



Course: Licentiate in Physical Education

COURSE DESCRIPTION

Code: DEF 5890

Title: Physical Education, Health and Quality of Life

Course hours: 4 hours/week - 72 hours/semester

Prerequisite(s): None

1 BRIEF DESCRIPTION:

Basic concepts: Quality of life, Health, Lifestyle and Physical activity. Lifestyle and Health: evidence of association. Physical activity, Physical fitness and Health promotion in the school setting. Education to an active lifestyle during childhood and adolescence.

2 GENERAL COURSE OBJECTIVE:

The main purpose of this course is to analyze the research on School Physical Education and the relationship with Quality of life and Health.

3 SPECIFIC COURSE OBJECTIVES:

- 3.1 To analyze the development of theories, concepts and indicators related to Quality of life and Health;
- 3.2 To analyze the determinants of Quality of life and Health in social context of Brazil and Latin America;
- 3.3 To analyze the social commitments of School and School Physical Education regarding Quality of Life and Health both individually and collectively.

4 COURSE CONTENTS:

- 4.1 Development of theories, concepts and indicators related to Quality of Life and Health;
- 4.2 Determinants of Quality of Life and Health in social context of Brazil and Latin America;
- 4.3 Social commitments of School and School Physical Education related to Quality of Life and Health both individually and collectively.

5 REFERENCES:

GONÇALVES, A.; VILARTA, R. **Qualidade de vida e atividade física**. São Paulo: Manole, 2004.

GUEDES, D. P.; GUEDES, J. E. R. P. **Exercício físico na promoção da saúde**. Londrina: Midiograf, 1995.

MOTA, J.; APPELL, H.J. **Educação da saúde**: aulas suplementares de Educação Física. Lisboa: Livros Horizonte, 1995.

NAHAS, M. V. **Atividade física, saúde e qualidade de vida**. Londrina: Midiograf, 2003.

NIEMAN, D. C. **Exercício e saúde**. São Paulo: Manole, 1999.