

<b>ID</b>	2063
<b>Curricular Unit</b>	Exercise in Health and Disease
<b>Regent</b>	Luís Bettencourt Sardinha
<b>Learning Outcomes</b>	This course analyzes the plausible effects on selected chronic diseases and has the following objectives: I) to describe and to analyze the etiology, characterization and prevalence of selected chronic diseases; II) to describe and to analyze the potentials mechanisms and effects of exercise.
<b>Syllabus</b>	<ol style="list-style-type: none"> <li>1. Acute, chronic and systemic inflammation. Agents and consequences.</li> <li>2. Metabolic syndrome: etiology, characterization, exercise effects and mechanisms.</li> <li>3. Obesity: etiology, characterization, exercise effects and mechanisms.</li> <li>4. Dyslipidemia: etiology, characterization, exercise effects and mechanisms.</li> <li>5. Diabetes: etiology, characterization, exercise effects and mechanisms.</li> <li>6. Hypertension: etiology, characterization, exercise effects and mechanisms.</li> <li>7. Asthma: etiology, characterization, exercise effects and mechanisms.</li> <li>8. Cancer: etiology, characterization, exercise effects and mechanisms.</li> <li>9. The exercise dose-response with the selected diseases and the interactions between the adaptation mechanisms.</li> </ol>
<b>Evaluation</b>	During the lectures classes an expositive method is used through slide presentation with the possibility of a final discussion about the specific topic. In the lecture-practical classes it is adopted a work group task methodology and the resolution of problems. The summative assessment model requires the completion of one test about the lecture and lecture/practical classes. The final assessment model consists of a written exam about the issues discussed during the lecture and lecture/practical classes, performed in the end of the semester. The student is approved and exempt from an oral exam if a minimum score of 12.0 (score 1 to 20) is obtained in the final exam. The student is not approved if the final exam is lower than 10 (score 1 to 20).
<b>Bibliography</b>	Dusrtine, J.L., & G.E. Moore (Eds.). Exercise Management for Persons with Chronic Diseases and Disabilities (2nd Edition). Human Kinetics, Champaign, USA, 2003.