

Assessment, Prescription, Treatment and Monitoring of Physical Fitness Levels

DOI: <https://doi.org/10.62658/FAZER/ILIND/CIDEFES/1/2023>

Project Reference: FAZER+/ILIND/CIDEFES/1/2023

Ana Paulo¹

Sara Pereira¹

Principal Investigator

01/09/2021 – 31/08/2024

Project Date



Team members:

António Palmeira¹, António Lopes¹, Carla Santos¹, Eduarda Sousa-Sá¹, Diogo Teixeira¹, Hugo Vieira Pereira¹, Pedro Aleixo¹, Raquel Madeira¹, Sofia Fonseca¹

1. CIDEFES – Centro de Investigação em Desporto, Educação Física, Exercício e Saúde

Abstract:

This project targets, in an applied way, the scientific method throughout the Physical Education and Sport undergraduate program, up to the masters program, particularly the Exercise and Wellbeing Master.

From a pedagogical point of view, on the one hand, the horizontal and vertical alignment of the curricular units' (CUs) program that participate in the project is promoted. Theoretical constructs of the CUs are explored in an applied way, based on real data. On the other hand, the aim is to encourage students' involvement in R&D activities from the first year of their degree, developing technical-scientific skills.

Research wise, this project focuses on: i) the identification and monitoring of health-related physical fitness levels, exploring the possibility of intervention targeting improvement of physical fitness levels in adults; and ii) observation and monitoring of growth and motor development and health-related physical fitness levels, exploring the possibility of intervention targeting the improvement of physical fitness levels and gross motor coordination in children and adolescents.

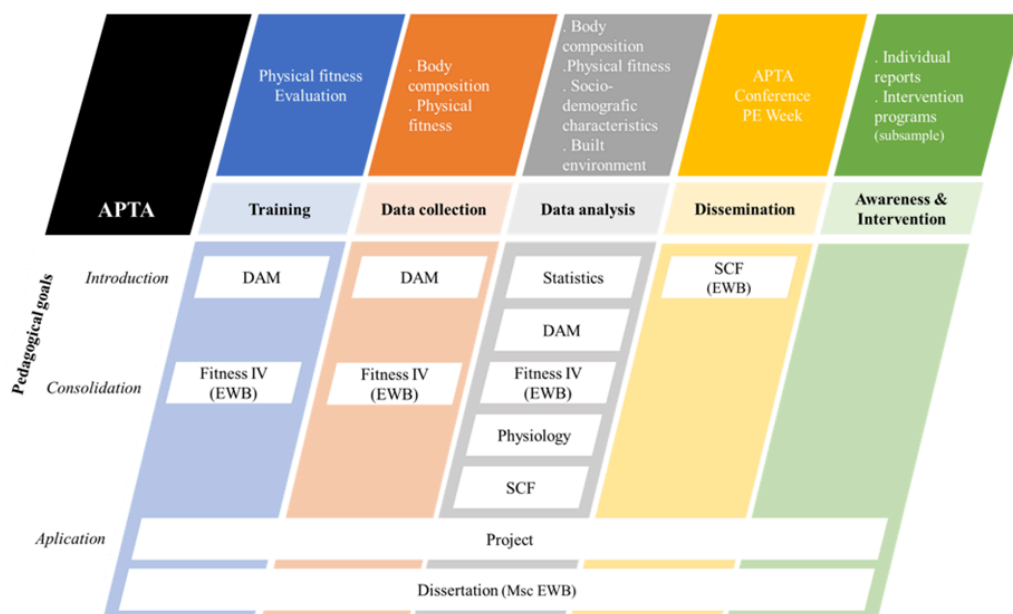
The different phases of the project will be associated to the aims and scope of seven CUs of the Physical Education and Sports Undergraduate program – Motor Development and Adaptation, Statistics, Fitness IV, Exercise Physiology and Health and Physical Condition – in the field of Sports Training and in Exercise and Well-being, and Project, and two CUs of the Master's in Exercise and Well-being, more precisely in the UC of Exercise Planning and Prescription for the Promotion of Health and Well-being and in the Dissertation CU.

The project arises from the need, on the one hand, to articulate the CUs contents and undergraduate and graduate programs as to reduce

redundancies and deepen the skills taught. On the other hand, it aims to link the CUs theoretical contents with the future professional needs of students, which should be strengthened empirically.

Through the articulation between teaching, research and society, the goal is to empower students, acknowledging possible individual goals and interests, and expanding their involvement opportunities beyond their curricular obligations. This expands their training, in line with the goal of investment in training in the areas of health and human well-being, highlighted in the strategic plan of the university.

Partners:



Note. The figure's top panel details the scientific method phases and how they are addressed in the APTA project. The bottom panel focuses on the project's

pedagogical goals. The CUs involved in the project are listed, highlighting the project and learning phase in which they are involved. The student engagement model is hybrid. Participation in the upper panel (student-collaborators) can be voluntary and extracurricular, or scholarship-based, either within the scope of the Project CU or at master level. In both cases, students' involvement in the project is detailed in their diploma supplement. Participation in the lower panel is mandatory and defined in CUs program. DAM: Motor development and adaptation; EBE: Exercise and well-being; SCF: Health and physical condition; PPE: Exercise Planning and Prescription for the Promotion of Health and wellness; MSc: Master degree