

	<b>UČNI NAČRT PREDMETA/COURSE SYLLABUS</b>
<b>Predmet</b>	<b>Raziskave telesne dejavnosti in preprečevanje sedentarnosti</b>
<b>Course title</b>	<b>Research in Physical Activity and the Prevention of Sedentary Behavior</b>

<b>Študijski program in stopnja</b> <b>Study programme and level</b>	<b>Študijska smer</b> <b>Study field</b>	<b>Letnik</b> <b>Academic year</b>	<b>Semester</b> <b>Semester</b>
Zdravstvene vede/3. stopnja	Fizioterapija	2. letnik	3.
Health sciences/3 <sup>rd</sup> Cycle	Fizioterapija	2 <sup>nd</sup> year	3 <sup>rd</sup>

**Vrsta predmeta/Course type** izbirni/elective

**Univerzitetna koda predmeta/University course code** 3\_ZV\_2\_UN3\_IP\_FTH

<b>Predavanja</b>	<b>Seminar</b>	<b>Sem. vaje</b>	<b>Lab. vaje</b>	<b>Teren. vaje</b>	<b>Samost. delo</b>	<b>ECTS</b>
<b>Lectures</b>	<b>Seminar</b>	<b>Tutorial</b>	<b>Laboratory work</b>	<b>Field work</b>	<b>Individ. work</b>	
15	10				425	15

**Nosilec predmeta/Lecturer:** doc. dr. Špela Bogataj

<b>Jeziki/Languages:</b>	slovenski/Slovenian
<b>Predavanja/Lectures:</b>	
<b>Vaje/Tutorial:</b>	slovenski/Slovenian

**Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:**

- Vpis v drugi letnik študijskega programa.
- Študent mora pred izpitom pripraviti in predstaviti ter zagovarjati raziskovalno nalogo.

**Prerequisites:**

- Enrolment in the second year of study.
- Student has to prepare, present and defend a research paper before the exam.

**Vsebina:**

Redna telesna dejavnost je temelj zdravega načina življenja, le-ta pa je odvisen od telesne pripravljenosti, ki je povezana z zdravjem in jo determinira pet komponent: telesna sestava, srčno-žilna vzdržljivost, mišična moč, mišična vzdržljivost in gibljivost. Raziskave kažejo na porast epidemije, imenovane telesna neaktivnost in povečanje sedentarnega načina življenja v vseh starostnih kategorijah (malčki, otroci, mladostniki, odrasli, starejši). Drastično sedeč način življenja zahteva številne ukrepe celotne družbe in odločevalcev (vlada, lokalne

**Content (Syllabus Outline):**

Regular physical activity is the basis of a healthy lifestyle and is linked to health-related physical fitness, which is determined by 5 components: Body composition, cardiovascular endurance, muscle strength, muscle endurance and mobility. Research shows an increase in the epidemic known as physical inactivity and an increase in sedentary lifestyle across all age categories (infants, children, adolescents, adults, the elderly). Dramatically reducing physical inactivity will require a range of actions by society as a whole and by decision-makers

skupnosti, delodajalci, zdravstvena skupnost in posamezniki), saj bo le na ta način možno zmanjšati stroške zdravstvene oskrbe, bolezni in prezgodnje smrti. Izobraževanje doktorskih študentov fizioterapije in njihovo opolnomočenje za izvedbo raziskav in intervencij na področju telesne dejavnosti za preprečevanje sedentarnega načina življenja in zdravljenje bolezni je bistvenega pomena za preoblikovanje zdravstvenega varstva. Izbirni predmet z naslovom Raziskave telesne dejavnosti in preprečevanje sedentarnosti tako predstavlja razvoj znanja in veščin pri študiju znanstvene literature, načrtovanju, raziskovanju in spremljanju učinkov gibalnih intervencij na zdravje človeka.

