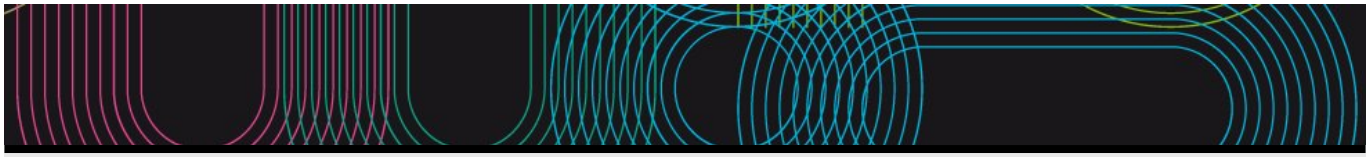

IDENTIFYING DATA				
Exercise and Physical Condition in Performance and Health				
Subject	Exercise and Physical Condition in Performance and Health			
Code	P02M156V01201			
Study programme	Máster Universitario en Investigación en Actividad Física, Deporte y Salud			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	20	Optional	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Cancela Carral, José María			
Lecturers	Cancela Carral, José María Serrano Gómez, Virginia			
E-mail	chemacc@uvigo.es			
Web	http://www.healthyfit.es			
General description	(*)Analise do método científico e a súa aplicación no ambito da activdiade física saudabel e do deporte			

Training and Learning Results	
Code	
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.
C2	Develop scientific thoughts capacity to research in the 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.
D4	Use basic tools of information and communication technologies (ICTs) needed for their profession exercise and for the lifelong learning.

Expected results from this subject	
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	A3 C2 C6 C10 C11 C13 C16 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
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	20	21
Essay	1	17	18
*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 of works (communications in congresses, articles in preparation)
Flipped Learning	The student will receive through the platform of *teledocencia *faitic 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	C2 C6	
Essay	The work will consist in realizing a design of investigation envelope an original subject in the exercise and physical condition in the field of it greet or of the performance, establishing a *posicionamiento envelope the subject to treat through the references in the literature, pointing out objective, hypothesis and developing the method that would owe carry out to do reality the design of investigation. Theoretical contents	35	A3	C2 C6 C10 C11 C13 C16	D4
Essay	The work will consist in realizing a design of investigation envelope an original subject in the exercise and physical condition in the field of it greet or of the performance, establishing a envelope the subject to treat through the references in the literature, pointing out objective, hypothesis and developing the method that would owe carry out to do reality the design of investigation practical Contents	40	A3	C2 C6 C10 C11 C13 C16	D4

Other comments on the Evaluation

Continuous assessment. It will be essential to pass the subject:
1. Attend at least 80% of the classes.
1. Obtain a minimum of 5 points in each of the three assessment tests described above.
2. Present in due time and form the different works related to the contents of the subject.
3. Present and defend the tutored work in the classroom.
Global Evaluation: It will be carried out when the student does not meet any of the points of the continuous evaluation. This Global evaluation will consist of presenting and defending the tutored work and carrying out a practical theoretical exam on the contents of the subject. To pass the subject it will be necessary to pass each of the parts with a 5.
If you have not passed the subject in the first call, the skills not acquired will be evaluated in the July call.
Only the grade of the part approved for the second call of the same academic year will be saved.
The official dates of the exams can be consulted on the faculty website at the link:
http://fcced.uvigo.es/gl/docencia/exames
For the rest of the calls, the same criteria as the June call are applied.

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

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