

ID	2420
Curricular Unit	Internship Activities in Exercise and Health
Regent	Flávia Yázigi
Learning Outcomes	<p>The internship is integrated in the Full Graduation in Sport Sciences – minor in Exercise and Health, and aims mainly at the student’s improvement of the following domains:</p> <p>a) Intervention within the field of Exercise and Health, namely:</p> <ul style="list-style-type: none"> • Evaluation of physical aptitude, body composition, energetic balance, quality of life, and wellbeing; • Conception of exercise programs; • Implementation of exercise and behavioral modification programs. <p>b) Relationship with other professionals, namely by participating in groups with different competences, viewing at the conception and implementation of individual and collective physical exercise and behavioral modification programs in apparently healthy adults;</p> <p>c) Relationship with the community, namely in the conception and implementation of informative and educational initiatives for the community</p>
Syllabus	<p>The student will undergo practical training in order to:</p> <p>a) Conceive, plan, lead, supervise, and evaluate structured and lifestyle physical exercise programs to improve health, fitness, and mental well-being.</p> <p>b) Know and apply the most relevant and up-to-date exercise technologies.</p> <p>c) Employ the best information technology methodologies when interaction with others.</p> <p>d) Advise and promote healthy behaviors in the areas of exercise and eating behaviors.</p> <p>e) Ensure that adequate prevention, safety and emergency procedures are in place.</p> <p>f) Integrate and lead multidisciplinary teams in the health promotion field.</p>

Evaluation

- 1) Individual assessment at the institution (weighting 35%);
- 2) Work group task assessment related to the implementation, planning, development, and performance in the exercise and health week event (weighting 30%);
- 3) Individual task performance assessment during the several meetings per week, including institution characterization, work project and critical report (weighting 30%);
- 4) Participation and organization of events related to exercise and health promotion (weighting 5%).

The student is approved if a score ? 10 is obtained.

The final assessment model includes the presentation and discussion of a report and the conceptualization, preparation, and presentation of two master-classes (studio and water)

Bibliography

ACSM's Guidelines for Exercise Testing and Prescription American College of Sports Medicine 8th Edition 2009.

Bouchard, C. (2007) Physical Activity and Health, Champaign, IL, Human Kinetics.

Sardinha LB & Themudo Barat JL (eds): Lidel - Edições Técnicas, Lisboa, pp. 181-236.

U.S. Department of Health and Human Services Physical Activity Guidelines Advisory Committee Report, 2008. <http://www.health.gov/PAGuidelines/Report/> *

U.S. Department of Health and Human Services. 2008 Physical activity guidelines for Americans: be active, healthy, and happy! <http://www.health.gov/paguidelines>. *

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