

ID	524
Curricular Unit	Health Promotion
Regent	Analiza Mónica Lopes de Almeida Silva
Learning Outcomes	<p>This course aims to develop skills in health promotion through the use of interactive methodologies, promoting knowledge by debating and sharing problems, providing skills of health promotion making possible the use of adequate strategies for specific populations, particularly those with related risk behaviors (sedentary lifestyle, obesity, nutrition habits, smoking).</p> <p>In addition, during this course, the students will develop skills on searching and analyzing documents (articles, reports, sites) considered as important information sources for the main issues.</p>
Syllabus	<p>The following topics will be covered:</p> <ul style="list-style-type: none"> - The evolution of the health concept; - The concept of lifestyle; the role of the physical and social environment in the healthy behaviors; - Sedentary behaviors Risk/Protection Factors of health and well-being; - Sedentary behaviors and physical activity; - Nutrition and dietary patterns - Obesity; - Consumption (tobacco, alcohol) - Stress management - Presentation of the main models and strategies for behavior modification and its specific application to the several risk factors and transition phases during life; communication and counseling skills.
Evaluation	<p>The course presents and discusses topics related to a healthy lifestyle promotion and the determinant factors of individual and community behavior changes, through an expositive teaching methodology as well as by working group analysis and discussion through a cooperative teach/learning process and project methodologies.</p> <p>The student can choose between a summative and a final assessment model. The former requires:</p> <p>A) The completion of one test with a minimum score of 9.5 (accounting for 60% of the final score);</p> <p>B) Formal presentation of a community health related promotion project with a minimum score of 9.5 (accounting for 40% of the final score); and C) Attendance in the lecture/practical classes over than two thirds. If the student obtains a score <9.5 a final assessment model can be performed, consisting of a written exam. The student is approved with a minimum score of 12.0 whereas an oral exam is required if a score between 9.5 and 11.9 is obtained.</p>

Bibliography

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- Calmeiro, L., Matos, M.G (2004). *Psicologia da saúde e do exercício*. Lisboa: Visão e contextos,
- WHO(2000) *Health and health behavior among young people*. Denmark: Who.
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- Bandura, A. (1976). *Social learning theory*. New Jersey: Prentice-Hall.
- Prochaska, J.O. & Diclement, C. (1982) *Transtheoretical Therapy: Toward a more integrative model of change*. *Psychotherapy: Theory , Resarch and Practice*, 16, 276 288.
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