



IDENTIFYING DATA

Physical exercise and wellbeing programs

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|---------------------|---|----------|------|------------|
| Subject | Physical exercise and wellbeing programs | | | |
| Code | P02G050V01910 | | | |
| Study programme | (*)Grao en Ciencias da Actividade Física e do Deporte | | | |
| Descriptors | ECTS Credits | Choose | Year | Quadmester |
| | 6 | Optional | 4th | 1st |
| Teaching language | Spanish Galician | | | |
| Department | | | | |
| Coordinator | Serrano Gómez, Virginia | | | |
| Lecturers | Serrano Gómez, Virginia | | | |
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| Web | http://http://fcced.uvigo.es/gl/ | | | |
| General description | | | | |

Competencies

| | |
|------|--|
| Code | |
| B1 | Conceptualization and identification of the object of study of the Sciences of the Physical Activity and the Sport. |
| 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. |
| B6 | Knowledge and compression of the effects of the practice of the physical exercise on the psychological and social aspects of the human being. |
| 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. |
| B14 | Managing of the scientific basic information applied to the physical activity and to the sport in his different manifestations. |
| B16 | Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of the physical activity and of the sport. |
| B18 | Aptitude to apply the physiological beginning, biomechanics, behavioral and social, to the different fields of the physical activity and the sport. |
| B24 | Action inside the ethical beginning necessary for the correct professional exercise. |
| B26 | Adjustment to new situations, the resolution of problems and the autonomous learning. |
| C25 | Aptitude to plan, to develop and control the accomplishment of physical - sports recreative activities |
| C26 | Aptitude to select the material and sports equipment adapted for every type of physical - sports recreative activity |
| 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 have the capacity to value distinct personal situations to schedule the practice of physical activity of form *individualizada. | B2 B5 B6 B13 B14 B16 B18 B26 | C25 C26 C29 |
| The students will show frocks of excellence and quality in the professional exercise. | B13 B24 | |
| The students will be able to adapt the new situations, the resolution of problems and the autonomous learning. | B26 | C25 |
| The students will show skill of leadership, capacity of relation *interpersoal and work in team. | B12 B13 B24 B26 | |
| The students will comprise the scientific literature of the field of the physical exercise and the welfare | B1 B2 | |
| The students will show the capacity to identify the risks that derive stop the health of the development of the inappropriate physical activities go in the population that realizes practical geared physics to the health | B26 | C25 C26 C29 |

Contents

| Topic | |
|--|---|
| 1. New Trends of the fitness, wellness, & healthy | 1.1. Programs of physical exercise and welfare in the current sportive services. 1.2. New Trends of programs with orientation healthful physicist. |
| 2. The personal Training. | 2.1. The figure of the personal trainer. 2.2. Marketing and communication. 2.3. Application of the programs of physical exercise and wellness to the personal training. |
| 3. Bases, structure, design and control of programs of physical exercise and wellness as the objective of the people users | 3.1. Segments populations in the practitioners of sportive services. |
| 4. Equipments of fitness, wellness, & healthy | 4.1. The trends in the equipment of the sportive services and the fitness 5.2. Equipments. |

Planning

| | Class hours | Hours outside the classroom | Total hours |
|---------------------------------|-------------|-----------------------------|-------------|
| Laboratory practical | 26 | 16 | 42 |
| Problem solving | 2 | 10 | 12 |
| Presentation | 2 | 5 | 7 |
| Mentored work | 2 | 22 | 24 |
| Flipped Learning | 2 | 13 | 15 |
| Lecturing | 17 | 2 | 19 |
| Problem and/or exercise solving | 1 | 30 | 31 |

*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 | Activities of application of knowledge to concrete situations and acquisition of basic and procedural skills related to the subject matter of study. According to the contents can be developed in special spaces with specialized equipment |
| Problem solving | Activity in which problems and / or exercises related to the subject are formulated. The student must develop appropriate or correct solutions through the exercise of routines, the application of formulas or algorithms, the application of procedures for transforming the available information and the interpretation of the results. It is usually used as a complement to the master class. |
| Presentation | Activity in which problems and / or exercises are formulated Exhibition by the students before the teacher and / or a group of students of a subject on contents of the subject or of the results of a work, exercise, project ... |
| Mentored work | The student, in a small group, prepares a document on the theme of the subject previously agreed with the teacher. |

