

Health Improvement by Physical Exercise (D012029)

Course size (nominal values; actual values may depend on programme)

Credits 3.0 Study time 90 h Contact hrs 20.0 h

Course offerings and teaching methods in academic year 2018-2019

A (semester 1)	Dutch	project	5.0 h
		lecture	15.0 h

Lecturers in academic year 2018-2019

Van Dyck, Raf	GE30	staff member
Everaert, Inge	GE30	lecturer-in-charge
Boone, Jan	GE30	co-lecturer
Derave, Wim	GE30	co-lecturer

Offered in the following programmes in 2018-2019

	crdts	offering
Master of Science in Physical Education and Movement Sciences (main subject Physical Activity, Fitness and Health)	3	A
Master of Science in Physical Education and Movement Sciences (main subject Physical Education Teacher Education)	3	A
Master of Science in Physical Education and Movement Sciences (main subject Sports Policy and Sports Management)	3	A
Master of Science in Physical Education and Movement Sciences (main subject Sports Training and Coaching)	3	A
Exchange Programme Physical Education and Movement Sciences	3	A

Teaching languages

Dutch

Keywords

health, physical activity, sports activities, fitness

Position of the course

this course aims to acquire knowledge and insights (underlying mechanisms) concerning the relationship between physical activity (sports activities included), fitness and health.

This subject contributes to the fields of competences of the course Master of Physical Education and Movement Sciences:: M1.2, M1.5, M1.7, M1.8, M2.1, M4.3

Contents

- positive effects of physical activity on health and fitness: physical activity and prevention/treatment of coronaire atherosclerosis, osteoporosis, obesity, diabetesII, cancer..
- negative effects of physical activities on health: health problems related to reduced exercise tolerance: sudden death, and diabetes type I, health problems related to the environment: heat, cold, altitude, diving

Initial competences

Credits for:
Exercise Physiology
Health Education including Resuscitation Techniques

Final competences

Conditions for credit contract

Access to this course unit via a credit contract is determined after successful competences

assessment

Conditions for exam contract

This course unit cannot be taken via an exam contract

Teaching methods

Lecture, project

Learning materials and price

syllabus is available

References

Course content-related study coaching

On appointment: Inge Everaert, inge.everaert@ugent.be

Evaluation methods

end-of-term evaluation and continuous assessment

Examination methods in case of periodic evaluation during the first examination period

Written examination

Examination methods in case of periodic evaluation during the second examination period

Written examination

Examination methods in case of permanent evaluation

Oral examination, participation, assignment

Possibilities of retake in case of permanent evaluation

examination during the second examination period is possible

Calculation of the examination mark

Addendum

This course is not open for incoming mobility students (Erasmus)