

Course Unit: 956343 - Avaliação e Prescrição de Exercício

Year 3 Semester 5 ISCED Code: 813 ECTS: 4,0

Type of Course Unit: Compulsory Delivery Mode: Face-to-face Language of Instruction: Portuguese

COURSE COORDINATOR: name

HOURS OF WORK

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
100	10	20	15						55

Prerequisites (if applicable): <<Max 500 characters with spaces>>

LEARNING OUTCOMES (knowledge, skills and competence)

To know the principles and concepts associated with Exercise Evaluation and Prescription in the context of Exercise and Health;

To know the various forms of Evaluation of the components of the Physical Condition, selecting and adapting according to the instruments and techniques available for the Evaluation;

Be able to prescribe, guide and supervise training sessions

Acquire advanced knowledge of kinesiology applied to strength training

Acquire skills to adapt the guidelines of the Exercise Prescription to the various groups of the population, as well as to establish realistic objectives;

Acquire ability to establish a positive relationship with practitioners, in order to promote adherence to the Exercise and the success of the proposed objectives.>

CONTENTS

Benefits of physical activity and / or exercise performed regularly

Health assessment - determination of risks and safety of the exercise

Pre-participation health screening and stratification of cardiovascular risk

Assessment of body composition

Evaluation of cardiorespiratory fitness

Stress tests - their relation to health and its interpretation

Muscle strength - definition and types of strength

Assessment of different types of force

Flexibility assessment

General principles of exercise prescription

Cardiorespiratory training prescription

Strength Training Prescription

Kinesiological and biomechanical analysis of strength training exercises

DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES

The contents are integrated in the sense of endowing the student with knowledge in the tasks of Physical Fitness Assessment and Exercise Prescription in the target populations of Exercise and Health, sports training and school.

The syllabus contents will allow to acquire competences of health evaluation and physical fitness, responding to the proposed objectives. The subsequent learning of how to operate the data evaluated in an effective and safe prescription of cardiopulmonary exercise and strength, as well as their respective planning, will allow the achievement of all the stated objectives.

The overall structuring of the contents will allow an integrated vision, guaranteeing the achievement of the proposed goals.

TEACHING METHODOLOGIES

Expositive method, using interaction with students;

Case studies;

Seminars with external entities;

Individual and group work;

DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES

The theoretical and practical nature of the UC justifies the complementary use of active methodologies with a strong practical component associated with the theoretical exposition frequently used with support to audiovisual media, as well as using bibliographical research.

It is recurrent the practice of presenting students to the group of results of the research carried out autonomously and supervised by the teacher.;

EVALUATION METHODS

Theoretical evaluation of the knowledge acquired (65%) and practical evaluation (35%). The exam is carried out through written test.

MAIN BIBLIOGRAPHY

ACSM (2013). ACSM's Guidelines for Exercise Testing and Prescription (9th edition). Baltimore: Williams & Wilkins.

ACSM (2018). ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (10 th edition). Philadelphia: Williams & Wilkins.

Heyward, V. (2010). Advanced Fitness Assessment Exercise Prescription. 6th edition. Champaign: Human Kinetics.

Mil-Homens, P.; Correia, P. P. & Mendonça, G. V. (Eds) (2015). Treino da Força: Princípios Biológicos e Métodos de Treino. Volume I. Cruz Quebrada: Faculdade de Motricidade Humana

Ruivo, R. (2018). Manual de Avaliação e Prescrição de Exercício (4ªEdição). Editora Self. Lisboa