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|------------------|--|
| 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 |
| Lecturing | <p>The nature of the subject makes it necessary to combine several types of methodologies, depending on the nature of the objectives to be achieved and the contents to be treated. An active methodology will be advocated, alternating masterly presentations and work in small groups in the theoretical sessions and experience of the different task proposals (of the teacher and of the students themselves) in the practical sessions.</p> <p>In addition, the student will have a virtual support for teaching, through the TEMA platform (http://www.uvigo.es/faitic), with which you can perform a partial online monitoring of the subject.</p> <p>- Organization of teaching:</p> <p>The theoretical and practical sessions will be held at a time and location set by the center.</p> |

Personalized assistance

| Methodologies | Description |
|----------------------|---|
| Laboratory practical | In the schedule of *tutorías will resolve concrete doubts on the practical contents. Like consequence of the *COVID-19 and in accordance with the extraordinary and urgent measures for or development of the educational organisation in the course 2020/2021 in case of sanitary crisis, approved by the Council of *Gobierno of 12 June 2020 and of the Resolution *Rectoral of 17 June 2020 for his implementation, elaborated an instruction from the *VOAP for the preparation of the educational guides. In base to this, the *tutorías of this matter in case of burgeon of the *COVID-19 will be attended by means of virtual modality, well through the virtual dispatches of the professors (2438, *prof. Dr. Virginia *Serrano Gómez), or of email or by means of the forums of the platform of *teledocencia *faitic |
| Problem solving | In the schedule of *tutorías will resolve concrete doubts on the exercises and cases analysed. Like consequence of the *COVID-19 and in accordance with the extraordinary and urgent measures for or development of the educational organisation in the course 2020/2021 in case of sanitary crisis, approved by the Council of *Gobierno of 12 June 2020 and of the Resolution *Rectoral of 17 June 2020 for his implementation, elaborated an instruction from the *VOAP for the preparation of the educational guides. In base to this, the *tutorías of this matter in case of burgeon of the *COVID-19 will be attended by means of virtual modality, well through the virtual dispatches of the professors (2438, *prof. Dr. Virginia *Serrano Gómez), or of email or by means of the forums of the platform of *teledocencia *faitic |
| Mentored work | In the schedule of *tutorías will resolve concrete doubts on the works developed. Like consequence of the *COVID-19 and in accordance with the extraordinary and urgent measures for or development of the educational organisation in the course 2020/2021 in case of sanitary crisis, approved by the Council of *Gobierno of 12 June 2020 and of the Resolution *Rectoral of 17 June 2020 for his implementation, elaborated an instruction from the *VOAP for the preparation of the educational guides. In base to this, the *tutorías of this matter in case of burgeon of the *COVID-19 will be attended by means of virtual modality, well through the virtual dispatches of the professors (2438, *prof. Dr. Virginia *Serrano Gómez), or of email or by means of the forums of the platform of *teledocencia *faitic |

Assessment

| | Description | Qualification | Training and Learning Results |
|---------------------------------|---|---------------|--|
| Laboratory practical | Be valued attendance and active participation in Different practical tests | 15 | C25 C26 C29 |
| Presentation | Presentation by the students' teachers and / or group of students on a subject contents chair of the Results of a work, exercise, Project | 5 | B6 B12 B13 B24 B26 |
| Mentored work | The student, in a small group, prepares a document on the subject matter previously agreed with the teacher. | 20 | B2 B5 B12 C25 C26 C29 |
| Problem and/or exercise solving | The theoretical examination will consist of short questions and / or test all the different aspects of the matter. | 60 | B13 B16 B18 B24 B26 C25 C26 C29 |

Other comments on the Evaluation

All students attending or in the classrooms, have the right to be evaluated (by examination as provided for by the teaching

guide).

a) First edition exam will be valued as 60%, work-Project 20%, exhibits and / or participation 5% and practical sessions 15% (Must attend at least 80% of the practice sessions). Students who do not meet 80% of practical assistance, should make a practical exam and / or include a question / s extra development in examining short answer / test.

