UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Exercise and Health

Academic Year 2025/2026

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

- Understand the physiological principles of physical exercise;
- Analyze the effects of physical exercise on the prevention and control of chronic diseases ;
- Plan, prescribe and monitor physical exercise programs;
- Assess health-related physical fitness;
- Apply strategies to promote active and healthy lifestyles, based on scientific evidence and health education principles;

16. Skills to be acquired

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-Assess and interpret health and physical fitness indicators.
-Plan and prescribe physical exercise programs adapted to individual needs and for populations with specific pathologies.
-Apply strategies for adherence to regular physical activity.
-Identify the effects of exercise on physical, mental and social health.
-Apply research methods in the area of health and physical activity.

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

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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.
3.3 Prescription of physical exercise;
3.4 Methodologies for body & mind activities, personalized training, weight training, cardio fitness and group activities;

4. Nutrition and supplementation;

5. Hormonal regulation and sleep;

6. First aid during physical exercise;

7. Active and healthy lifestyle
7.1 Benefits of physical activity/exercise;
7.2 Health behaviors and lifestyles;
7.3 Behavior change in the context of exercise and health;
7.4 Physical exercise and disease prevention;
7.5 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

Whiteboard and multimedia projection, scientific articles, practical cases, interactive resources, Moodle platform, scientific videos or documentaries.

21. Sustainability Objectives

1º - SDG 3 Good Health: By promoting physical activity to prevent diseases;
2º - SDG 4 Quality Education: By training professionals capable of educating populations about active lifestyles.
3º - SDG 12 Sustainable Consumption and Production: By encouraging conscious exercise and nutrition practices;
4º - SDG 17 Involvement of local partners in promoting healthy lifestyles: By involving local partners in community health initiatives.

22. Keywords

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

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23. Main Bibliography

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):	Lieberman Daniel		
Title:	Exercised		
Edition:	1th	Year:	2021
Local:	UK		
Publisher:	Penguin		

Author(s):	Michelle Segar		
Title:	The Joy Choice		
Edition:	1th	Year:	2022
Local:	EUA		
Publisher:	Hachette Books		

24. Complementary Bibliography

Author(s):	Marques, A., Santos, R. & Gouveia, É. R.		
Title:	Atividade Física, Saúde e Qualidade de Vida.		
Edition:	1th	Year:	2017
Local:	Lisboa		
Publisher:	Edições FMH		

Author(s):	Bouchard, C. & Katzmarzyk, P. T.		
Title:	Physical Activity and Obesity		
Edition:	2th	Year:	2010
Local:	Champaign, Illinois, EUA		
Publisher:	Human Kinetics		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'EXERCÍCIO E SAÚDE': Academic Year 2025/2026
Autor / Author	Prof. Doutora TATIANA BALTAZAR FAZENDA
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
Data Hora / Date Time	
Formato de dados / Data Format	Texto / Text, PDF
Estatuto de utilização / Usage	Acesso público / Public Access
Relação / Relation	Version 1,0

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