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| <b>ID</b>                | 3615   |
| <b>Curricular Unit</b>   | Evaluation of Physical Fitness and Well Being  |
| <b>Regent</b>            | Maria de Fátima Marcelina Baptista   |
| <b>Learning Outcomes</b> | <p>Prior to the process of exercise prescription, the subject identifies, classifies and selects the various protocols and procedures necessary for effective evaluation of the different attributes of physical fitness, physical activity (PA) and some dimensions of well-being to essentially: a) formalize the sequence of procedures necessary for the evaluation, b) select the protocols and apply the most appropriate procedures to evaluate and interpret the results: b1) of the different attributes of physical fitness, particularly the cardio-respiratory fitness, muscular fitness and body composition, b2) of physical activity, b3) the quality of life and well-being; c) generate individual informative reports for the participants.</p>  |
| <b>Syllabus</b>          | <p>a) Preliminary Procedures: to understand the importance of physical fitness assessment for the maintenance/acquisition of a healthy lifestyle; to establish risk stratification of participants to perform physical effort; to design and write an informed consent process in the context of assessment of physical fitness.</p> <p>b) Assessment of Physical Fitness: to know and select the more appropriate protocols for the assessment of physical fitness according to the characteristics of participants; to implement protocols for assessing body composition, cardio-respiratory and muscular fitness, to interpret the results of the assessments and to generate a report.</p> <p>c) Evaluation of PA: to identify the objectives of the evaluation of PA and to understand its importance in health; to know different methods of assessment of PA and to apply simple tests for its evaluation.</p> <p>d) Evaluation of Well-being: to select and apply tools for evaluating the quality of life related to health and subjective well-being.</p> |
| <b>Evaluation</b>        | <p>The course program is divided into theoretical and theoretical-practical classes. The course includes theoretical presentation and justification of the protocols and procedures for assessment of physical fitness, PA and well-being. The theoretical-practical course consists in the application of methodological procedures presented in the theoretical course.</p> <p>The evaluation is performed through a written exam and three reports about the theoretical-practical work. The final classification results from the sum of the written examination and the average of the three reports. Each report is quoted as 0 (inadequate or not performed), 0.5 (sufficient) or 1 value (good). The oral examination is compulsory for all students who obtain a classification higher than 16 in the written examination and for all who get more than 9.5 and did not attend at least two thirds of the theoretical-practical lessons.</p>  |

**Bibliography**

American College of Sports Medicine. ACSM's Health-Related Physical Fitness Assessment Manual (3rd Ed). Philadelphia: Lippincott Williams & Wilkins, 2010.

Biddle, S., Fox, K., & Boitchers, S. Physical Activity and Psychological Well Being. London: Routledge, 2002.

Welk, G.J. Physical Activity Assessments for Health-Related Research. Champaign: Human Kinetics, 2002.