Vsebina predmeta:

- *Znanost o telesni dejavnosti.*
- *Uvod v medicino življenjskega sloga (posledice za zdravje, promocija dobrega počutja, obvladovanje bolezni in preprečevanje).*
- *Pomen motivacije pri preprečevanju sedentarnosti in telesne neaktivnosti.*
- *Nevroznanost o učenju gibanja.*
- *Sedentarnost in zdravje (prekomerna teža, vpliv na presnovni sistem, vpliv na srčno-žilne parametre, vpliv na kostno-mišični sistem, vpliv na mentalno zdravje).*
- *Vrednotenje telesne dejavnosti in sedentarnosti (sodobni koncepti vrednotenja, načrtovanje, ureditev in zaporedje vrednotenja, subjektivno vrednotenje (vprašalniki, dnevniki, ipd.), objektivno vrednotenje (pospeškometri, spirometrija, inklinometrija, ipd.)).*
- *kakovost in ustreznost različnih tipov intervencij in raziskav (metodika izvedbe intervencij, velikost vzorca, intenzivnost in trajanje intervencije, kontrolna skupinah, izbira primerne raziskovalnega dizajna...).*
- *Ukrepi za povečanje telesne dejavnosti in preprečevanje sedentarnosti pri različnih starostnih skupinah (otroci, mladostniki, delavna populacija,*

(government, communities, employers, health care providers, and individuals) because it is the only way to reduce the costs of health care, illnesses, and premature death. Educating postgraduate physiotherapy students and enabling them to carry out research and interventions in physical activity to prevent sedentary lifestyles and to treat disease is essential for the transformation of health care. The elective course, entitled Research in Physical Activity and the Prevention of Sedentary Behaviour represents the development of knowledge and skills in the study of scientific literature, planning, research and monitoring the impact of physical interventions on human health.

Syllabus content:

- *The science of physical activity.*
- *Introduction to lifestyle medicine (effects on health, promotion of well-being, disease management and prevention).*
- *The importance of motivation in the prevention of lack of exercise and physical inactivity.*
- *Neuroscience on learning to move.*
- *Sedentary and health (obesity, effects on metabolic system, effects on cardiovascular parameters, effects on musculoskeletal system, effects on mental health).*
- *Evaluation of physical activity and sedentariness (modern evaluation concepts, planning, arrangement and procedure of evaluation, subjective evaluation (questionnaires, diaries, etc.), objective evaluation (accelerometers, spirometry, inclinometry, etc.)).*
- *Quality and suitability of different types of intervention and research (methodology of interventions, sample size, intensity and duration of intervention, control groups, selection of appropriate research design).*
- *Measures to increase physical activity and prevent physical inactivity in different age groups (children, young*

<i>starejši), na delovnem mestu, v prostem času...).</i>	<i>people, workers, older people), at work, during leisure time, etc.).</i>
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### **Temeljna literatura in viri/Readings:**

#### **Temeljna literatura/Basic literature**

- Kanosue, K., Oshima, S., Cao, Z.-B., Oka, K. (Eds.) (2015). *Physical Activity, Exercise, Sedentary Behavior and Health*. Japan: Springer.
- Weimo, Z., Neville, O (2017). *Sedentary Behavior and Health: Concepts, Assessments, and Interventions First Edition*. United states: Human Kinetics.
- Sundberg, CJ (ed.) (2010). *Physical Activity in the Prevention and Treatment of Disease*. Swedish national Institut of public health

#### **Priporočljiva literatura/Recommended literature**

- Scientific articles on physical activity and prevention of sedentary lifestyle.

### **Cilji in kompetence:**

#### *Cilji predmeta:*

Poglobljeno poznavati pomembnosti redne telesne dejavnosti kot temelj zdravega načina življenja in pomena preprečevanja sedentarnosti za vse starostne kategorije. Učinkovito usposobiti doktorskega študenta za samostojno raziskovalno delo na področju telesne dejavnosti. Učinkovito usposobiti doktorskega študenta za samostojno raziskovalno delo na področju preprečevanja sedentarnega načina življenja. Poglobljeno poznavanje naj sodobnejših znanstvenih odkritij in intervencij na področju telesne dejavnosti in pri preprečevanju sedentarnega načina življenja.

*Predmet Raziskave telesne dejavnosti in preprečevanje sedentarnosti prispeva k razvoju naslednjih splošnih in specifičnih kompetenc:*

- celovito kritično mišljenje, sposobnost analize, sinteze in predvidevanja rešitev na področju gibalnih intervencij za zmanjšanje sedentarnosti in na področju športe vadbe,
- usposobljenost za samostojno razvijanje novega znanja in reševanja najzahtevnejših znanstvenih in strokovnih problemov na področju telesne dejavnosti in vadbe,
- poznavanje in uporaba raziskovalne metodologije (metod, postopkov, procesov in tehnologije) na področju telesne dejavnosti in vadbe,

### **Objectives and Competences:**

#### *Course objectives:*

In-depth knowledge of the importance of regular physical activity as the basis of a healthy lifestyle and of the importance of preventing physical inactivity for all age groups. Effective training of a doctoral student for independent research in the field of physical activity. Effective training of a doctoral student for independent research in the field of sedentary lifestyle prevention. In-depth knowledge of the latest scientific discoveries and interventions in the field of physical activity and sedentary lifestyle prevention.

