



IDENTIFYING DATA

(*)Kinesiología do movemento humano

Subject	(*)Kinesiología do movemento humano			
Code	P02G051V01107			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Viaño Santasmarinas, Jorge Juan			
Lecturers	Serrano Gómez, Virginia Viaño Santasmarinas, Jorge Juan			
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General description				

Training and Learning Results

Code	
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B3	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C5	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
C6	2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
C7	2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
C8	2.4 Articulate and display an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical fitness and physical-sports performance.
C16	4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations

- D5 2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
- D6 2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
- D7 2.3 Design and apply with fluency, naturalness, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimization; in order to be able to solve unstructured problems, of increasing complexity and unpredictable and with emphasis on special populations.
- D11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
- D18 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations.

Expected results from this subject

Expected results from this subject	Training and Learning Results		
New	B2	C5	D5
	B3	C7	D6
		C8	D7
New	B2		D6
	B3		D18
New	B3	C6	
New	B2	C5	D5
		C7	D7
			D18
New	B2	C5	D6
		C6	
New	B3	C6	D6
New	B3	C6	D6
		C8	D18
		C16	
New	B3	C6	D6
			D11

Contents

Topic	
Concepts, classifications and tendencies of the physical exercise	Subject 1. Foundations and mechanical of the realisation motriz.
	Subject 2. The corporal movement. Descriptores And approaches in the application of the exercise.
Ontogenetic Cinesiología	Subject 3. The skeletal system, functions and articular movements.
	Subject 4. Structure and muscular action in the exercises.
Mechanical analysis of the physical exercise.	Subject 5. Traditional analytical perspectives vs global of the body and of the movement and his implications kinesiológicas (e.g. muscular chains, anatomical roads, etcetera)
	Subject 6. Analysis of the posture and of the movements applying the different perspectives of the body and movement.

Subject 7. The basic physical capacities and his implications kinesiológicas.

Subject 8. The dependent capacities of the device locomotor and his implications kinesiológicas.

Subject 9. The dependent capacities of the processes of obtaining and utilisation of energy and his implications kinesiológicas.

Subject 10. The capacities psicomotrocies and his implications kinesiológicas.

Planning

	Class hours	Hours outside the classroom	Total hours
Laboratory practical	24	3	27
Problem solving	1	30	31
Presentation	1	1	2
Lecturing	16	18	34
Practices through ICT	4	1	5
Objective questions exam	0.5	30	30.5
Laboratory practice	0.5	20	20.5

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

Methodologies

	Description
Laboratory practical	In the schedule of practices of laboratories will develop tasks and exercises directed by the professor on appearances presented in the theoretical classes.
Problem solving	The theoretical concepts will be accompanied in the theoretical classes with exercises and resolution of problems.
Presentation	They will present studies of cases so that student can have references
Lecturing	It will use the exhibition by part of the professor like half main of education.
Practices through ICT	(*Co apoio de plataforma de teleformación dispoñible deberanse realizar algunhas prácticas que axuden a assimilar os contidos teórico-prácticos.

Personalized assistance

Methodologies	Description
Lecturing	The student will have of a schedule of tutorias to be able to solve concrete doubts on the contents given in class.
Laboratory practical	The student will have of a schedule of tutorias to be able to solve concrete doubts on the practical contents given in class.
Problem solving	The student will have of a schedule of tutorias to be able to solve concrete doubts on the problems and exercises posed in class.

Assessment

	Description	Qualification	Training and Learning Results
Laboratory practical	It is compulsory to assist at least to 80% of the practices to be able to obtain a positive evaluation	0	D5 D6 D7
Problem solving	Will review the exercises realized by the students in the practices of laboratory and theoretical. It is compulsory to realize all the exercises proposed in the kinds	40	C5 D5 C6 D6 C7 D11 C16 D18
Practices through ICT	(*É obrigatorio realizar e entregar en tempo e forma TODOS E CADA UN DOS CUESTIONARIOS *ONLINE propostos a través da plataforma de *eleformación. O profesorado determinará a data, os criterios de calidade e fará pública a nota mínima de cada exercicio para a súa superación e cómputo na nota final.	20	D5 D6 D7
Objective questions exam	It realised an examination type test of only answer, on 5 possible, taking into account that each 4 errors discounts a positive, or his proportional part	40	B2 B3

Other comments on the Evaluation

OTHER COMMENTS:

1. All the alumnado assist or no to the classrooms, has right to be evaluated (by means of examination or as it establish the guide docente).
2. The official dates of the examinations can consult in the web of the empower
3. It is compulsory to assist at least to 80% of the practices of laboratory to can obtain a positive evaluation. In the case of not achieving the minimum assistance indicated (80%) the student will have to realize a practical examination that will evaluate the competitions vinculadas to the same and that has to surpass with a 5 on 10 points.
4. It is compulsory to realize all the exercises proposed in the theoretical and practical kinds, delivering them in time and form specified in his moment for each exercise/task/practical/problem, etcétera.
5. It will realize an examination type test of only answer, on 5 possible, having in account that each 4 erroneous answers will discount a positive, or his proportional part. In the examination type test will have to obtain a minimum punctuation of 5 (Scale of 0-10).
6. Of not having surpassed the subject in the first edition or announcement, the no purchased competitions will be evaluated in the 2^o edition or announcement.

2^o EDITION Or ANNOUNCEMENT (JULIO)

1. In this announcement or edition will maintain the same criteria that in the 1^o edition or announcement.

Sources of information

Basic Bibliography

Muscolino, J.E., **Kinesiology: The Skeletal System and Muscle Function**, 9780323812764, 4, Elsevier - Health Sciences Division, 2022

Myers, T.W., **Vías anatómicas. Meridianos miofasciales para terapeutas manuales y profesionales del movimiento**, 9788491137252, 4ª, S.A. ELSEVIER ESPAÑA, 2021

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Complementary Bibliography

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Behm, David G., **The Science and Physiology of Flexibility and Stretching Implications and Applications in Sport Performance and Health**, 9781138086913, Routledge, 2018

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Alter, J.M., **Los estiramientos**, Paidotribo, 2004

Fucci, S. Benigni, M., y Fornarsari, V., **Biomecánica del aparato locomotor aplicado al acondicionamiento muscular**, Elsevier, 2003

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Nacleiro, F., **Entrenamiento deportivo. Fundamentos y aplicaciones**, Médica-Panamericana, 2011

Nitsch, JR., Neumaier, a., Marées, H. & amp; amp; amp; Mester, J., **Entrenamiento de la técnica. Contribuciones para un enfoque interdisciplinario**, Paidotribo, 2002

VVAA, **Kinesiología y anatomía aplicada a la actividad física**, Paidotribo, 2001

Knudson, D.V., **Qualitative analysis of human movement**, 2, Human Kinetics, 2002

Zatsiorsky, V. M.; Kraemer, W. J., **Science and Practice of Strength Training**, 2, Human Kinetics, 2006

Busquet, L.; Busquet-Vanderheyden, M., **Las Cadenas fisiológicas**, Paidotribo, 2016

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Kapandji, Adalbert Ibrahim, **Fisiología articular V.1, 2 y 3**, V1: 978-8498354584 / V2: 978-8498354591 / V3: 978-8498354607, 3, Médica Panamericana, 2006-2010

Recommendations

Subjects that continue the syllabus

Biomechanics of sports techniques/P02G050V01903

Planning and methodology in sports training 1/P02G050V01502
