ID	526
Curricular Unit	Exercise in Health and Disease
Regent	Luís Bettencourt Sardinha
Learning Outcomes	This course analyzes the plausible effects on selected chronic diseases and has the following objectives: I) to describe and to analyze the etiology, characterization and prevalence of selected chronic diseases; II) to describe and to analyze the potentials mechanisms and effects of exercise.
Syllabus	1. Acute, chronic and systemic inflammation. Agents and consequences. 2. Metabolic syndrome: etiology, characterization, exercise effects and mechanisms. 3. Obesity: etiology, characterization, exercise effects and mechanisms. 4. Dyslipidemia: etiology, characterization, exercise effects and mechanisms. 5. Diabetes: etiology, characterization, exercise effects and mechanisms. 6. Hypertension: etiology, characterization, exercise effects and mechanisms. 7. Asthma: etiology, characterization, exercise effects and mechanisms. 8. Cancer: etiology, characterization, exercise effects and mechanisms. 9. The exercise dose-response with the selected diseases and the interactions between the adaptation mechanisms.
Evaluation	During the lectures classes an expositive method is used through slide presentation with the possibility of a final discussion about the specific topic. In the lecture-practical classes it is adopted a work group task methodology and the resolution of problems. The summative assessment model requires the completion of one test about the lecture and lecture/practical classes. The final assessment model consists of a written exam about the issues discussed during the lecture and lecture/practical classes, performed in the end of the semester. The student is approved and exempt from an oral exam if a minimum score of 12.0 (score 1 to 20) is obtained in the final exam. The student is not approved if the final exam is lower than 10 (score1 to 20).
Bibliography	Dusrtine, J.L., & G.E. Moore (Eds.). Exercise Management for Persons with Chronic Diseases and Disabilities (2nd Edition). Human Kinetics, Champaign, USA, 2003.