



SERVIÇO PÚBLICO FEDERAL  
**UNIVERSIDADE FEDERAL DE SANTA CATARINA**  
**CENTRO DE DESPORTOS**  
**PROGRAMA DE PÓS-GRADUAÇÃO EM EDUCAÇÃO FÍSICA**  
CAMPUS REITOR JOÃO DAVID FERREIRA LIMA - TRINDADE - CEP 88040-970 - FLORIANÓPOLIS / SC  
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## *TEACHING PLAN*

### **1. IDENTIFICATION:**

**Course:** Advanced Research Methods in Health-Related Physical Activity (Métodos Avançados de Pesquisa em Atividade Física Relacionada à Saúde)

**Code:** DEF410062

**Number of credits:** 02 Credits

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

**Level:** Masters and PhD

**Professor:** Diego Augusto Santos Silva (e-mail: [diego.augusto@ufsc.br](mailto:diego.augusto@ufsc.br))

**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:**

Methodological approach to emerging topics presented by international researchers invited by the Program in the field of Health-Related Physical Activity.

### **3. OBJECTIVES:**

Reflect and discuss advanced research methods in health-related physical activity with a focus on children and adolescents.

### **4. CONTENT:**

- Global research on children's physical activity
- Physical activity, fitness and health measurement
- Physical activity and sustainable development



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- Theoretical framework for behavior change in physical activity
- Precision health approach to 24-hour movement recommendations
- Independent mobility and physical activity

## 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 24<sup>th</sup> (Tuesday): 08:30h – 12:30h
- September 25<sup>th</sup> (Wednesday): 08:30h – 12:30h
- September 26<sup>th</sup> (Thursday): 08:30h – 12:30h
- September 27<sup>th</sup> (Friday): 08:30h – 12:30h

## 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.



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5. Blanchette S, Larouche R, Tremblay MS, Faulkner G, Riazi NA, Trudeau F. Associations Between School Environments, Policies and Practices and Children's Physical Activity and Active Transportation. *J Sch Health.* 2022;92(1):31-41. doi: 10.1111/josh.13102.
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10. Faulkner G, Ramanathan S, Kwan M; CCWS Expert Panel Group. Developing a coordinated Canadian post-secondary surveillance system: a Delphi survey to identify measurement priorities for the Canadian Campus Wellbeing Survey (CCWS). *BMC Public Health.* 2019;19(1):935. doi: 10.1186/s12889-019-7255-6.
11. Faulkner G, Ramanathan S, Plotnikoff RC, Berry T, Deshpande S, Latimer-Cheung AE, Rhodes RE, Tremblay MS, Spence JC. ParticipACTION after 5 years of relaunch: a quantitative survey of Canadian organizational awareness and capacity regarding physical activity initiatives. *Health Promot Chronic Dis Prev Can.* 2018;38(4):162-169. doi: 10.24095/hpcdp.38.4.02.
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