

ID	2789
Curricular Unit	Nutrition, Obesity and Weight Control
Regent	Pedro Jorge do Amaral de Melo Teixeira
Learning Outcomes	<ul style="list-style-type: none"> - To understand the phenomenon of human obesity and its biological, environmental, behavioural and psychosocial determinants; the relationship between obesity (prevention, comorbidities treatment and management, and psychosocial correlates) and physical activity/exercise and sedentary lifestyle will be analysed in depth. - Development of skills and tools to evaluate, prescribe, and promote the practice of physical activity and exercise in the obese or at-risk population. - To study the role of nutrition and eating behaviours in the prevention and treatment of obesity. - To understand behaviour change principles, models and techniques for the promotion of sustained exercise/physical activity, eating and weight control.
Syllabus	Demographics and epidemiology of obesity; social impact and health risks. Determinants and etiology of obesity. Genetic and behavioral risk factors for weight gain and obesity. Stigma, prejudice and discrimination. Body image, quality of life, and psychosocial well being in obese individuals. Eating behavior self-regulation and its impact on weight management; types of eating behavior regulation and their implications; strategies for improving eating regulation. Specificity of physical activity/exercise in weight control; recommendations for weight loss and maintenance after weight loss. Physical activity as a moderator of health and well being in obesity; variability in response to exercise programs; physiological and behavioral compensatory responses Diet and nutrition in weight control; popular diets and dietary supplements for weight loss; recommendations and institutional positions Behavior change and self-regulation principles and techniques; ethical principles of professional practice.
Evaluation	Continuous evaluation: Three brief exams including information covered in tutorial sessions (T) and in laboratory/practical sessions (TP). Each student can only fail to attend 2 T classes and 4 TP classes to be admitted to this evaluation model. Final Evaluation: Written exam including all contents covered in the classes. The student is approved and waives an extra oral examination if a value of 10,0 or more is reached in the written final exam. The student automatically fails the final exam if has less than 7,5 in the written examination.

Bibliography

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- Donnelly JE et al, ACSM (2009). Appropriate physical activity intervention strategies for weight loss and prevention of weight regain for adults. *Med Sci Sports Exerc*,41:459-71.
- Teixeira PJ (2008). Nutrição, alimentação e controlo do peso. In Teixeira PJ, Sardinha LB, Barata JL (Eds). *Nutrição, Exercício e Saúde*. Lisboa: Lidel.
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- Teixeira PJ et al (2012). Motivation, self-determination, and long-term weight control. *Int J Behav Nutr Phys Act*, 9:22.