

**33237 Applications for physical activities for health:
gentle gymnastics and with musical backing****COURSE DATA****DATA SUBJECT****Code:** 33237**Name:** Applications for physical activities for health: gentle gymnastics and with musical backing**Cycle:** Undergraduate Studies**ECTS Credits:** 6**Academic year:** 2025-26**STUDY (S)**

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Facultat de Ciències de l'Activitat Física i Esports	4	First quarter
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Facultat de Ciències de l'Activitat Física i Esports	4	First quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	Applications of physical activities for health: gentle gymnastics with musical backing	ELECTIVES
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Aplicaciones de actividad física para la salud: Gimnasias suaves y con soporte musical	ELECTIVES

COORDINATION

COLADO SANCHEZ JUAN CARLOS

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LORENTE RIUS PAULA

SUMMARY

This lecture aims to show which the soft gymnastics are and how you can apply today. Similarly show which the physical fitness activities with music are and how you can implement in different contexts and conditions.

PREVIOUS KNOWLEDGE**RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE**

There are no specified enrollment restrictions with other subjects of the curriculum.



OTHER REQUIREMENTS

None.

COMPETENCES / LEARNING OUTCOMES

1312 - Degree in Physical Activity and Sport Sciences

Analizar críticamente desde un punto de vista ergonómico la idoneidad de los distintos movimientos articulares que se emplean habitualmente en las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.

Aplicar los principios fisiológicos, biomecánicos, comportamentales y sociales a las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.

Capacidad de colaborar con los demás y contribuir a un proyecto común.

Conocer los diferentes entornos de aplicación de las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.

Conocer y analizar críticamente las recomendaciones de los organismos oficiales más importantes sobre las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.

Conocer y comprender las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.

Conocer y saber aplicar los principales fundamentos con los que estimular la adherencia a los programas para la mejora y mantenimiento de la calidad de vida mediante el uso de actividades de gimnasia suave y de acondicionamiento físico con soporte musical.

Desarrollar capacidades que permitan actuar con excelencia y con ética en el ámbito de la actividad física pero con especial atención a aquellas que sean fundamentales en el desarrollo de las actividades de gimnasia suave y de acondicionamiento físico con soporte musical aplicadas al mantenimiento y mejora de la calidad de vida.

Desarrollar las habilidades adecuadas para el trabajo autónomo y grupal en el ámbito de la actividad física para el mantenimiento y mejora de la calidad de vida y más concretamente durante el desarrollo de actividades de gimnasia suave y de acondicionamiento físico con soporte musical.

Identificar los riesgos que se derivan para la salud y proponer alternativas de la práctica inadecuada de actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.

Planificar, desarrollar y evaluar programas actividades de gimnasia suave y de acondicionamiento físico con soporte musical en base a un modelo prescriptivo para la mejora de la calidad de vida.

Reunir e interpretar datos relevantes para emitir juicios que incluyan una reflexión sobre temas relevantes de índole social, científica o ética.



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Saber aplicar los derechos fundamentales y de igualdad de oportunidades de los seres humanos en el ámbito de la actividad física para el mantenimiento y mejora de la calidad de vida y más concretamente durante el desarrollo de actividades de gimnasia suave y de acondicionamiento físico con soporte musical.

Seleccionar y saber utilizar el material y equipamiento más adecuado para el desarrollo de actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.

Utilizar las fuentes del conocimiento científico certificado en el ámbito de las Ciencias de la Actividad Física con especial atención a aquellas que analicen las actividades de gimnasia suave y de acondicionamiento físico con soporte musical aplicadas al mantenimiento y mejora de la calidad de vida.

1331 - Degree in Physical Activity and Sport Sciences (Ont)

Analizar críticamente desde un punto de vista ergonómico la idoneidad de los distintos movimientos articulares que se emplean habitualmente en las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.

Aplicar los principios fisiológicos, biomecánicos, comportamentales y sociales a las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.

Capacidad de colaborar con los demás y contribuir a un proyecto común.

Conocer los diferentes entornos de aplicación de las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.

Conocer y analizar críticamente las recomendaciones de los organismos oficiales más importantes sobre las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.

Conocer y comprender las actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.

Conocer y saber aplicar los principales fundamentos con los que estimular la adherencia a los programas para la mejora y mantenimiento de la calidad de vida mediante el uso de actividades de gimnasia suave y de acondicionamiento físico con soporte musical.

Desarrollar capacidades que permitan actuar con excelencia y con ética en el ámbito de la actividad física pero con especial atención a aquellas que sean fundamentales en el desarrollo de las actividades de gimnasia suave y de acondicionamiento físico con soporte musical aplicadas al mantenimiento y mejora de la calidad de vida.

Desarrollar las habilidades adecuadas para el trabajo autónomo y grupal en el ámbito de la actividad física para el mantenimiento y mejora de la calidad de vida y más concretamente durante el desarrollo de actividades de gimnasia suave y de acondicionamiento físico con soporte musical.

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Reunir e interpretar datos relevantes para emitir juicios que incluyan una reflexión sobre temas relevantes de índole social, científica o ética.

Saber aplicar los derechos fundamentales y de igualdad de oportunidades de los seres humanos en el ámbito de la actividad física para el mantenimiento y mejora de la calidad de vida y más concretamente durante el desarrollo de actividades de gimnasia suave y de acondicionamiento físico con soporte musical.

