcement, the no purchased competitions will be evaluated in the announcement of July. The evaluation in successive announcements will realise of the same forms that the posed initially with the two proofs. The official dates of the examinations can consult in the page web of the faculty of Sciences of the Education and of the Sport <http://fcced.uvigo.es>

### Sources of information

#### Basic Bibliography

Nacleiro, F., **Entrenamiento Deportivo: fundamentos y aplicaciones en diferentes deportes**, 1ª, medica panamericana., 2011

Tomas, J.R. y Nelson, J.K., **Métodos de investigación en actividad física**, 1, Paidotribo, 2006

Polit, DF, **Investigación científica en ciencias de la salud : Principios y métodos**, 1ª, McGraw-Hill, 2000

#### Complementary Bibliography

Hohmann, A., Lames, M., y Letzeier, M., **Introducción a la ciencia del entrenamiento**, 1ª, Paidotribo, 2005

McGarry, T.; O'Donogue, P. y Sampaio, J., **Handbook of Sports performance analysis**, 1, Routledge, 2013

Narváez, V. P. D., **Metodología de la investigación científica y bioestadística: para médicos, odontólogos y estudiantes de ciencias de la salud**, 1ª, RIL, 2009

### Recommendations

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

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Multivariate Analysis/P02M156V01109

Observation Designs Applied to Sports Research/P02M156V01105

Research Methods in Physical Activity and Sports Sciences/P02M156V01101

Qualitative Methods in Physical Activity and Sports Sciences/P02M156V01106

Experimental and Quasi-experimental Methods in Physical Activity and Sports Sciences/P02M156V01103

Selective Correlational Methodology/P02M156V01104

Systematic Review and Meta-analysis/P02M156V01107

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**Contingency plan**

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**Description**

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As a consequence of COVID-19 and in accordance with the extraordinary and urgent measures in the event of a health crisis, approved by the Governing Council on June 12, 2020 and the Resolution Rectoral of June 17, 2020 for its implementation, an instruction was prepared from the VOAP for the development of the teaching guides.

Based on this, the teaching of this subject for the 2021/2022 academic year in the event of a re-emergence of COVID-19 will be through a blended modality, in which neither the teacher nor the students attend the classroom physically, except in practical sessions . The theoretical classes will be carried out by remote campus and through the moodle platform. If necessary, this modality would be activated by RR.

The contents of the subject are maintained, both theoretical and practical

The teaching methodology in this case will be based fundamentally on reverse learning "Flipped Learning" in substitution of the other methodologies, where the student will work autonomously on the documents provided by the teacher through the Fatic (Moovi) tele-teaching platform and on the virtual face-to-face classes will be raised and the problems, doubts and shortcomings detected by the student and the teacher will be resolved.

The evaluation system will be the same.

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