*The subject Research in Physical Activity and the Prevention of Sedentary Behaviour contributes to the development of the following general and specific competences:*

- comprehensive critical thinking, the ability to analyse, synthesise and predict solutions in the field of motor interventions to reduce sedentary behaviour and in the field of physical activity,
- the ability to independently develop new knowledge and solve the most demanding scientific and professional problems in the field of physical activity and movement,
- knowledge and application of research methodology (methods, procedures,

<ul style="list-style-type: none"> <li>• usposobljenost za prepoznavanje potreb po spremembah in uvajanje novih vadbenih strategij,</li> <li>• vodenje in sodelovanje v kritičnih dialogih,</li> <li>• zavezanost profesionalni etiki,</li> <li>• usposobljenost za predstavljanje pridobljenega znanja in raziskovalnih dognanj na domačih in tujih znanstvenih konferencah in v mednarodnem raziskovalnem okolju.</li> </ul>	<p>processes and technology) in the field of physical activity and movement,</p> <ul style="list-style-type: none"> <li>• ability to identify the need for change and introduce new training strategies,</li> <li>• leadership and participation in critical dialogues,</li> <li>• commitment to professional ethics,</li> <li>• the ability to present the acquired knowledge and research results at domestic and foreign scientific conferences and in the international research environment.</li> </ul>
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**Predvideni študijski rezultati:**

***Študent/študentka:***

- pozna in razume pomembnost telesne dejavnosti v različnih življenjskih obdobjih,
- pozna in razume problematiko sedentarnosti v različnih življenjskih obdobjih,
- zna uporabiti različne kvantitativne in kvalitativne raziskovalne metode pri proučevanju telesne dejavnosti in oceni sedentarnosti,
- razvije sposobnost za učinkovito samostojno načrtovanje in izvedbo raziskovalnega dela, analizo in interpretacijo podatkov, oblikovanje in utemeljitev mnenj, stališč in predlogov ter pripravo raziskovalnega poročila s področja telesne dejavnosti in preprečevanja sedentarnosti,
- obvlada znanja o teoretičnih konceptih in znanstvenih izsledkih na področju telesne dejavnosti in sedentarnosti.

**Intended Learning Outcomes:**

***Students:***

- know and understand the importance of physical activity at different stages of life,
- know and understand the problem of sedentary lifestyle at different stages of life,
- can apply various quantitative and qualitative research methods in the study of physical activity and the assessment of sedentary life,
- develop the ability to effectively and independently plan and conduct research, to analyse and interpret data, to formulate and justify opinions, viewpoints, and proposals, and to prepare a research report in the field of physical activity and sedentary lifestyle prevention,
- mastery of theoretical concepts and scientific knowledge in the field of physical activity and sedentary work.

**Metode poučevanja in učenja:**

- študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- *seminarji:*
  - študij primera iz prakse,
  - načrt za raziskovalno-projektno delo,
  - izvedba raziskave (voden individualni študij),
  - izdelava, predstavitev in zagovor raziskovalne naloge;

**Learning and Teaching Methods:**

- *lectures* with active student participation (explanation, discussion, questions, examples, problem solving),
- *seminars:*
  - studying an example from practice,
  - a plan for research/project work,
  - research implementation (guided individual study),
  - preparation, presentation and defence of the research paper;
- consultations (individual and in groups).

• konzultacije (individualne in kolektivne).	
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Načini ocenjevanja:	Delež (v %)/Weighting (in %)	Assessment:
Načini: • temeljna ali aplikativna raziskovalna naloga z zagovorom (obseg najmanj 30.000 znakov).  <i>Ocenjevalna lestvica:</i> <b>uspešno, neuspešno.</b>	100 %	Types: • fundamental or applicative research paper with defence (at least 30,000 characters).  <i>Grading scale:</i> <b>pass, fail.</b>