VNIVERSITAT DE VALÈNCIA

Course Guide
34399 Physical activity and promotion of health in nursing

COURSE DATA

DATA SUBJECT

Code: 34399
Name: Physical activity and promotion of health in nursing
Cycle: Undergraduate Studies
ECTS Credits: 4.5
Academic year: 2025-26

STUDY (S)

Degree	Center	Acad. year	Period
1200 - Degree in Nursing	Facultat d'Infermeria i Podologia	4	First quarter
1213 - Grado en Enfermería (Ontinyent)	Facultat d'Infermeria i Podologia	4	First quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1200 - Degree in Nursing	Optional training	ELECTIVES
1213 - Grado en Enfermería (Ontinyent)	Formación optativa	ELECTIVES

COORDINATION

QUERALT BLASCO ANA

SUMMARY

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

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

OTHER REQUIREMENTS

COMPETENCES / LEARNING OUTCOMES

1200 - Degree in Nursing

Bachelor's thesis. Cross-disciplinary subject area involving work related to different subjects.

Be able to describe the foundations of the primary health care level and the activities to be developed to

provide comprehensive nursing care to the individual, family and community. Understand the role and activities and cooperative attitude that the professional must adopt within a primary health care team. Promote the involvement of individuals and groups in their health-disease process.

Be able to formulate hypotheses and to gather and critically assess information to resolve problems by applying, among others, the gender approach.

Establish truthful, effective and respectful communication with patients, family, social groups, other professionals and the media, both orally and in writing, and promote health education.

Identify community participation as an essential element for the development of health promotion, and participate in the formulation, implementation and evaluation of healthy public policies and intersectoral projects that strengthen local development.

Implement health care information and communication technologies and systems.

Know and apply communication techniques and tools from a non-sexist perspective, both in interpersonal relationships and in group dynamics.

Know and assess the nutritional needs of healthy people and of those with health problems, throughout the life cycle and according to physical activity, in order to promote and reinforce healthy eating behaviour patterns. Identify the nutrients and the foods in which they are found. Identify the most prevalent nutritional problems in women and men and select appropriate dietary recommendations.

Maintain and update professional skills, with particular emphasis on independent learning of new knowledge and skills and motivation for quality in health care.

Offer health education actions using strategies that are appropriate to individuals, families and communities, making scientific information and recommendations available to the population in an understandable language.

Propose and develop health care actions that privilege health promotion and disease prevention, and that aim to improve the living conditions of the population.

Reflect on the importance of gender analysis in health, and understand how, depending on lifestyles, the use of time and working conditions have an impact on people's health.

Understand, critically asses and know how to use sources of clinical, biomedical and health information to obtain, organise, interpret and communicate scientific and epidemiological information.

Understand a person's interactive behaviour based on gender, group or community, within their social and multicultural context.

Work as a team, understood as a basic unit into which professionals and other workers of health care organisations are integrated, structured and organised in single- or multi-disciplinary and inter-disciplinary teams, as a way of ensuring the quality of health care.

DESCRIPTION OF CONTENTS

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WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Tutorials	2,00
Theory	28,00
Laboratory	5,00
Classroom practices	10,00
Total hours	**45,00**

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	35,00
Independent study and work	10,00
Preparation of lessons	22,50
Preparation for assessment activities	0,00
Resolution of case studies	0,00
Total hours	**67,50**

TEACHING METHODOLOGY

EVALUATION

REFERENCES

- Devís, J. (coord.) (2000). Actividad física, deporte y salud. Barcelona: Inde.
- Lee, I.M., Shiroma, E.J., Lobelo, F., Puska, P., Blair, S.N., & Katzmarzyk, P.T. (2012). Effect of physical inactivity on major non-communicable diseases worldwide: an analysis of burden of disease and life expectancy. Lancet, 380: 219229.
- OMS (2020). Directrices de la OMS sobre actividad física y hábitos sedentarios: de un vistazo [WHO guidelines on physical activity and sedentary behaviour: at a glance]. Ginebra: Organización Mundial de la Salud.
- Serra, R. & Bagur, C. (2004). Prescripción de ejercicio físico para la salud. Barcelona: Paidotribo.
- Vallbona, C., Roure, E., Violan, M., & Alegre J.V. (2007). Guia de prescripció dexercici físic per a la salut (PEFS). Barcelona: Generalitat de Catalunya.
- Villalvilla, D. J., Alonso, C., Aznar, S. & Martínez, L. (2013). Promoción de actividad física y salud para una práctica enfermera basada en la evidencia. Madrid: DAE.