

<b>ID</b>	507
<b>Curricular Unit</b>	Nutrition, Obesity and Weight Control
<b>Regent</b>	Analiza Mónica Lopes Almeida Silva
<b>Learning Outcomes</b>	<p>The goal of this course is to provide the student with a solid understanding the phenomenon of human obesity, from a biological and cultural perspective, integrating the study of its etiology, epidemiology, classification, risks for health and well-being, social impact, treatment and prevention. The relationship between overweight and obesity, physical activity, and sedentary lifestyles will be analyzed in depth. The student will additionally be involved in application tasks, in order to acquire the practical skills necessary to respond appropriately to the professional demands of real life in this domain, regarding assessment tasks and general and specific decision making. A strong emphasis will be placed on exercise and physical activity as a preventive and/or treatment strategy and the student will be prepared to evaluate and prescribe formal and informal physical activity for the obese, alone or as a member of an interdisciplinary team.</p>
<b>Syllabus</b>	<p>The demographics of obesity in Portugal and in other countries.  The social and health impact of overweight and obesity.  The determinants and the etiology of obesity.  Genetic and behavioral risk factors for obesity.  Stigma, bias, and prejudice related to obesity.  Body image, quality of life, and psychological well-being in obese individuals.  Physical activity and exercise in obesity and weight control.  Diet and nutrition for weight control.  Pediatric obesity and obesity prevention.  The role of the exercise specialist in obesity treatment interventions.  Models and techniques of behavior change in the obese person.</p>
<b>Evaluation</b>	<p>Continuous Evaluation Model: Based on three brief exams including information covered in tutorial sessions and in laboratory/practical sessions (60% of final grade) and tasks performed specifically for labs/practical sessions, including written materials, class presentations and involvement in class(40% of final grade). Each student must fulfill the following requirements to pass the course: a) receive 7.5 or more points in each of the three exams with the average of the three exams above 10.0 points b) attend all but 2 theoretical classes and 4 TP classes.</p> <p>Final Evaluation Model: Written and oral final comprehensive exams covering all contents covered in the class. The student passes the course and waives the final mandatory oral examination if a value of 12 points or more is reached in the written final comprehensive exam. The student automatically fails the final exam if he/she receives less than 7.5 points in the written examination.</p>

## **Bibliography**

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- Teixeira PJ et al, Obesity. In Saxton, J. Exercise and Chronic Disease: an Evidence-Based Approach. Routledge, London, 2011.
- Donnelly JE et al, ACSM Position Stand (2009). Appropriate Physical Activity Intervention Strategies For Weight Loss and Prevention of Weight Regain for Adults. Med Sci Sports Exerc 41:459-71.
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- Patrick H et al (2012). Communication Skills To Elicit Physical Activity: How To Talk To Clients. In Nigg, C.R. (Ed.). ACSM's Behavioral Aspects of Exercise. Lippincott Williams & Wilkins, US.
- Teixeira PJ et al (2011) Why We Eat What We Eat: The Role of Autonomous Motivation in Eating Behaviour Regulation. Nutr Bull 36:102-107.