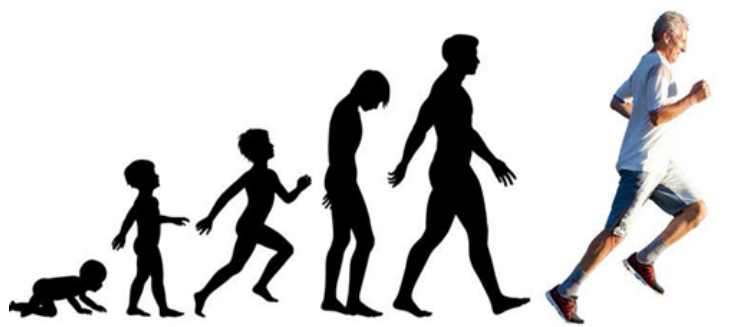


Physical activity and lifestyle

Blended intensive program (Spring semester 2023)

“The challenges of behavior change support for people with chronic diseases”



Offered by **PHYSICAL ACTIVITY AND LIFESTYLE NETWORK**



Physical activity and Lifestyle network

Overall description

In this Blended intensive program we will talk about the difficulties of changing your behavior and your role as a Physical activity and lifestyle professional. We will have guest speakers from European countries to lecture about topics related to lifestyle factors as physical activity, stress reduction and nutrition. In the group work you will be working on multiple case studies together and are asked to come up with an intervention plan for someone with a chronic disease.

In Europe and beyond, the impact of lifestyle related health problems requires new approaches. Combined interventions, with an emphasis on sports and physical activity, can play a major role in enhancing a healthy lifestyle for European citizens. For the development, implementation and evaluation of such interventions you are needed as the 'Physical Activity and Lifestyle professional'. Lifestyle-related health problems such as obesity, diabetes mellitus type 2, several forms of cancer, heart disease and other adverse conditions are increasing public health problems which cause an enormous burden for the EU society. In light of the recent pandemic it shows that people with lifestyle-related health problems are more vulnerable to the Covid-19 virus. So all the more reason to come up with solutions for a healthy lifestyle.

Study hours/credits

The module will consist of two parts (online and intensive week), in total 6 weeks

Preparation online: Four lectures of 2,5 hours each, preparation work in reading the case studies, literature, group work.

Intensive program at Masaryk university, Brno, Czeck republic: 5 days

Closing online: One lecture of 2,5 hours, assesment and evaluation work on the case studies, literature, group work.

The module will consist of five weblectures of 2,5 hours each, preparation work in reading the case study, literature of 57,5 hours, group work of 30 hours. And you will attend the intensive week (40 hours).

In total the module is 140 hours (5 ECTS)

Spring 2023

Week	Day	Lecture topics	Group Work	Where?
11	Monday 3th of March	Changing behavior	Introduction to the case	Online
12	Monday 20th of March	Physical activity	Group work	Online
13	Monday 27th of March	Stress reduction	Group work	Online
14	Monday 3th of April	Nutrition	Group work	Online
15	Easter			
16	Monday 17th of April	Challenges of the future	Presenting	Online
17	Monday 24th of April untill Friday the 28th of April	Intensive program		Brno, Czeck republic

Certification

If you actively participate in each of the sessions and hand in the team work + the individual task (see the description at Assessment), you will receive a certificate. You will have to bring this to your own institution to receive credits for the module.

Learning outcomes

The lectures

The student will be able to:

- Describe social determinants of a healthy behavior in relation to environment
- Describe acute adaptations of skeletal muscles to inactivity
- Describe the influence of physical activity on a healthy lifestyle
- Explore the implications for health professionals who are expected to deliver behaviour change help to people with chronic diseases

- Describe the role of breathing and the nervous system in a healthy lifestyle
- Experience coping with stress
- Describe the relationship with Body composition and chronic disease
- Describe nutrition strategies for people with chronic disease
- Describe the energy balance concept from the nutritional perspective and its impact on health

The group work

The student will be able to:

- Describe the target behaviour requiring change in chronic diseases
- Explain how different models/theories allow an understanding of people's choices about health behaviours
- Predict what interventions could change the behaviour
- Identify core Behavioral Change Technique's (BCT) for the self-management of chronic disease
- Among BCTs addressing behavioural determinants, decide on which can included in the intervention plan
- Be sensitive to aspects, such as ethnicity, education level, deprivation, religion, sexual orientation and cultural environment
- Describe a range of techniques and strategies for effective communication

Students can apply for an Erasmus+ grant through their own institution for travel and housing costs.