

<b>ID</b>	2781
<b>Curricular Unit</b>	Exercise and Children's Health
<b>Regent</b>	Maria Helena Santa Clara Pombo Rodrigues
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. Systematize the theoretical concepts, supported by the research results, which are inherent to education-oriented physical fitness for the harmonious development of the child and adolescent.</li> <li>2. Knowing the pathophysiology of chronic childhood diseases and their consequences in the practice of physical activity and involvement in physical exercise programs.</li> <li>3. Mastering the prescription of health-related exercise for children and adolescents.</li> </ol>
<b>Syllabus</b>	<ol style="list-style-type: none"> <li>1. Physical activity and health in children and adolescents. Know and understand the benefits of regular physical activity in children and adolescents.</li> <li>2. Physical fitness and health. Interpret the values ??of the areas of physical fitness and its importance for child health.</li> <li>3. Understand the importance of the relationship between body composition, metabolic disorders and level of physical activity with child health.</li> <li>4. Understanding the Conceptual Model for the Promotion of Physical Activity in children and adolescents.</li> <li>5. Chronic diseases and physical activity in children and adolescents.</li> <li>6. Prescription of exercise for healthy children and teenagers and in the presence of chronic diseases.</li> <li>7. Ethical issues in research with children and adolescents.</li> </ol>
<b>Evaluation</b>	final exam
<b>Bibliography</b>	<p>Main Bibliography:</p> <p>ACSM's Guidelines for exercise testing and prescription. 8 edition, Wolters Kluwer Lippincott Williams and Wilkins, 2010</p> <p>Armstrong, N. &amp; Mechelen, W. (2000). Paediatric exercise science and medicine . NY: Oxford Medical Publications.</p> <p>. Goldberg, B. (1995). Sports and exercise for children with chronic health conditions . Champaign, IL: Human Kinetics.</p> <p>Additional bibliography:</p> <p>Articles indexed scientific journals and Consensus Positions of international organizations on pediatric exercise and child</p>