

**Physical Exercise and Healthy Lifestyles**

Code: 43888  
ECTS Credits: 6

Degree	Type	Year	Semester
4316214 Psychology of Sport and Physical Activity	OB	1	2

### Contact

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### Use of Languages

Principal working language: spanish (spa)

### Teachers

Antoni Sanz Ruíz  
Rosa Maria Escorihuela Agullo  
Andres Chamarro Luser  
Eva Parrado Romero

### External teachers

Lina Abellanas  
Pere Lavega

### Prerequisites

There are no prerequisites.

### Objectives and Contextualisation

The objective of this module is to offer students an advanced knowledge of the research models in the field of physical activity and exercise in relation to health.

Another objective is to provide knowledge about the stress / recovery process of the physical effort that is related to the health of the athletes and with an adequate adaptation to the workouts and competitions.

### Competences

- Analyze the psychological factors that impact sports initiation, performance and abandonment.
- Apply psychological interventions to school-age children, with trainers and parents, in the field of sports performance and exercise in relation to health.
- Communicate and justify conclusions clearly and unambiguously to both specialised and non-specialised audiences.
- Continue the learning process, to a large extent autonomously.
- Evaluate the effectiveness of psychological interventions in sports initiation, maintenance and performance.
- Know the main models of intervention in sports initiation and in the psychology of sport.

- Optimize performance and prioritize the welfare of sportspersons with an ethical commitment.
- Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
- Show skills in interpersonal relations with sports agents (trainers, judges, managers, sportspersons and fans) and the families of school-age sportspersons.
- Solve problems in new or little-known situations within broader (or multidisciplinary) contexts related to the field of study.
- Work in teams in a coordinated and collaborative way, and show skills in working in interdisciplinary teams.

## Learning Outcomes

1. Choose the most suitable instruments and techniques for performing multidisciplinary interventions to improve the post-effort recovery process in sports practitioners.
2. Choose the most suitable instruments and techniques for performing multidisciplinary interventions to promote active lifestyles in the general population.
3. Communicate and justify conclusions clearly and unambiguously to both specialised and non-specialised audiences.
4. Continue the learning process, to a large extent autonomously.
5. Evaluate the effects of interventions to promote active lifestyles.
6. Evaluate the effects of multidisciplinary intervention in order to improve the stress/recovery process in sports practitioners.
7. Optimize performance and prioritize the welfare of sportspersons with an ethical commitment.
8. Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
9. Show skills in interpersonal relations with sports agents (trainers, judges, managers, sportspersons and fans) and the families of school-age sportspersons.
10. Solve problems in new or little-known situations within broader (or multidisciplinary) contexts related to the field of study.
11. Summarise and critically synthesise interventions performed in the community to promote an active, healthy lifestyle.
12. Summarise and critically synthesise interventions to improve healthy post-effort recovery in sports practitioners.
13. Synthesise the role of the different psychological processes in sports practitioners' stress-recovery process.
14. Synthesise the role of the different psychological processes in the continuation or abandonment of exercise.
15. Work in teams in a coordinated and collaborative way, and show skills in working in interdisciplinary teams.

## Content

1. Physical activity, lifestyle and health: models and lines of research in general population and athletes.
2. Behavioral and psychophysiological evaluation of physical activity and healthy lifestyle.
3. Methodology of evaluation of the healthy physical condition in the general population.
4. Physical activity and healthy lifestyle in contexts and special populations: 4.1. Physical activity and healthy lifestyle in the natural environment. 4.2. Physical activity in secondary education. Towards an emotional education.
5. Experimental models for the study of physical exercise and diet in relation to health.
6. Promotion of physical activity. Individual and community interventions.
7. System of evaluation of the stress / recovery process in sportsmen.

## Methodology

- Les activitats dirigides consisteixen en classes magistrals i la presentació oral de treballs.

- Les activitats supervisades consisteixen en tutories que pot sol·licitar l'alumne i la realització d'activitats i exercicis pràctics.

- Les activitats autònomes consisteixen en la lectura d'articles científics i d'informes d'interès i en l'elaboració de treballs i informes.

Annotation: Within the schedule set by the centre or degree programme, 15 minutes of one class will be reserved for students to evaluate their lecturers and their courses or modules through questionnaires.

## Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Master Classes	35	1.4	6, 5, 8, 7, 10, 3, 4, 11, 12, 13, 14
Type: Supervised			
Tutorials	10	0.4	6, 5, 9, 7, 4, 11, 1, 2
Type: Autonomous			
Autonomous activities	98	3.92	6, 5, 8, 9, 10, 3, 4, 11, 12, 1, 2, 13, 14, 15

## Assessment

- Students deliver the work related to the topics covered in the module and they are commented in the face-to-face sessions.

- Students are preparing their portfolio in their virtual folder (Moodle) by adding reports and tasks requested by teachers.

- The final session will be devoted to the oral presentations of the work done by the students and to provide the corresponding feedback from the professors.

## Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Delivery of work / reports	30%	2	0.08	6, 5, 8, 7, 10, 4, 11, 12, 13, 14
Oral Presentation	40%	3	0.12	6, 5, 8, 9, 7, 3, 11, 12, 1, 2, 15
Student's portfolio	30%	2	0.08	6, 5, 8, 3, 4, 11, 12, 1, 2

## Bibliography

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Capdevila, L.; Niñerola, J.; Cruz, J; Losilla, JM; Parrado, E; Pintanel, M; Valero, M. and Vives, J. (2007). Exercise motivation among university community members: A behavioral intervention. *Psicothema*, 19 (2), 250-255.

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Prochaska JJ, Sallis JF (2004), A randomized controlled trial of single versus multiple health behavior change: promoting physical activity and nutrition among adolescents. *Health Psychol*, 23, 314-8.

Puig, N. (2013). Emociones en el deporte y sociología. *Revista Internacional de Ciencias del Deporte, Ricyde*, 8(28), 106-108. doi:10.5232/ricyde2012.028

## **Software**

No aplicable.