TEACHING PLAN

1. IDENTIFICATION:

Course: Special Topic: Research in Physical Activity and Health
Code: DEF410045
Number of credits: 02 Credits
Total course workload: 30 hours/class
Level: Master’s and PhD
Professor: Diego Augusto Santos Silva (e-mail: diego.augusto@ufsc.br)
Visiting Professor: Associate Professor Jean-Philippe Chaput, 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:

Define and discuss the field of Physical activity and the interrelation with health outcomes in different contexts.

4. CONTENT:

- Scientific Paradigms in Population Health: the relation with physical activity.
- Prevention and treatment of obesity: the importance of physical activity.
- Sleep and health: past, present and future.

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: 10,0)

The course will be conducted in English. Students enrolled in the course must present the research project (from the master’s or 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.

7. SCHEDULE OF CLASSES

Classroom classes (PPGEF/UFSC classroom):

September 25th (Wednesday): 09.00 – 12.00

December 2nd, 2019 (Monday): 09.00 – 12.00 / 14.00 – 17.00

December 3rd, 2019 (Tuesday): 09.00 – 12.00 / 14.00 – 17.00

December 4th, 2019 (Wednesday): 09.00 – 12.00 / 14.00 – 17.00

December 5th, 2019 (Thursday): 09.00 – 12.00

8. REFERENCES:


