

<b>ID</b>	2307
<b>Curricular Unit</b>	Internship
<b>Regent</b>	Maria de Fátima Marcelina Baptista
<b>Learning Outcomes</b>	The purpose of the Internship is to improve and strength the promotion, design and implementation of exercise programs and physical activity skills, in order to prevent the occurrence or worsening of disease and disability in clinical (Physiologist Exercise) and public health settings (Exercise and Health Promoter).
<b>Syllabus</b>	<p>Evaluation and interpretation of physical activity and sedentary behaviors, physical fitness, energy balance and indicators of well-being and quality of life.</p> <p>Design and prescription of supervised exercise programs and self-administered physical activity programs aimed at to maintain or improve physical fitness, quality of life related to health and psychological well-being.</p> <p>Stimulation of teams and initiatives to promote physical activity or where the evaluation and / or prescription of physical activity represents a specific topic; to advice and encourage regular and continuous behavior conducive to the preservation of health, including eating behaviors and physical activity and reduction of sedentary lifestyle; to promote informational and educational initiatives in the community.</p>
<b>Evaluation</b>	Internship works under the supervision of a professor. The mentor oversees the career of the student, monitoring compliance with the plan of work and actively monitoring the final report. The student keeps the supervisor regularly informed on the progress of their work. The internship can be performed in public or private institutions aimed, with responsibilities or providing services in the area of exercise and health, including: gymnasiums and similar organizations, municipalities, organizations related to tourism, leisure and entertainment (sports facilities, public pools, natural circuits, etc.), organizations related to health care (hospitals, clinics, health centers, rehabilitation centers) and schools. At the end of the internship, the student must submit a written report that reflects the work done and make their presentation in a public exam.
<b>Bibliography</b>	According to the work plan set by the student in collaboration with the academic supervisor and the supervisor of the host institution.