

SUBJECT TEACHING GUIDE

1290 - School and Health: Physical Activity, Sport and Nutrition

Master's Degree in Research and Innovation in Educational Contexts

Academic year 2023-2024

1. IDENTIFYING DATA					
Degree	Master's Degree in Research and Innovation in Educational Contexts			Type and Year	Optional. Year 1
Faculty	School of Teacher Training				
Discipline	SOCIO-EMOTIONAL DEVELOPMENT, WELL-BEING AND EDUCATION Training Module				
Course unit title and code	1290 - School and Health: Physical Activity, Sport and Nutrition				
Number of ECTS credits allocated	4	Term	Semester based (1)		
Web					
Language of instruction	Spanish	English Friendly	No	Mode of delivery	Face-to-face

Department	DPTO. EDUCACION				
Name of lecturer	MIKEL PEREZ GUTIERREZ				
E-mail	mikel.perez@unican.es				
Office	Edificio Interfacultativo. Planta: + 3. PROFESORES DE EDUCACION FISICA (307)				
Other lecturers	CARLOS COBO CORRALES				

3.1 LEARNING OUTCOMES
- Acquire sufficient knowledge and skills to identify and characterize research problems specific to the field of matter.
- Apply the knowledge acquired to develop an empirical investigation on some contents of the subject.
- It is capable of promoting and developing educational projects in this field.
- Learn about the state of the art in relation to the main thematic contents of the module.
- Design a research or intervention project applying the knowledge acquired in this module that allows responding to socio-educational demands or emerging scientific questions.
- It is capable of identifying protective and risk factors that make it possible to develop promotion and prevention programs.

4. OBJECTIVES

This course aims for students to identify and characterize the main lines of research or works related to physical activity, sport and nutrition in the field of health and education, determining their strengths and weaknesses, as well as applying the knowledge acquired to plan a research project related to some of the contents of the subject.

6. COURSE ORGANIZATION

CONTENTS

1	Identification and characterization of research problems specific to the topic addressed.
2	Promotion of physical activity, lifestyles and healthy habits. The role of eating habits in promoting health.
3	Methodologies for the development of physical activity and nutrition programs in the field of health and education.
4	Knowledge and research proposal on lines of research associated with the subject.

7. ASSESSMENT METHODS AND CRITERIA

Description	Type	Final Eval.	Reassessn	%
Individual work.	Work	No	Yes	50,00
Team work.	Work	No	Yes	50,00
TOTAL				100,00

Observations

ORTHOGRAPHY:

We understand that university students have assumed the linguistic capacities in relation to oral and written expression . Therefore, spelling (spelling, accentuation and punctuation), grammatical and lexical correction is essential and mandatory in the work and exams carried out as an essential condition to pass the subject.

PLAGIARISM

With regard to fraudulent performance (plagiarism) of assessment tests, the grade will be adjusted to the provisions of article 32 of the Regulations for assessment processes at the University of Cantabria: 'Fraudulent performance of assessment tests or activities The evaluation will directly imply a fail grade of '0' in the subject in the corresponding call, thereby invalidating any grade obtained in all evaluation activities for the extraordinary call. This circumstance must be brought to the attention of the Center.

CITATION RULES

Finally, the Board of the Center approved that the Faculty assumes the APA Standards as citation criteria for all academic papers. Although these standards have different editions, as an initial reference we attach the BUC link, hoping that this will be helpful and a reference for its development: <https://web.unican.es/buc/recursos/guias-y-tutoriales/guia ?g=28>

Observations for part-time students

PART-TIME STUDENTS

The evaluation procedure for part-time students who do not attend class regularly will consist of taking an exam and/or handing in assignments indicated by the professor, on the date established by the Faculty for the exam. Those who attend class will be eligible for the same evaluation as all students.

8. BIBLIOGRAPHY AND TEACHING MATERIALS

BASIC

- Abad Galzacorta, B., Cañada López, D., & Cañada López, M. (2010). ¡Dame 10! Descansos Activos Mediante Ejercicio Físico. Madrid: Ministerio de Educación, Cultura y Deporte.
- Aibar Solana, A., Pérez Ordás, R., & Estrada Tenorio, S. (2019). Promoción de la actividad física para la salud en la escuela: formación teórica y práctica. CAPAS, Universidad de Zaragoza.
- Calañas-Continente, A. J. (2005). Alimentación saludable basada en la evidencia. *Endocrinología y Nutrición*, 52(S2), 8-24. <https://www.elsevier.es/es-revista-endocrinologia-nutricion-12-articulo-alimentacion-saludable-basada-evidencia-13088200>
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- Organización Panamericana de la Salud. (2019). *Directrices sobre la actividad física, el comportamiento sedentario y el sueño para menores de 5 años*. Organización Panamericana de la Salud. <https://iris.paho.org/handle/10665.2/51805>
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