

ID	3876
Curricular Unit	Women and Exercise
Regent	Maria de Fátima Marcelina Baptista
Learning Outcomes	<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>
Syllabus	<ul style="list-style-type: none"> - Physical activity and women's participation in sports; - Physiology of women through their life cycle: menstrual cycle, puberty, pregnancy, menopause; - Physical activity and exercise training: gender differences; - Sex steroids, hormones and health: osteoporosis, cancer, vascular diseases, urogenital dysfunction, cognition dysfunction and depression; - The female athlete triad: osteoporosis, amenorrhea and disordered eating; - Contraceptives and hormonal therapy; - Women's Health Initiative: lessons from the largest randomized controlled trial on hormone replacement therapy use; - Physiological adaptations of pregnant woman to exercise; - Absolute and relative contraindications for exercising during pregnancy; - Exercise benefits during pregnancy; - Recommendations for exercise during pregnancy and postpartum.
Evaluation	<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 > 10 if with 50% in each written test, > 3 points in the case study, and TP class attendance > 2/3. The final exam consists of a written and oral examination. The oral examination is compulsory for students with a score > 11 (scale 0-14) in written tests and those who obtain > 50% in the written exam who have not attended at least 2/3 of the TP classes.</p>
Bibliography	<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 & 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, & Barata, J.T. (Coord.), Nutrição, Exercício e Obesidade. Lisboa, Lidel - edições técnicas, lda., 2008.</p>