

ID	2469
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. 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	Students may opt either for final or continuous assessment. Continuous assessment - one written test during the course (60% of the final classification) and a group work (40% of the final classification). In each assessment task the student must have a classification equal or higher than 8 values. 1/3 class attendance. Final exam - written and oral examination at the end of the course. In each assessment task the student must have a classification equal or higher than 10 values.
Bibliography	American College of Sports Medicine (2014). ACSM's guidelines for exercise testing and prescription. (9 th Ed.). Philadelphia: Lippincott Williams & Wilkins. Plowman, S.A. & Meredith, M.D. (Eds.). FitnessGram/ActivityGram Reference Guide. (2013) Dallas, TX: The Cooper Institute. Articles available at the online Learning System of the Faculdade Motricidade Humana