

ID	3115
Curricular Unit	Internship
Regent	Maria Helena Santa Clara Pombo Rodrigues
Learning Outcomes	The purpose of the Internship is to improve and strengthen the promotion, design and implementation of exercise programs and physical activity skills, in order to prevent the occurrence or worsening of disease and disability in clinical (Physiologist of Exercise) and public health settings (Exercise and Health Promoter).
Syllabus	Evaluation and interpretation of physical activity and sedentary behaviors, physical fitness, energy balance and indicators of well-being and quality of life. Design and prescription of supervised exercise programs and self-administered physical activity programs to maintain or improve physical fitness, quality of life related to health and psychological well-being. Stimulation of teams and initiatives to promote physical activity or where the evaluation and/or prescription of physical activity represents a specific topic; to advise and encourage regular and continuous behavior conducive to the preservation of health, including eating behaviors and physical activity and reduction of sedentary lifestyle; to promote informational and educational initiatives in the community.
Evaluation	Supervisors will be defined in each year, according to the specific locations. Internship works under the supervision of a professor. The supervisor oversees the career of the student, monitoring compliance with the plan of work and actively monitoring the final report. The student keeps the supervisor regularly informed on the progress of their work. The internship can be performed in public or private institutions in the field of, with responsibilities or providing services in the area of exercise and health, including: gymnasiums and similar organizations, municipalities, organizations related to tourism, leisure and entertainment (sports facilities, public pools, natural circuits, etc.), organizations related to health care (hospitals, clinics, health centers, rehabilitation centers) and schools. At the end of the internship, the student must submit a written report that reflects the work done and make their presentation in a public exam.
Bibliography	According to the work plan set by the student in collaboration with the academic supervisor and the supervisor of the host institution.