UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Exercise and Health

Academic Year 2024/2025

1. Organic Unit

Faculty of Business and Economic Sciences

2. Course

Sport Organization Management

3. Cycle

1st

4. Course Unit

Exercise and Health (C1119)

5. Scientific Area

6. Curricular Year

2nd

7. Type of Curricular Unit / Semester

1st Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	20,00

9. ECTS Credits

6,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora TATIANA BALTAZAR FAZENDA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

- Understand the context of exercise and health in the universe of Sport Management;
- Promote knowledge and skills in the area of exercise and its impact on health throughout human development;
- Provide knowledge and develop skills in the prescription of physical activity / exercise;
- Provide knowledge in the context of healthy lifestyle, associated with behavioral change and health promotion.

15. Specific Objectives

- Know the epidemiological bases and origins of exercise and health;
- Acquire skills of assessment and prescription of physical exercise in apparently healthy individuals by age group and with chronic non-communicable diseases;
- Know facilitating strategies in the adherence of behavioral change in the context of exercise and health;
- Recognize the area of Exercise and Health as an area of opportunity in the universe of Sports Management;
- Understand the conceptual basis of physical acti

16. Skills to be acquired

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- Demonstrate knowledge in the area of exercise and health;
- Acquisition of knowledge in specific health contexts;
- Acquisition of knowledge on methods and techniques of exercise assessment and prescription;
- Acquisition of skills in health behaviors;
- Acquisition of skills in the identification, characterization and establishment of intervention strategies in the adoption of healthy lifestyles.

17. Teaching Methodology

The curricular unit will be taught in theoretical-practical classes (TP) and tutorials (OT). Expository and active methods will be used in TP classes. The main objective will be the placement of the practical component through the reading and reflection of practical cases and scientific journal articles. The OT component will be allocated to a guided discovery learning methodology in environments exploring the sport market and sport organizations.

18. Course Unit Program

1. Contextualization and study of Exercise and Health (positioning and framework within the scope of Sports Management)
1.1 Basic concepts: Physical Activity; Physical Exercise; Training; Physical Fitness; Physical Condition (FC) Health Vs Disease;
1.2 Epidemiology, physical activity/exercise and health;
1.3 Epidemiology: descriptive and analytical;
1.4 Types of epidemiological studies - observational studies and experimental studies.

2. Influence of physical activity/exercise and health
2.1 The contribution of physical inactivity to the burden of disease and mortality;
2.2 Epidemiological transition;
2.3 Risk factors;
2.4 Chronic non-communicable diseases - Cardiovascular diseases (CVD); Diabetes mellitus; Hypertension; Cancer (malignant neoplasms; chronic respiratory pathology; Osteoarticular diseases; Mental health disorders, depression and overweight and obesity).
3 Recommendations for the prescription and practice of physical activity/exercise
3.1 Physical exercise in all age groups, in healthy individuals;
3.2 Physical Exercise and Cardiovascular Diseases (CVD) - Diabetes Mellitus, Hypertension; Cancer (malignant noplasias; chronic respiratory pathology; osteoarticular diseases; mental health disorders; Depression; Overweight and obesity.
4. Active and healthy lifestyle
4.1 Benefits of physical activity/exercise;
4.2 Health behaviors and lifestyles;
4.3 Behavior change in the context of exercise and health;
4.4 Physical exercise and disease prevention;
4.5 Physical exercise in health promotion and quality of life.

19. Assessment Methods

The continuous assessment consists of two written tests, it is mandatory that the student attends at least 60% of the scheduled classes and the 1st frequency. The evaluation is carried out in accordance with the regulations in force at the Lusíada University of Lisbon.

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20. Didactic Resources

Bibliographic elements, theoretical exposition, analysis of texts, graphs, notebooks, database, powerpoint presentations, and materials in physical paper and digital support on the topics of the program of the respective UC.

21. Sustainability Objectives

1. Quality health;
2. Quality education;
3. Partnerships for the implementation of objectives;

22. Keywords

Exercise
Health
Life styles
Health promotion
Quality of Life
Training
Variability
Discipline

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23. Main Bibliography

Author(s):	Hardman, A., and Stensel D.		
Title:	Physical Activity and Health: The Evidence Explained		
Edition:	2nd	Year:	2009
Local:			
Publisher:	Routledge		

Author(s):	American College or Sports Medicine		
Title:	ACSMs Guidelines for Exercice Testing and Prescription		
Edition:	10th	Year:	2018
Local:	Philadelphia		
Publisher:	Philadelphia		

Author(s):	Teixeira, P., Barata, T, Sardinha, L.		
Title:	Nutrição, Exercício e Saúde		
Edition:		Year:	2008
Local:			
Publisher:	Lidel		

24. Complementary Bibliography

Author(s):	Nieman, David C.		
Title:	Exercício e Saúde		
Edition:		Year:	1999
Local:			
Publisher:	Manole		

Author(s):			
Title:			
Edition:		Year:	
Local:			
Publisher:			

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Ficha técnica MIP / MIP Datasheet	
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Autor / Author	Prof. Doutora TATIANA BALTAZAR FAZENDA
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Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
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