TEACHING PLAN

1. IDENTIFICATION:

Course: Advanced studies in physical activity related to health  
Code: DEF510005  
Number of credits: 03 Credits  
Total course workload: 45 hours/class  
Level: PhD level  
Professor: Diego Augusto Santos Silva (e-mail: diego.augusto@ufsc.br)  
Visiting Professor: Full Professor Mark Stephen Tremblay, PhD (University of Ottawa, Faculty of Medicine, Department of Pediatrics, Ottawa, Canada).

2. SYLLABUS:

Theoretical framework for the development of research on physical activity and health. Past, present and future of research in the area of physical activity and health.

3. OBJECTIVES:

Reflect and discuss advanced studies in physical activity related to health with a focus on children and adolescents.

4. CONTENT:

- Pediatric exercise science  
- Physical literacy and health  
- Physical activity, fitness and health measurement  
- Sedentary physiology  
- Health surveillance

5. TEACHING STRATEGIES

The course will be conducted through lecturing, practical sessions, discussions and round table with students and professors.

6. ASSESSMENT

1) Seminar (in English)......................................................... (Grade: 5,0)  
2) Writing an original scientific paper............................... (Grade: 5,0)
- The course will be conducted in English. Students enrolled in the course must present the research project (from doctoral dissertation) in English (in December 4). The presentation should be in *power point* and will last 10 minutes. Following, the visiting professor will ask the student.

- Students should write an original scientific paper and deliver it, via Moodle, until December 5, 2019. The students' first class will be on September 25th, when they will have to inform the topic of the paper they will write. The paper should be in the area of Physical Activity related to Health.

7. **SCHEDULE OF CLASSES**

   Classroom classes (PPGEF/UFSC classroom):
   
   September 25\textsuperscript{th} (Wednesday): 09.00 – 12.00
   
   December 2\textsuperscript{nd}, 2019 (Monday): 09.00 – 12.00 / 14.00 – 17.00
   
   December 3\textsuperscript{rd}, 2019 (Tuesday): 09.00 – 12.00 / 14.00 – 17.00
   
   December 04\textsuperscript{th}, 2019 (Wednesday): 09.00 – 12.00 / 14.00 – 17.00
   
   December 05\textsuperscript{th}, 2019 (Thursday): 09.00 – 12.00

8. **BIBLIOGRAFIA:**


