

ID	499
Curricular Unit	Exercise and Children's Health
Regent	Maria Helena Santa Clara Pombo Rodrigues
Learning Outcomes	<ol style="list-style-type: none"> 1. Systematize the theoretical concepts, supported by the research results, which are inherent to education-oriented physical fitness for the harmonious development of the child and adolescent. 2. Knowing the pathophysiology of chronic childhood diseases and their consequences in the practice of physical activity and involvement in physical exercise programs. 3. Mastering the prescription of health-related exercise for children and adolescents.
Syllabus	<ol style="list-style-type: none"> 1. Physical activity and health in children and adolescents. Know and understand the benefits of regular physical activity in children and adolescents. 2. Physical fitness and health. Interpret the values ??of the areas of physical fitness and its importance for child health. 3. Understand the importance of the relationship between body composition, metabolic disorders and level of physical activity with child health. 4. Understanding the Conceptual Model for the Promotion of Physical Activity in children and adolescents. 5. Chronic diseases and physical activity in children and adolescents. 6. Prescription of exercise for healthy children and teenagers and in the presence of chronic diseases. 7. Ethical issues in research with children and adolescents.
Evaluation	final exam
Bibliography	<p>Main Bibliography:</p> <p>ACSM's Guidelines for exercise testing and prescription. 8 edition, Wolters Kluwer Lippincott Williams and Wilkins, 2010</p> <p>Armstrong, N. & Mechelen, W. (2000). Paediatric exercise science and medicine . NY: Oxford Medical Publications.</p> <p>. Goldberg, B. (1995). Sports and exercise for children with chronic health conditions . Champaign, IL: Human Kinetics.</p> <p>Additional bibliography:</p> <p>Articles indexed scientific journals and Consensus Positions of international organizations on pediatric exercise and child</p>