

<b>ID</b>	2919
<b>Curricular Unit</b>	Physical Activity and Public Health
<b>Regent</b>	Luís Bettencourt Sardinha
<b>Learning Outcomes</b>	<p>This course documents the empirical evidence that relates physical activity with Public Health and outlines strategic interventions to increase physical activity. Within the scope of pathogenic and salutogenic behaviors, physical activity has a salutogenic role with potential influences on some pathogenic behaviors. More specifically, there are three main objectives: I) to analyze the effects of sedentary and physical activity behaviors within an epidemiological framework and its main indicators; II) to describe and to characterize the main sedentary and physical activity behaviors that have a major salutogenic effect; III) to identify and to characterize the most relevant strategies for physical activity promotion.</p>
<b>Syllabus</b>	<ol style="list-style-type: none"> <li>1. The concepts of prevalence, incidence, relative risk, and attributable risk. Definitions of sedentary and physical activity behaviors.</li> <li>2. Morbidity, mortality and longevity in active and sedentary populations.</li> <li>3. Nature of the relationship between sedentary behavior, physical activity behavior and cardiorespiratory fitness with health. The magnitude, the consistency, the temporality, the biological gradient and the epidemiological and experimental evidences of this relationship.</li> <li>4. Theories and models of physical activity promotion.</li> <li>5. Community and workplace physical activity promotion for adults.</li> <li>6. Impact of sedentary behavior on health costs. The cost-benefit and the cost-effectiveness of physical activity programs.</li> </ol>
<b>Evaluation</b>	<p>During the lectures an expositive method is used through occasional slide presentation with the possibility of a final discussion about the specific topic. The summative assessment model requires the completion of two tests. The final exam model consists of a written exam about the issues discussed during the lecture and lecture/practical classes, performed in the end of the semester. The student is approved and exempt from an oral exam if a minimum score of 12.0 (score 1 to 20) is obtained in the final exam. The student is not approved if the final exam score is lower than 10 (score 1 to 20).</p>

**Bibliography**

- Dishman, R.K. *Advances in Exercise Adherence*. Human Kinetics, Champaign, 1994.
- Sardinha, L.B., & Matos, M.. O aconselhamento para a actividade física. In L.B. Sardinha, I. Loureiro, & M. Matos (Eds.). *Promoção da saúde: modelos e práticas de intervenção nos âmbitos da actividade física, nutrição e tabagismo*. Lisboa, Edições FMH, 1997.
- Teixeira, P.J, Sardinha, L.B, & Barata, J.L. *Nutrição, Exercício e Saúde*. Lidel, Lisboa, 2008.
- U.S. Department of Health and Human Services. *Physical Activity and Health: A Report from the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996.
- Wilson, B.R., & Glaros, T.E. *Managing Health Promotion Programs*. Human Kinetics, Champaign, 1994.