

# Physical Activity, Nutrition, Environment, and Public Health Promotion

The creation of this training programme is justified by the strategic relevance of promoting physical activity as a central pillar of global and national public health policies, in line with the World Health Organisation (WHO) guidelines and the Sustainable Development Goals (SDGs). The University of Porto, as a leading institution in the production and dissemination of scientific knowledge in the field of physical activity and health, plays a key role in training qualified professionals and implementing innovative programmes that respond to emerging population needs. This initiative reinforces U.Porto's institutional mission to promote sustainable human development, innovation, and international cooperation, while aligning with the principles of the European University Alliance for Global Health (EUGLOH) by fostering academic and scientific synergies among European partners and by enhancing the development of transversal competencies in global health.

## Objetivos

The programme aims to develop scientific, technical, and critical competences that enable participants to design, implement, and evaluate effective health promotion strategies, through the following specific objectives:

1. Identify and explain the determinants of physical activity behaviours and dietary patterns across different populations.
2. Critically assess the influence of environmental factors, such as urban space and food access, on public health outcomes.
3. Design and propose evidence-based health promotion interventions that are context-appropriate and culturally sensitive.
4. Interpret and apply international and national policies, guidelines, and frameworks for the promotion of healthy lifestyles.
5. Develop and implement innovative communication strategies, including digital campaigns and the use of social media, to disseminate effective health messages.
6. Present and defend public health intervention projects before peers and faculty members, applying *challenge-based learning* methodologies.
7. Critically reflect on one's own learning process and on the potential impact of proposed interventions, promoting an ethical, informed, and reflective professional practice.

## Syllabus of the training unit

Introduction to Health Behaviour and Public Health Promotion

Biological Determinants of Physical Activity and Nutrition

Socioeconomic and environmental determinants of Physical Activity

Nutrition and Public Health: Guidelines, Challenges, and Solutions

Public Health Policies and Frameworks for Promoting Healthy Lifestyles

Designing and Evaluating Health Promotion Interventions

Communication Strategies for Effective Health Promotion

## Áreas de Especialização

813 Desporto

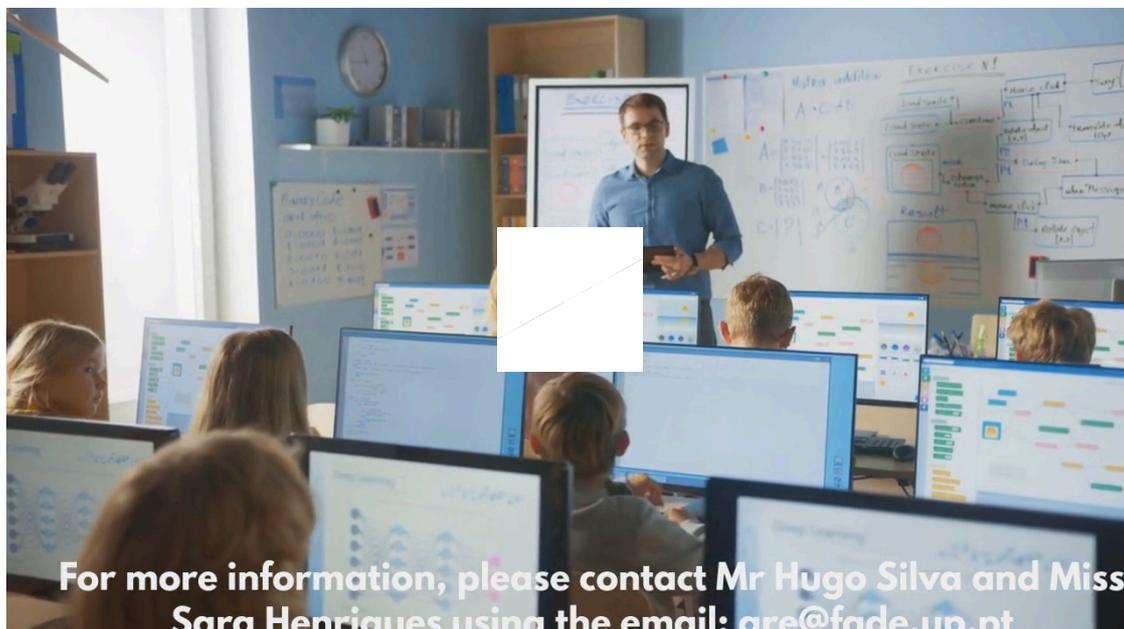
# Informações

Teaching methodologies will be of expository nature, with resource to theoretical lessons and practical sessions. The 45-hours class will be taught in online (synchronous) and presential classes. Active dialogue will be promoted between all students, either in synchronous situations (previously scheduled forums and chats), and also during presential classes.

The learning outcomes of this training unit reflect the development of scientific, technical, and transversal competences that support the design, implementation, and evaluation of health and physical activity promotion interventions, in alignment with European higher education frameworks and with the mission of the University of Porto and the EUGLOH Alliance. By the end of the unit, students are expected to: (i) identify and analyse behavioural and environmental determinants of health; (ii) apply evidence-based research and intervention methodologies; (iii) design effective communication strategies for diverse contexts and audiences; and (iv) critically reflect on the social, ethical, and cultural impacts of health promotion actions. The relevance of this unit within the course lies in its contribution to an integrated and multidisciplinary understanding of public health, strengthening the connection between scientific knowledge, professional practice, and pedagogical innovation, key elements for the training of future professionals and researchers in global health.

The training unit adopts active, student-centered teaching methodologies that combine individual and collaborative work, promoting the integration of theoretical knowledge, critical reflection, and practical application. The assessment structure is organized into complementary components that ensure coherence between pedagogical objectives and learning outcomes.

The individual assignments (20%) include a reflective essay, a case study analysis, and an environmental audit, fostering analytical and contextual reasoning. The group project (40%) serves as the core of applied learning, encompassing a proposal (10%), an oral presentation (15%), and a final report (15%), enabling students to develop teamwork, planning, and communication skills. Active participation (20%), through online discussions and in-person workshops, encourages continuous engagement and experiential learning. Finally, the final quiz (20%), composed of multiple-choice and short-answer questions, assesses the integration and consolidation of theoretical and practical knowledge.



For more information, please contact Mr Hugo Silva and Miss Sara Henriques using the email: [gre@fade.up.pt](mailto:gre@fade.up.pt)

## Teaching team:

- José Carlos Dias Ribeiro – Faculty of Sport - University of Porto
- Maria Paula Maia dos Santos - