

Course Unit: 956346 – Physical Activity for Special Populations

Year 3 Semester 5 ISCED Code: 1014 ECTS: 4,0

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

COURSE COORDINATOR: Carla Malveiro Raposo

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	15	20	10						55

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

LEARNING OUTCOMES (knowledge, skills and competence)

Describe the concept of special populations.

Characterize the different groups of special populations (special stages of life and clinical conditions)

Identify the various means of assessing physical fitness by selecting the best instruments and techniques for the various groups of special populations

Be able to prescribe, guide and supervise training sessions for special populations

Identify and apply the different recommendations / special considerations in the assessment of physical fitness and in the prescription of exercise programs in the various population groups

CONTENTS

1. Individuals in Special Phases of Life

1.1. Children, elderly and pregnant

- Characterization, assessment of physical fitness, exercise prescription and main recommendations

2. Individuals with clinical conditions:

2.1. Metabolic diseases (obesity, diabetes and dyslipidemia)

- Characterization, assessment of physical fitness, exercise prescription and main recommendations

2.2. Cardiovascular Diseases (Coronary artery disease, cerebrovascular disease and hypertension)

- Characterization, assessment of physical fitness, exercise prescription and main recommendations

2.3. Pulmonary Diseases (asthma)

- Characterization, assessment of physical fitness, exercise prescription and main recommendations

2.4. Musculoskeletal Diseases (Osteoporosis)

- Characterization, assessment of physical fitness, exercise prescription and main recommendations

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

The syllabus aims to provide the student with knowledge in the characterization, assessment and prescription of physical exercise in the different groups of special populations (special phases of life, metabolic diseases, cardiovascular diseases,

pulmonary diseases and musculoskeletal diseases).

The programmed contents will allow to acquire competences of evaluation of the physical fitness in the mentioned special populations, responding to the proposed objectives. Consequently, knowing how to interpret the data of the physical evaluations allowing a correct prescription of the physical exercise, not neglecting the main precautions (both in the evaluation and in the prescription), allows to attend all the proposed objectives.

TEACHING METHODOLOGIES

Expositive method (using interaction with students)

Case studies

Individual and group work

Autoscopy

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

The assessment of this curricular unit consists of a theoretical evaluation (60%) and theoretical-practical evaluation, through a group case study (40%). The exam is carried out through written test.

MAIN BIBLIOGRAPHY

AACVPR - American Association of Cardiovascular & Pulmonary Rehabilitation (2013). Guidelines for cardiac rehabilitation and secondary prevention programs (5th ed.). Champaign: Human Kinetics

ACSM (2016). ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities (4rd ed.). Champaign IL: Human Kinetics.

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

Mil-Homens, P.; Correia, P. P. & Mendonça, G. V. (Eds) (2017). Treino da Força: Avaliação, Planeamento e Aplicações. Volume 2. Cruz Quebrada: Faculdade de Motricidade Humana.

NSCA (2018). NSCA's Essentials of Training Special Populations. Champaign, IL: Human Kinetics.

Year of implementation: 2018/2019 | Date of approval by the Technical-Scientific Board: 2015-09-01