

NAME		HEALTH AWARENESS IN PHYSICAL ACTIVITY
Course volume ECVET		5
Assessment form		Non-distinctive
Methods of learning		Group work, independent work, practical work, role play, study video
Approximate amount of contact lessons		85
Lecturer		-
Pre-requirements		None
Course aims		The aim of the course is that the students think about their physical activity habits, monitors, analyzes and if necessary changes them. The students understand their role in designing a healthy environment both in their work and living environments through their own health aware behaviour.
Topics and subtopics		<ol style="list-style-type: none"> 1. Physical activity and health <ol style="list-style-type: none"> 1.1. Health as a state of wellbeing 1.2. Relation between physical, mental, emotional and social health 1.3. Stress and physical activity 1.4. Effect of physical activity on skeletal, muscular and circulatory systems 1.5. Reliability of sources on health 2. Physical shape and activity <ol style="list-style-type: none"> 2.1. Exercise physiology in different life stages 2.2. Posture 2.3. Physical shape and how to assess it 2.4. Testing different exercise options (walking, jogging, ball games, group sessions etc) and selecting a suitable activity 2.5. Promotion of physical activity
Learning outcomes		Student: <ul style="list-style-type: none"> - understands the important role of physical activity in health and work ability; - has the basic knowledge and skills to be physically active.
Assessment criteria		Student: <ul style="list-style-type: none"> - describes different aspects of health and their relationship in health as a whole; - independently finds information on health, using reliable sources; - explains the effect of physical activity on health; - uses simple methods for assessing their own physical ability; - monitors their own level of physical shape; - chooses a feasible and pleasant form of physical activity for themselves.
Independent work		Independent written assignment: 7-day activity journal, analysis. Testing one exercise option for 10 times.
Assessment methods		Module is assessed non-distinctively (passed/not passed). Requirements for passing the course: handing in the independent written assignment on time and presenting the practical work on threshold level.
Study literature and materials		Aalto, R. Liigutaja käsiraamat, 2008. Jalak, R. jt. Liikumise ja spordi ABC II, 2014. Jalak, R. Tervise treening, 2007. Teadusajakirjad "Liikumine ja sport" (https://www.eok.ee/liikumisharrastus/liikumine-ja-sport-ajakiri). Tervise Arengu Instituut. Eesti toitumis- ja liikumissoovitused, 2015. www.terviseinfo.ee