UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Exercise and Health

Academic Year 2026/2027

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 scientific foundations of physical exercise and its relevance in the context of health and Sport Management;
- Develop knowledge of the effects of physical activity and exercise on health throughout the lifespan;
- Acquire fundamental knowledge and skills in the assessment, planning, and prescription of physical activity and exercise for health promotion;
- Understand the importance of healthy lifestyles.

15. Specific Objectives

- Understand the epidemiological foundations of physical activity, exercise, and health;
- Acquire basic skills in exercise assessment and prescription for healthy individuals and those with chronic non-communicable diseases;
- Identify strategies that promote adherence to physical activity and facilitate behaviour change;
- Recognise Exercise and Health as a field of intervention within Sport Management;
- Understand the benefits of exercise in health promotion and disease prevention.

16. Skills to be acquired

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- Demonstrate fundamental knowledge in the field of Exercise and Health;
- Apply knowledge of physical exercise in different health-related contexts;
- Use basic methods and techniques for exercise assessment and prescription;
- Develop skills related to the promotion of healthy behaviours;
- Identify, characterise, and propose intervention strategies aimed at the adoption and maintenance of healthy lifestyles.

17. Teaching Methodology

The course unit will be delivered through theoretical-practical classes (TP) and tutorial guidance sessions (TG). Expository and active teaching methods will be used in TP classes, including the analysis and discussion of course content, case studies, and scientific articles. TG sessions will emphasise guided learning and discovery-based approaches, supporting the development of assignments and critical reflection on topics related to physical exercise and the promotion of healthy lifestyles.

18. Course Unit Program

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1. Fundamentals of Physical Activity, Exercise and Health
- Concepts of physical activity, physical exercise, physical fitness, and health;
- Epidemiology of physical activity and sedentary behaviour;
- Relationship between physical activity, exercise, health, and quality of life;
- International physical activity guidelines and recommendations.

2. Physiological Foundations of Exercise
- Physiological adaptations to physical exercise;
- Heart rate, stroke volume, cardiac output, and maximal oxygen uptake;
- Exercise intensity and monitoring of exertion;
- Recovery and training adaptations.

3. Physical Exercise and Health Promotion
- Physical exercise in the prevention of chronic non-communicable diseases;
- Exercise and cardiovascular health;
- Exercise and metabolic health;
- Exercise and mental health.

4. Exercise Assessment and Prescription
- Health-related components of physical fitness;
- Physical fitness assessment;
- Training principles for health enhancement;
- Exercise planning and prescription;
- Exercise monitoring and control.

5. Exercise for Different Populations
- Children and adolescents; Adults; Older adults;People with disabilities.

6. Nutrition, Recovery and Safety in Exercise
- Principles of healthy eating;
- Nutrition and physical exercise;
- Sleep, recovery, and well-being;
- Dietary supplementation and doping substances;
- Safety, injury prevention, and first aid in physical exercise.

19. Assessment Methods

The General Regulations for the Assessment of Knowledge currently in force will apply. Under continuous assessment, oral contributions distributed throughout the teaching period and a final written test will be mandatory.

20. Didactic Resources

Use of multimedia presentations, scientific articles, case studies, videos, technical documents, and digital learning platforms. Bibliographic resources, scientific research tools, and exercise assessment and monitoring equipment will also be used to support practical activities and students' learning process.

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21. Sustainability Objectives

SDG 3 Good Health and Well-being
SDG 4 Quality Education
SDG 10 Reduced Inequalities
SDG 11 Sustainable Cities and Communities

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 of Sports Medicine
Title: ACSM's Guidelines for Exercise Testing and Prescription
Edition: 12st Year: 2025
Local: Philadelphia, PA
Publisher: Lippincott Williams & Wilkins
ISBN Code: 978-1975219215

Author(s): Kenney, W. L., Wilmore, J. H., & Costill, D. L.
Title: Physiology Of Sport And Exercise
Edition: 9st Year: 2024
Local: EUA
Publisher: Human Kinetics Publishers
ISBN Code: 9781718201729

Author(s): Casey Means e Calley Means
Title: Good Energy The Surprising Connection Between Glucose, Metabolism And Limitless Health
Edition: 1st Year: 2024
Local: EUA
Publisher: HarperCollins Publishers
ISBN Code: 9780008604257

24. Complementary Bibliography

Author(s): Teixeira, P.; Sardinha, L. B.; Themudo Barata, J. L.
Title: Nutrição, Exercício e Saúde.
Edition: 1st Year: 2008
Local: Lisboa
Publisher: Lidel
ISBN Code: 978-972-757-422-3

Author(s): World Health Organization
Title: WHO Guidelines on Physical Activity and Sedentary Behaviour
Edition: Year: 2020
Local: Geneva
Publisher: World Health Organization

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Autor / Author	Prof. Doutora TATIANA BALTAZAR FAZENDA
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