

<b>ID</b>	3606
<b>Curricular Unit</b>	Nutrition, Obesity and Weight Control
<b>Regent</b>	Pedro Jorge do Amaral de Melo Teixeira
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>- 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.</li> <li>- Development of skills and tools to evaluate, prescribe, and promote the practice of physical activity and exercise in the obese or at-risk population.</li> <li>- To study the role of nutrition and eating behaviours in the prevention and treatment of obesity.</li> <li>- To understand behaviour change principles, models and techniques for the promotion of sustained exercise/physical activity, eating and weight control.</li> </ul>
<b>Syllabus</b>	<p>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.</p> <p>Stigma, prejudice and discrimination. Body image, quality of life, and psychosocial well-being in obese individuals.</p> <p>Eating behavior self-regulation and its impact on weight management; types of eating behavior regulation and their implications; strategies for improving eating regulation.</p> <p>Specificity of physical activity/exercise in weight control; recommendations for weight loss and maintenance after weight loss.</p> <p>Physical activity as a moderator of health and well-being in obesity; variability in response to exercise programs; physiological and behavioral compensatory responses.</p> <p>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.</p>
<b>Evaluation</b>	<p><u>Continuous evaluation:</u> 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.</p> <p><u>Final Evaluation:</u> Written exam including all contents covered in the classes. The student is approved and waives an extra oral examination if a value of 9,5 or more is reached in the written final exam. The student automatically fails the final exam if he/she has less than 7,5 in the written examination.</p>

## **Bibliography**

- Teixeira PJ, Silva MN (2009). Repensar o peso. Lisboa: Lidel.
- Silva MN, Teixeira PJ (2014). Obesidade: Compreender e intervir. Rev Factores de Risco, 34(9).
- Jensen MD et al (2014). 2013 AHA/ACC/TOS Guideline for the management of overweight and obesity in adults. J Am Coll Cardiol, 63(25):2985-3023.
- 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.
- Raynor HA, Champagne CM (2016). Interventions for the treatment of overweight and obesity in adults. J Acad Nutr Diet,116:129-147.
- Santos I et al (2016). A self-determination theory perspective on weight loss maintenance. Eur Health Psychol,18(5):194-199.
- Teixeira PJ et al (2012). Motivation, self-determination, and long-term weight control. Int J Behav Nutr Phys Act, 9:22.