



## IDENTIFYING DATA

### Physical exercise and wellbeing programs

Subject	Physical exercise and wellbeing programs			
Code	P02G050V01910			
Study programme	Grado en Ciencias de la Actividad Física y del 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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General description				

## Training and Learning Results

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

## Expected results from this subject

Expected results from this subject	Training and Learning Results
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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
Flipped Learning	2	10	12
Mentored work	2	22	24
Lecturing	18	2	20
Problem and/or exercise solving	1	30	31
Objective questions exam	2	0	2

\*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 ...

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
Mentored work	The student, in a small group, prepares a document on the theme of the subject previously agreed with the teacher.
Lecturing	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. In addition, the student will have a virtual support for teaching, through platform with which you can perform a partial online monitoring of the subject. - Organization of teaching: The theoretical and practical sessions will be held at a time and location set by the center.

### Personalized assistance

Methodologies	Description
Laboratory practical	Specific doubts about the contents will be resolved during the tutoring hours, this may be as agreed in person, through the virtual offices of the teachers, email and/or the Moovi platform.
Mentored work	Specific doubts about the contents will be resolved during the tutoring hours, this may be as agreed in person, through the virtual offices of the teachers, email and/or the Moovi platform.
Tests	Description
Objective questions exam	

### Assessment

	Description	Qualification	Training and Learning Results
Laboratory practical	Be valued attendance and active participation in Different practical tests	20	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.	35	B2 B5 B12
Objective questions exam	The theoretical exam may consist of short questions and/or test type two different contents of the subject.	40	C25 C26 C29

### Other comments on the Evaluation

All or students attend or non-classrooms, have the right to be evaluated (through exam or second establishes a teaching guide).

a) In the 1st call or exam there will be an assessment of 40%, or work 35%, presentation 5%, and the practical sessions 20% (They must attend at least 80% of the practical sessions). Students who do not meet 80% of practical assistance must take a practical exam and/or an extra question/s of development will be included in the short answer exam / test.

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

b) If the subject is not passed in the first call, the skills not acquired will be evaluated in the 2nd edition, under the same conditions.

c) The official data of the exams can be consulted 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 helth-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, JC, **Acondicionamiento físico en el medio acuático**, Paidotribo, 2004

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

Isidro, F., Heredia, JR, 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