Seleccionar y saber utilizar el material y equipamiento más adecuado para el desarrollo de actividades de gimnasia suave y de acondicionamiento físico con soporte musical para la mejora de la calidad de vida.

Utilizar las fuentes del conocimiento científico certificado en el ámbito de las Ciencias de la Actividad Física con especial atención a aquellas que analicen las actividades de gimnasia suave y de acondicionamiento físico con soporte musical aplicadas al mantenimiento y mejora de la calidad de vida.

DESCRIPTION OF CONTENTS

1. Mild exercise

- Origin of soft gymnastics and their common characteristics.
- Examples of mild exercise activities applied to improving the quality of life: Eutony. Mézières method. Feldenkrais Method. Global posture reeducation. Bioenergetics. Pilates. Other ...
- Design sessions and soft gymnastics programs.

2. Fitness with music support.

- Origin of gymnastics and fitness activities with music stand and their common characteristics.
- The music as a resource characterization in fitness activities: structural elements, the speed of the music and its influence on activity.
- Examples of fitness with music stand applied to improving the quality of life: Basic aerobic, dance and small materials in different media. Group lessons with physical conditioning apparatus.
- Design sessions and programs of fitness activities with music support.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Theory	30,00
Classroom practices	30,00
Total hours	60,00

NON PRESENCIAL ACTIVITIES

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Activity	Hours
Attendance at other activities	0,00
Individual or group project	30,00
Independent study and work	23,00
Preparation of lessons	0,00
Preparation for assessment activities	6,00
Resolution of case studies	31,00
Total hours	90,00

TEACHING METHODOLOGY

This lecture will expose the theoretical content of the topics through classes, according to documentary sources of scientific rigor and most recent update (in both Spanish and English). These classes will serve to establish the knowledge associated with the powers set out and give way to practical classes, in which feeling and apply the knowledge presented in lectures, using for this purpose all technological and procedural timeliness.

From these theoretical and practical classes, teachers / learners as proposed to carry out theoretical and practical work personal or group, as appropriate, for whose implementation will support the teacher in tutored seminars. In these seminars students can share with their peers and with / the teacher / to questions that are, to obtain the same solution and start to play independently powers the module.

In addition to achieving the expected competencies, students will have to develop individual work study and assimilation of knowledge, skills and preparation of the proposed works, as well as academic assistance to any act that may complement and / or enhance the content developed in the subject.

EVALUATION

To evaluate the acquisition of the competences, in addition to the respective exams, the student will also be required to demonstrate his aptitude both in the realization and exhibition of theoretical / practical works and in the attendance and active participation in different academic and scientific activities (master classes and practices, seminars and events supervised / recommended, and individualized tutorials). Therefore, the final aptitude achieved will have to be demonstrated by the students by passing in a rigorous and reasoned way different tests and theoretical-practical works and with their previous active attendance at the face-to-face sessions. At the beginning of the course, the minimum qualifications and the requirements of each of the tests to be passed will be exposed and discussed.

There are two types of assessments that students can abide by:

1. Continuous evaluation

The evaluation for students who opt for continuous evaluation and therefore, class attendance will require a minimum of 80% of the classes and during their development the following activities are valued:



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Written exam (40%): It will be a test type on content related to the subject. This exam will have to be passed at least with a 5 and will be an indispensable condition to qualify for the practical exam. The written exam will be 4 points out of the total grade.

Practical work (45%): These are the activities that are designed throughout the course to demonstrate competence in the conceptual and applied use of the contents to practice. These tasks are of two types: those that are developed in the classes directed by the teacher and those that are developed outside the class schedule with autonomous decisions of the students.

The practical tasks represent 45% of the grade of the course, so that the maximum value of this section is 4.5 points on the total of the grade.

Programming (15%): It is the design and exhibition of one of the topics proposed by the teaching staff and based on the guidelines that are detailed during the theoretical and practical sessions.

The conditions of exams and tasks will be proposed in the Virtual Classroom or in the classes (depends on the nature of the task and its form of evaluation) and will have to be released in the time and form indicated. All assignments must be submitted in order to pass the continuous assessment. This is a mandatory requirement.

The literal or partial copying of other people's works presenting them as their own is considered unacceptable conduct in the academic field. On the other hand, and by the law on the protection of intellectual property, total or partial reproductions of the works of others are usually prohibited, and their non-compliance may result in the corresponding faults or criminal offenses. The lack of attendance at more than 20% of the practical classes developed throughout the course will be associated with a final evaluation that will contemplate an additional practical test to the rest of the tests and evaluations that will be carried out by the students who have not exceeded the aforementioned quota of absences. In this additional practical test, all the procedural competences developed throughout the academic year must be demonstrated in a global and comprehensive manner. In case the aforementioned test proceeds, it will be specified and convened at the end of the course by the teachers of the subject to be developed in the usual period of exams of each of the calls.

2. Final evaluation

The evaluation for students who opt for non-attendance at class or do not exceed 80% of attendance will have to perform the following tests:

Written exam (45%): It will be a test type on content related to the subject. This exam will have to be passed at least with a 5 and will be an indispensable condition to qualify for the practical exam. The written exam will be 4.5 points out of the total grade.

Practical exams (45%): It will consist of one or more practical tests that demonstrate the competences in the conceptual and applied use of the contents to the practice. This section will have a value of 4.5 points on the total of the grade and must pass at least each of its parts with a 5.

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Written work (10%): Individual written work of a program on one of the topics proposed by the teaching staff.

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