<table>
<thead>
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<th>ID</th>
<th>3136</th>
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<tbody>
<tr>
<td>Curricular Unit</td>
<td>Exercise and Health Psychology</td>
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<tr>
<td>Regent</td>
<td>Maria Margarida Nunes Gaspar de Matos</td>
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### Learning Outcomes
To know the concept of lifestyle; to identify key-concepts in the psychological determinants of healthy lifestyle; to identify exercise as a healthy behaviour.

### Syllabus
1. Health and human behaviour
2. Basic concepts of epidemiology
3. Health behaviour: changement models
4. Health behaviour and health promotion
5. Healthy lifestyle along the life
6. Risk Behaviour and healthy lifestyle predictors
7. Community interventions

### Evaluation

### Bibliography
- Morgan, A; Davies, M; Ziglio, E (2010) Health assets in a global context; Springer
- Ridder, D & Wit, J (2006) Self regulation in health behaviour, Wiley and son