

<b>ID</b>	3057
<b>Curricular Unit</b>	Women and Exercise
<b>Regent</b>	Maria de Fátima Marcelina Baptista
<b>Learning Outcomes</b>	<p>Understanding the functioning of the female reproductive system and its influence:</p> <p>a) in clinical conditions most prevalent or unique to women, particularly in symptoms and vascular diseases, osteoporosis, cancer, urogenital and cognitive disorders, depression and in response to exercise;</p> <p>b) in the design and programming exercise during pregnancy and postpartum.</p>
<b>Syllabus</b>	<ul style="list-style-type: none"> <li>- Physical activity and women's participation in sports;</li> <li>- Physiology of women through their life cycle: menstrual cycle, puberty, pregnancy, menopause;</li> <li>- Physical activity and exercise training: gender differences;</li> <li>- Sex steroids, hormones and health: osteoporosis, cancer, vascular diseases, urogenital dysfunction, cognition dysfunction and depression;</li> <li>- The female athlete triad: osteoporosis, amenorrhea and disordered eating;</li> <li>- Contraceptives and hormonal therapy;</li> <li>- Women's Health Initiative: lessons from the largest randomized controlled trial on hormone replacement therapy use;</li> <li>- Physiological adaptations of pregnant woman to exercise;</li> <li>- Absolute and relative contraindications for exercising during pregnancy;</li> <li>- Exercise benefits during pregnancy;</li> <li>- Recommendations for exercise during pregnancy and postpartum.</li> </ul>
<b>Evaluation</b>	<p>The program is developed in two lectures of 1 hour/wk and in one theoretical and practical (TP) of 1.5 hour/wk (or two classes of TP 45 min/wk). The contents with an expositive or applicative predominance are taught in theoretical and TP classes, respectively. Continuous assessment is carried out through two written tests, an oral presentation, and a written work on a case study with the description of a lesson plan. The final grade is the sum of the scores of the written tests (70%), the case study (30%) and the oral presentation (optional, 1 point as maximum bonus). The student is approved with a final grade &gt; 10 if with 50% in each written test, &gt; 3 points in the case study, and TP class attendance &gt; 2/3. The final exam consists of a written and oral examination. The oral examination is compulsory for students with a score &gt; 11 (scale 0-14) in written tests and those who obtain &gt; 50% in the written exam who have not attended at least 2/3 of the TP classes.</p>
<b>Bibliography</b>	<p>Cowlin, AF. Women's Fitness Program Development. Champaign: Human Kinetics, 2002. American Council on Exercise. Pré-and Post-Natal Fitness. Anthony L (Ed.), Monterey: Healthy Learning Books &amp; Vídeos, 2002.</p> <p>Baptista, F., and Meyer, N. Actividade física, nutrição e saúde na rapariga e na mulher. In P.J. Teixeira, L.B. Sardinha, &amp; Barata, J.T. (Coord.), Nutrição, Exercício e Obesidade. Lisboa, Lidel - edições técnicas, lda., 2008.</p>