

## 25637 - Clinical Physiology of Exercise for Health Professionals

### Información del Plan Docente

Academic Year	2017/18
Faculty / School	127 - Facultad de Ciencias de la Salud
Degree	275 - Degree in Physiotherapy
ECTS	6.0
Year	
Semester	Four-month period
Subject Type	Optional
Module	---

### **1.General information**

#### **1.1.Introduction**

#### **1.2.Recommendations to take this course**

#### **1.3.Context and importance of this course in the degree**

#### **1.4.Activities and key dates**

### **2.Learning goals**

#### **2.1.Learning goals**

#### **2.2.Importance of learning goals**

### **3.Aims of the course and competences**

#### **3.1.Aims of the course**

#### **3.2.Competences**

### **4.Assessment (1st and 2nd call)**

#### **4.1.Assessment tasks (description of tasks, marking system and assessment criteria)**

### **5.Methodology, learning tasks, syllabus and resources**

#### **5.1.Methodological overview**

To achieve this, the lectures and practicals are interleaved to optimize the learning process, reducing the time from students acquiring theoretical knowledge until the application of this. This strategy is gradually adapted to solve practical problems and cases involving ultimately the more applied part of the module, and a way of bringing students to situations that would confront in a job in the field of physical activity and health in specific populations.

## 25637 - Clinical Physiology of Exercise for Health Professionals

### 5.2. Learning tasks

a. Lectures. Presential. 10 hours. Theoretical knowledge is presented to student. Basics of the course will focus on the topics covered in the program that will be accessible on the ADD of the subject. Students can download in PDF each of the theoretical topics exhibited at each lecture.

b. Laboratory practical classes and / or seminars. Presential. 10 hours. Will take place in different premises of the Faculty, biomedical laboratory, weight room, pavilion, outdoor in small group of 4 to 6 Maximum students. They are interspersed with the lectures. In these practices students will perform the following activities: evaluation of the components of physical fitness related to health, exercise design and specific training plans derived from the prescription of physical exercise for improvement and / or maintenance of the state with health.

c. Support of face-to-face tutorials, evaluation. Presential. 5 hours

d. Autonomous work 35 hours. No presential

### 5.3. Syllabus

### 5.4. Course planning and calendar

### 5.5. Bibliography and recommended resources

[BB: Basic bibliography / BC: Complementary bibliography]

- [BB] Heyward, Vivian H. Advanced fitness assessment and exercise prescription. 7th ed. Champaign, Human Kinetics, 2014
- [BB] Heyward, Vivian H.: Evaluación de la aptitud física y prescripción del ejercicio. 3ª ed. en español, traducción de la 5ª ed. Madrid, Editorial Médica Panamericana, 2008.&iexcl;
- [BB] Katch, Victor L., McArdle, William, D., Katch, Frank I.: Fisiología del ejercicio : fundamentos. 4ª ed. Madrid, Editorial Médica Panamericana, 2014
- [BB] Kenney, Larry W., Wilmore, J. H., Costill, D. L. Fisiología del deporte y el ejercicio. Traducción de la 5ª ed. original en inglés. Madrid, Editorial Médica Panamericana, 2014
- [BB] Kenney, Larry W., Wilmore, Jack H., Costill, David L. Physiology of sport and exercise. 6th ed. Champaign, IL., Human Kinetics, 2015
- Physical activity and health / Claude Bouchard, Steven N. Blair, William Haskell, editors . Champaign, IL : Human Kinetics, cop. 2007
- [BB] López Chicharro, José, López Mojares, Luis Miguel: Fisiología clínica del ejercicio. Madrid, Editorial Médica Panamericana, 2008
- [BB] Manual ACSM para la valoración y prescripción del ejercicio. Colegio Norteamericano de Medicina del Deporte ; Director principal, Walter R, Thompson. 3ª ed. rev. y ampl. Badalona, Paidotribo, 2014
- [BB] Wilmore, Jack H., Costill, David L.: Fisiología del esfuerzo y del deporte. 6ª ed., rev. y aum. Barcelona, Paidotribo, 2007
- [BC] Howley, Edward T., Franks, B. Don: Health fitness instructor's handbook. 3rd ed. Champaign, Human Kinetics, 1997
- [BC] Howley, Edward T., Franks, B. Don: Manual del técnico en salud y fitness. Barcelona, Paidotribo, 1995
- [BC] López Chicharro, José, Fernández Vaquero, Almudena: Fisiología del ejercicio. 3ª ed. Madrid, Editorial Médica Panamericana, 2006
- [BC] Patton, Kevin T., Thibodeau, Gary A.: Anatomía y fisiología. 8ª ed. Barcelona, Elsevier, 2013
- [BC] Prescripción de ejercicio físico para la salud. Coordinador, José Ricardo Serra Grima. Madrid, Paidotribo, 1996
- [BC] Sharkey, Brian J.: Guía completa del fitness y salud : fitness aeróbico, fitness muscular, nutrición, control de



**Universidad**  
Zaragoza

## **25637 - Clinical Physiology of Exercise for Health Professionals**

peso, mejora de los rendimientos. 4ª ed., rev, y act. Madrid, Tutor, 2000