

Subject	Physical Activity in Health And Disorder		
Type	Type	Semester	ECTS
	MANDATORY (M)	IV	6
Course Lecturer	Dr.Sc. Blerta Abazi		
Goals and objectives	<p>The purpose of this course is to provide students with knowledge about the role of physical activity and exercise in health and in people with various disorders. Furthermore, the course will enable students to understand and learn about the mechanisms of disease acquisition related to a lack of physical activity (sedentary lifestyle). Through this subject, students will understand the role and importance of physical activity in people's lives, as well as the consequences of not engaging in physical activities or a sedentary (sitting) lifestyle.</p>		
Learning outcomes	<p>After completing this course, students should be able to:</p> <ul style="list-style-type: none"> ✓ Discuss the benefits of an active lifestyle, the history and current status of physical activity and health research ✓ Explain the negative consequences of leading an inactive lifestyle and the effects of physical activity on the human body. ✓ Describe how the concept of inclusive fitness differs from a traditional model of training specific populations (rehabilitation settings). ✓ Explain the main principles of health promotion and the psychological and behaviour change theories used to support the intervention model. ✓ Compare and contrast different approaches and environments for increasing physical activity and reducing sedentary behaviour. ✓ Design and evaluate physical activity and sedentary behavior interventions for all ages. 		
Content	Java	Topics	
	1	Syllabus Presentation	
	2	History and Current Status of the Study of Physical Activity and Health	
	3	Theory: Effects of Physical Activity on the Human Organism Exercises: Testing the effect of physical activities on functional abilities	
	4	Theory: Rationale and Considerations for Training Special Populations; Health Appraisal and Fitness Assessments. Exercises: Testing your fitness level	
	5	Theory: Children and Adolescents: - Effects of Exercise in Children and Adolescents; - Exercise Recommendations for Children and Adolescents Exercises: Trend in children's physical activities in Europe	
	6	Theory: Older Adults: - Exercise Recommendations for Older Adults; - Effects of Exercise in Older Adults; - Exercise Recommendations for Older Adults Exercises: Applying the exercises recommended to the elderly	
	7	Theory: Cognitive Conditions and Disorders; Cancer. Exercises: Recommended exercises for people with Autism and down syndrome.	
	8	Mid-exam – 1	
	9	Theory: Female-Specific Conditions: - Female Athlete Triad; - Pregnancy and Postpartum; - Menopause and Postmenopause. Exercises: Specific exercises for specific conditions feminine.	
	10	Recommended exercises for the following situations (theory and practice): - Musculoskeletal conditions and disorders and - Metabolic - Pulmonary disorders and circumstances	

		- Cardiovascular conditions and disorders	
	11	Recommended exercises for the following situations (theory and practice): - Immunological and hematological disorders - Neuromuscular conditions and disorders	
	12	Description (theory) and application (practice) of exercises for immunological disorders.	
	13	Description (theory) and application (practice) of exercises for muscle disorders.	
	14	Description (theory) and application (practice) of exercises for obese and overweight people.	
	15	Mid-exam – 2	
Teaching/learning methods	Activity	Weight (%)	
	Lectures	40%	
	Laboratory	40%	
	Research	10%	
	Independent and group learning	10%	
Methods of Evaluation	Methods of evaluation:	%	
	Participation	10%	
	a) Medium-term exam-1	30%	
	b) Medium term exam - 2	30%	
	Individual and group work	15%	
	Seminars	15%	
Sources	Sources	Number	
	Lectures	1	
	Presantations	1	
	Web of Science	1	
	PubMed	1	
	Scopus	1	
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	24
	Lab	1	12
	Course project	n/a	34
	Indipendent work	n/a	80
Literature	<ul style="list-style-type: none">Bushman, B., & American College of Sports Medicine. (2017). ACSM's Complete Guide to Fitness & Health, 2E. Human Kinetics.Gibson, A. L., Wagner, D., & Heyward, V. (2018). Advanced Fitness Assessment and Exercise Prescription, 8E. Human kinetics.Dishman, R. K., Heath, G. W., & Lee, I. M. (2012). Physical activity epidemiology. Human Kinetics.Physical activity and health / Claude Bouchard, Steven N. Blair, and William L.Haskell, editors. -- 2nd ed. Copyright © 2012, 2007 by Human Kinetics, Inc.Exercise & Mental Health. Copyright © 2018 by Exercise & Sports Science Australia (ESSA). Publisher: Camella Brightman.Thaqi, A., Berisha, M., & Shaqiri, K. (2023). The motor competency level of elderly people measured by Functional Movement Screen protocol. Pedagogy of Physical Culture and Sports, 27(4), 267-273.		
Ethical standards	This course follows the UBT College Code of Ethics, requiring all students to behave accordingly. Any instance of academic misconduct, including but not limited to fraud, plagiarism, or other forms of dishonesty, will lead to significant penalties like failure of specific assessment or the entire course, as well as further disciplinary measures in line with UBT College's academic integrity policies.		
Contact	blerta.abazi@ubt-uni.net		