

ID	2096
Curricular Unit	Physical Fitness for the Youngster
Regent	Maria Helena Santa Clara Pombo Rodrigues
Learning Outcomes	The student must know the rates of physical activity and sedentary time among children and adolescents. The evidence of the physiological, metabolic and psychological benefits related to regular physical activity and exercise practice. Exercise programs for children and adolescent, adapted to their morphological, physiological, psychological and socio-emotional differences. Paediatric physical fitness and physical activity assessments. The fitnessgram program. Expertise in exercise prescription for children and adolescents.
Syllabus	Epidemiological research related with rates of physical activity and sedentary time in children and adolescents. Benefits of regular physical activity and the consequences of physical inactivity among children and adolescents. The cardiovascular risk factors in children. Physiological responses to exercise. Paediatric laboratory exercise test and field physical fitness tests. The FITNESSGRAM program. Exercise prescription for children and adolescents. Guidelines for school and community programs to promote lifelong physical activity among young people. Supervised intervention with children and adolescents.
Evaluation	Expositive method with slides for the theoretical class. For the TP the students will work in small groups and it will be use teaching strategies as problems resolution, task-situation and task card. In the end of each TP the professor and students will discuss the worksheet resolution. Students may opt either for final or continuous assessment. Continuous assessment - two written tests during the course. 1/3 class attendance. Final exam - written and oral examination at the end of the course
Bibliography	American College of Sports Medicine (2010). ACSM's guidelines for exercise testing and prescription (8th edition). Philadelphia: Lippincott Williams & Wilkins. Armstrong, N. & Van Mechelen W. (Eds) (2000): Paediatric Exercise Science and Medicine. Oxford University Press, New York. The Cooper Institute for Aerobics Research (2002). Fitnessgram. Manual de aplicação de testes. Lisboa: Faculdade de Motricidade Humana Malina, R. M. & Clark, M. A. (2003) Youth Sports. Perspectives for a New Century. Coaches Choise, Monterey CA. Rowland, T. W. (1996). Developmental Exercise Physiology. Champaign: Human Kinetics Publishers. Rowland, T.W. (2005). Children's Exercise Physiology. Champaign: Human Kinetics Publishers