

ID	1926
Curricular Unit	Women and Exercise
Regent	Maria de Fátima Marcelina Baptista
Learning Outcomes	Understanding the functioning of the female reproductive system and its influence: a) in clinical conditions most prevalent or unique to women, particularly in symptoms and vascular diseases, osteoporosis, cancer, urogenital and cognitive disorders, depression and b) in response to exercise, c) in the design and programming exercise during pregnancy and postpartum.
Syllabus	<ul style="list-style-type: none"> - Physical activity and women's participation in sports; - Physiology of women through their life cycle: menstrual cycle, puberty, pregnancy, menopause; - Physical activity and exercise training: gender differences; - Sex steroids hormones and health: osteoporosis, cancer, vascular diseases, urogenital dysfunction, cognition dysfunction and depression; - The female athlete triad: osteoporosis, amenorrhea and disordered eating; - Contraceptives and hormonal therapy; - Women's Health Initiative: lessons from the largest randomized controlled trial on hormone replacement therapy use; - Physiological adaptations of pregnant woman to exercise; - Absolute and relative contraindications for exercising during pregnancy; - Exercise benefits during pregnancy; - Recommendations for exercise during pregnancy and postpartum
Evaluation	<p>The program is developed in two lectures of 1 hour/wk and in one theoretical and practical (TP) of 1.5 hour/wk (or two classes of TP 45 min/wk). The contents with an expositive or applicative predominance are taught in theoretical and TPs classes, respectively. Continuous assessment is carried out through two written tests, an oral presentation, and a written work on a case study with the description of a lesson plan. The final grade is the sum of the scores of the written tests (70%), the case study (30%) and the oral presentation (optional, 1 point as maximum bonus). The student is approved with a final grade ? 10 if with 50% in each written test, ? 3 points in the case study, and TPs class attendance ? 2/3. The final exam consists of a written and oral examination. The oral examination is compulsory for students with a score > 11 (scale 0-14) in written tests and those who obtain > 50% in the written exam who not have attended at least 2/3 of the TPs classes.</p>
Bibliography	<p>Cowlin, AF. Women's Fitness Program Development. Champaign: Human Kinetics, 2002.</p> <p>American Council on Exercise. Pré-and Post-Natal Fitness. Anthony L (Ed.), Monterey: Healthy Learning Books & Vídeos, 2002.</p> <p>Baptista, F., and Meyer, N. Actividade física, nutrição e saúde na rapariga e na mulher. In P.J. Teixeira, L.B. Sardinha, & Barata, J.T. (Coord.), Nutrição, Exercício e Obesidade. Lisboa, Lidel -edições técnicas, lda, 2008</p>