



Guías docentes UJA

Horarios de tutorías

Llamamientos PEVAU

Syllabus 2023-24 - 12113001 - Physical Activity and Health (Actividad física y salud)

Caption

- Level 1: Tutorial support sessions, materials and exams in this language
- Level 2: Tutorial support sessions, materials, exams and seminars in this language
- Level 3: Tutorial support sessions, materials, exams, seminars and regular lectures in this language

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DEGREE: Grado en Educación primaria (12113001)
 FACULTY: FACULTY OF HUMAN SCIENCES AND EDUCATION
 DEGREE: Grado en Educación infantil (12013019)
 FACULTY: FACULTY OF HUMAN SCIENCES AND EDUCATION
 ACADEMIC YEAR: 2023-24
 COURSE: Physical Activity and Health

SYLLABUS

1. COURSE BASIC INFORMATION

NAME: Physical Activity and Health
 CODE: 12113001 (*) ACADEMIC YEAR: 2023-24
 LANGUAGE: English LEVEL: 2
 ECTS CREDITS: 6.0 YEAR: 4 SEMESTER: SC

2. LECTURER BASIC INFORMATION

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LANGUAGE: - LEVEL: 2

3. CONTENT DESCRIPTION

PART. I. CONTEXTUALIZATION AND CONCEPTUALIZATION OF PHYSICAL ACTIVITY RELATED TO HEALTH.

UNIT 1. PHYSICAL ACTIVITY IN THE SOCIETY OF THE 21ST CENTURY.

PART II. BASES FOR THE PRESCRIPTION OF HEALTH-ORIENTED PHYSICAL ACTIVITY.

UNIT 3. SCIENTIFIC EVIDENCE IN THE PRESCRIPTION OF HEALTHY PHYSICAL EXERCISE.

UNIT 4. THE PROCESS OF PRESCRIPTION OF HEALTHY PHYSICAL EXERCISE.

UNIT 5. THE NEW TECHNOLOGIES APPLIED TO THE FIELD OF PHYSICAL ACTIVITY AND SPORT.

PART III. HEALTH-ORIENTED SCHOOL PHYSICAL EDUCATION.

UNIT 6. HEALTHY PHYSICAL ACTIVITY IN THE PRIMARY EDUCATION CURRICULUM.

UNIT 7. PROPOSALS FOR INTERVENTION FROM HEALTH-ORIENTED PHYSICAL EDUCATION.

4. COURSE DESCRIPTION AND TEACHING METHODOLOGY

The methodology that will be used throughout the teaching-learning process is very marked by the fact that the subject of "Physical Activity and Health" has a theoretical-practical nature, which entails a combination of theoretical sessions in the Classrooms, theoretical-practical sessions in the pavilion or any other suitable installation for it.

Finally, the following are the different methods of activities that will be developed throughout this educational process.

A) Lectures.

The lecture or theoretical class could be defined as "a teaching time occupied, entirely or mainly, by the continuous exposure of a lecturer. Students may ask and participate in small discussions on the subject matter, but usually do not Other than listening and taking notes. " From this definition we can conclude that the method used mainly in these expositions is the expositive affirmative method, in which the teacher communicates contents to the students without an oral response by the student, and in which, occasionally, the students have the Opportunity to ask or participate in a small discussion.

B) Debates.

On certain occasions, the experiences and reviews on specific topics by the student body lends itself to establishing discussions and debates about certain aspects related to physical activity and its relation with health, introducing the students in a much more participatory process. In addition, this type of activity encourages university students to exchange opinions and develop a critical and reflective attitude.

C) Theoretical-practical classes.

The theoretical-practical classes have an eminently practical component that is quite considerable but without forgetting that during this type of sessions, concepts are introduced before, during or after them.

The demonstrative affirmative method is employed, in which the emphasis is not on the teacher's explanation but on the task to be performed and its execution.

D) Documentary reviews.

The documentary revisions are part of the training process of the students and offers them the opportunity on the one hand, not to limit their knowledge to what is strictly explained in class, with the gain of time that this supposes, and on the other hand, to promote the attitude And the habit of increasing their cognitive baggage. The knowledge acquired through these reviews will be part of the content to be evaluated and can be expressed through written works, exhibitions, debates, etc., so that they become more meaningful.

E) Seminars of the monographic contents.

d) Educational outings

During the course, activities will be carried out outside the classroom and educational outings related to the practice of healthy physical activities in the natural environment. Its timing came from the organization of practical content and logistics.

Students with special educational needs should contact the Student Attention Service (Servicio de Atención y Ayudas al Estudiante) in order to receive the appropriate academic support

5. ASSESSMENT METHODOLOGY

To overcome the theoretical and practical contents of the subject, an evaluation system of continuous and formative nature has been proposed during the course of the academic period.

A) Class attendance will be compulsory and will be controlled through a control register. The overcoming of 20% of absences, both theoretical and practical, will mean the loss of the right of the student to be evaluated through this system. In that case the student to pass the subject will have to present himself to the test of theoretical-practical knowledge (examination) in the official dates established in the academic guide of the corresponding course.

B) For all students who have not exceeded 20% absences, the instruments and / or means of evaluation and their percentages are as follows:

B.1. Examination (30%). The students will have to pass the exam with a grade of 5 to be able to add the other sections.

B.1. Jobs (50%). In this section we have to differentiate two types of works:

A) Individual work (30%)

B) Group work (20%)

3. Assistance and participation in voluntary activities (20%)

6. BOOKLIST**MAIN BOOKLIST:**

- ACSM's Guidelines for Exercise Testing and Prescription. Edition: 9. Author: American College of Sports Medicine (2014). Publisher: American College of Sports Medicine (2014)

7. VIRTUAL / CLASSROOM TEACHING SCENARIO

TEACHING METHODOLOGY AND TRAINING ACTIVITIES.