It is essential to pass the exam with a score theoretical minimum of 5 points to pass the subject.

b) not having passed the matter on the first call, the skills not be acquired will be evaluated in the 2nd edition. In this 2nd edition, the examination will be valued as 100%.

c) The official dates of the exams can be found on the website of the faculty

Sources of information

Basic Bibliography

American College of Sports Medicine, **ACSM's guidelines to exercise testing and prescription**, Lippincott Williams & Wilkins, 2009

Bouchard, C., Blair, S.N., Haskell, W., **Physical activity and health**, Human Kinetics, 2007

Buckley, J.P., Redgrave, A., Redgrave, S., **Exercise physiology in special populations**, Churchill Livingstone.-Dwyer, 2008

Coburn, J. W., Malek, M. H., **Manual NSCA. Fundamentos del Entrenamiento Personal**, Paidotribo, 2014

Dwyer, G.B., Davis, S.E., **ACSM's health-related physical fitness assessment manual**, Lippincott Williams & Wilkins, 2008

Earle, R., **Fundamentos del entrenamiento personal.**, Paidotribo, 2008

García-García, O. y Serrano Gómez, V., **Entrenamiento personal. Guía para el desarrollo profesional**, Medica Panamericana, 2017

Riva, L., **Physical activity and health guidelines. Recommendations for various ages, fitness levels, and conditions from 57 authoritative sources**, Human Kinetics., 2010

Werner, W.K., Hoeger, S.A., **Fitness and wellness.**, 8, Wadsworth, 2009

Complementary Bibliography

American College of Sports Medicine, **Exercise management for persons with chronic diseases and disabilities**, Human Kinetics, 2003

Busquet, L, **Las cadenas musculares (tomo I)**, Paidotribo, 2000

Colado, J.C, **Acondicionamiento físico en el medio acuático**, Paidotribo, 2004

Gomariz, J.R., **Estiramientos de cadenas musculares**, La liebre de marzo, 2009

Isidro, F., Heredia, J.R, Pinsach, P., Ramón-Costa, M., **Manual del entrenador personal: del fitness al wellness**, Paidotribo, 2007

Ratames, N, **Manual ACSM de Entrenamiento de la Fuerza y del Acondicionamiento Físico**, Paidotribo, 2015

Souchard, P, **RPG. Principios de la reeducación postural global**, Paidotribo, 2005

Recommendations

Subjects that continue the syllabus

Fitness activities/P02G050V01901

Subjects that are recommended to be taken simultaneously

Evaluation and prescription of physical exercise for health/P02G050V01503

Subjects that it is recommended to have taken before

Fitness activities/P02G050V01901

Evaluation and prescription of physical exercise for health/P02G050V01503

Contingency plan

Description

Like consequence of the *COVID-19 and in accordance with the extraordinary and urgent measures for or development of the educational organisation in the course 2020/2021 in case of sanitary crisis, approved by the Council of *Gobierno of 12 June 2020 and of the Resolution *Rectoral of 17 June 2020 for his implementation, elaborated an instruction from the *VOAP for the preparation of the educational guides.

In base to this, the teaching of this matter in case of burgeon of the *COVID-19 will be by means of virtual face-to-face modality, in which neither the professor neither the students assist to the classroom of fitness. The classes and the evaluation carried out by remote campus and by means of the platform *moodle. Arrived the case would activate this modality by means of *RR.

They keep the contents of the matter, so many theorists like practical and the system of evaluation.

The educational methodology in this case will base fundamentally in the reverse learning "*Flipped *Learning" in replacement of the others methodologies, where the student will work of autonomous form the documents facilitated by the

professor through the platform of *teledocencia *Faitic and in the virtual face-to-face classes will pose and will resolve the problems, doubts and lacks detected by the student and by the professor.
