

## *TEACHING PLAN*

### **1. IDENTIFICATION:**

**Course:** Special Topic: Physical Activity

**Code:** DEF410052

**Number of credits:** 02 Credits

**Total course workload:** 30 hours/class

**Level:** Masters and PhD

**Professor:** Fabio Almeida / [almeida.fabio@live.com](mailto:almeida.fabio@live.com)

**Visiting Professors:** Full Professor Mark Stephen Tremblay, PhD (University of Ottawa, Faculty of Medicine, Department of Pediatrics, Ottawa, Canada);

Full Professor Guy Edward John Faulkner, PhD (The University of British Columbia, Faculty of Education, School of Kinesiology, Vancouver, Canada);

Associate Professor Richard Larouche, PhD (University of Lethbridge, Faculty of Health Sciences, Lethbridge, Canada).

### **2. SYLLABUS:**

Theoretical and practical approach to the promotion of physical activity at local, regional, and global levels presented by international guests.

### **3. OBJECTIVES:**

To provide a theoretical deepening in emerging topics related to the promotion of physical activity at the population level.

### **4. CONTENT:**

- Physical activity promotion in children and adolescents: from measurement to knowledge translation
- Behaviour Change Wheel (BCW): the case of physical activity
- Evaluation of community programs for promoting physical activity in Brazil and worldwide

### **5. TEACHING STRATEGIES**

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

## 6. ASSESSMENT

1) Progressive and daily, based on the student's involvement in classroom discussions (Grade: 10.0).

- The course will be conducted in English.

- Students enrolled in the course will participate in the "School of Advanced Studies in Physical Activity and Health", which will take place at the PPGEF/UFSC facilities during the same time as the course.

## 7. SCHEDULE OF CLASSES

Location: PPGEF/UFSC Auditorium in Florianópolis, Santa Catarina

-September 23<sup>rd</sup> (Monday): 13:30h – 16:30h

-September 24<sup>th</sup> (Tuesday): 13:30h – 16:30h

-September 25<sup>th</sup> (Wednesday): 13:30h – 16:30h

-September 26<sup>th</sup> (Thursday): 13:30h – 16:30h

## 8. BIBLIOGRAFIA:

1. Aubert S, Barnes JD, Demchenko I, Hawthorne M, Abdeta C, Abi Nader P, et al. Global Matrix 4.0 Physical Activity Report Card Grades for Children and Adolescents: Results and Analyses From 57 Countries. *J Phys Act Health*. 2022;19(11):700-728. doi: 10.1123/jpah.2022-0456.
2. Aubert S, Barnes JD, Tremblay MS. Evaluation of the process and outcomes of the Global Matrix 3.0 of physical activity grades for children and youth. *J Exerc Sci Fit*. 2020;18(2):80-88. doi: 10.1016/j.jesf.2020.01.002.
3. Baugh Littlejohns L, Near E, McKee G, Rasali D, Naiman D, Faulkner G. A scoping review of complex systems methods used in population physical activity research: do they align with attributes of a whole system approach? *Health Res Policy Syst*. 2023;21(1):18. doi: 10.1186/s12961-023-00961-3.
4. Baugh Littlejohns L, Rasali D, McKee G, Naiman D, Faulkner G. Elusive boundaries: using an attribute framework to describe systems for population physical activity promotion. *Health Promot Int*. 2024;39(1):daae003. doi: 10.1093/heapro/daae003.
5. Colley RC, Brownrigg M, Tremblay MS. A model of knowledge translation in health: the Active Healthy Kids Canada Report Card on physical activity for children and youth. *Health Promot Pract*. 2012;13(3):320-30. doi: 10.1177/1524839911432929.
6. Truelove S, Vanderloo LM, Tucker P, Di Sebastiano KM, Faulkner G. The use of the behaviour change wheel in the development of ParticipACTION's physical activity app. *Prev Med Rep*. 2020;20:101224. doi: 10.1016/j.pmedr.2020.101224.