Formation activities	Format (classroom/online)*	Teaching methodology Description
15 practical sessions	Presencial al 50%	Development of 15 practical sessions, lasting two hours each, applying rotation in small groups of 50%..
30 theory sessions on the contents of the program	Online	30 sessions of master classes (synchronous and asynchronous), lasting one hour each, conducted by videoconference.
Tutoring	Online	The tutoring sessions will be conducted online (synchronous and asynchronous)

2- EVALUATION SYSTEM**ORDINARY CALL**

Assessment test	Format (face-to-face / online synchronous or asynchronous)	Description	Percentage
Exam	Synchronous Online	Conceptual test on the theoretical and practical contents of the subject..	30%
Carrying out work, cases or practical exercises	Presencial + Online synchronous and asynchronous	out individual and group work.	50%
Registration of attendance and participation in classes, both theoretical and practical.	Synchronous and asynchronous online	Registration of attendance and participation in classes, both theoretical and practical	20%

EXTRAORDINARY CALL

Assessment test	Format (face to face classes / online synchronous or asynchronous)	Description	Percentage

Exam	Synchronous Online	Conceptual test around the theoretical contents exposed and worked in the classroom	80%
Carrying out work, cases or practical exercises	Asynchronous Online	Individual works.	20%

8. VIRTUAL TEACHING SCENARIO

1. TEACHING METHODOLOGY AND TRAINING ACTIVITIES.

Formation activities	Format (face to face classes /online)*	Teaching methodology Description
15 practical sessions	<i>Online</i>	Completion of 15 practical sessions, lasting one hour each, developed as online training activities, both synchronous and asynchronous.
30 Theory sessions on the contents of the program	<i>Online</i>	30 sessions of participatory master classes, one hour each, conducted by videoconference (synchronous and asynchronous)
Tutoring	<i>Online</i>	Tutoring is done online (synchronous and asynchronous)

2- EVALUATION SYSTEM

ORDINARY CALL

Assessment test	Format (face-to-face / online synchronous or asynchronous)	Description	Percentage
Exam	Synchronous Online	Conceptual test on the theoretical and practical contents of the subject..	30%
Carrying out work, cases or practical exercises	Presencial + Online synchronous and asynchronous	out individual and group work.	50%
Registration of attendance and participation in classes, both theoretical and practical.	Synchronous and asynchronous online	Registration of attendance and participation in classes, both theoretical and practical	20%

EXTRAORDINARY CALL

Assessment test	Format (face to face classes /	Description	Percentage

	online synchronous or asynchronous)		
Exam	Synchronous Online	Conceptual test around the theoretical contents exposed and worked in the classroom	80%
Carrying out work, cases or practical exercises	Asynchronous Online	Individual works.	20%

DATA PROTECTION CLAUSE (on line exams)

Institution in charge of data processing: Universidad de Jaén, Campus Las Lagunillas, s/n, 23071 Jaén

Data Protection Delegate: dpo@ujaen.es

Purpose: In accordance with the Universities Law and other national and regional regulations in force, carrying out exams and assessment tests corresponding to the courses students are registered in. In order to avoid frauds while sitting the exam, the exam will be answered using a videoconference system, being able the academic staff of the University of Jaén to compare and contrast the image of the person who is answering the exam with the student's photographic files. Likewise, in order to provide the exam with evidential content for revisions or claims, in accordance with current regulation frameworks, the exam will be recorded and stored.

Legitimacy: compliance with legal obligations (Universities Law) and other national and regional regulations currently in force.

Addressees: service providers who are the owners of the platforms where the exams are carried out and with whom the University of Jaén has signed the corresponding data access contracts.

Storage periods: those established in current in force regulations. In the specific case of exam videoconference recordings, not before the examination records and transcripts are closed or the exam can still be reviewed or challenged.

Rights: you can exercise your right of access, amendment, cancellation, opposition, suppression, limitation and portability by sending a letter to the postal or electronic address indicated above. In the event that you consider that your rights have been violated, you may submit a complaint to the Andalusian Council for Transparency and Data Protection www.ctpdandalucia.es

CLASS RECORDING CLAUSE PERSONAL DATA PROTECTION

Person in charge: Universidad de Jaén, Paraje Las Lagunillas, s/n; Tel.953 212121; www.ujaen.es

Data protection delegate (DPO): TELEFÓNICA, S.A.U. ; Email: dpo@ujaen.es

Procedure aim: To manage proper recordings of teaching sessions with the aim of facilitating learning process under a multimodal and/or online teaching

Period for record storage: Images will be kept during legal term according to regulations in force

Legitimacy: Data will be managed according to legal regulations (Organic Law 6/2001, December 21, on Universities) and given consent provided by selecting corresponding box in legal admission documents

Data recipients (transfers or assignments): Any person allowed to get access to every teaching modality

Rights: You may exercise your rights of access, rectification, cancellation, portability, limitation of processing, deletion or, where appropriate, opposition. To exercise these rights, you must submit a written request to the Information, Registration and Electronic Administration Service of the University of Jaen at the address above, or by e-mail to the address above. You must specify which of these rights you are requesting to be satisfied and, at the same time, you must attach a photocopy of your ID card or equivalent identification document. In case you act through a representative, legal or voluntary, you must also provide a document that proves this representation and identification. Likewise, if you consider that your right to personal data protection has been violated, you may file a complaint with the Andalusian Data Protection and Transparency Council www.ctpdandalucia.es

