<table>
<thead>
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<th>ID</th>
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<tr>
<td><strong>Curricular Unit</strong></td>
<td>Exercise and Health Psychology</td>
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<tr>
<td><strong>Regent</strong></td>
<td>Maria Margarida Nunes Gaspar de Matos</td>
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<tr>
<td><strong>Learning Outcomes</strong></td>
<td>To know the concept of life style; to identify key-concepts in the psychological determinants of healthy life style; to identify exercise as a healthy behaviour</td>
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</table>
| **Syllabus** | 1.- Health and human behaviour  
2.- Basic concepts of epidemiology  
3.- Health behaviour: changement models  
4.- Health behaviour and health promotion  
5.- Healthy life style along the life  
6.- Risk Behaviour and healthy life style predictors  
7.- Community interventions |
| **Evaluation** | Participative and expositive strategies. Evaluation: essay discussed in public |
Morgan, A; Davies, M; Ziglio, E ( 2010) Health assets in a global context; Springer  
Ridder, D & Wit, J (2006) Self regulation in health behaviour, Wiley and son |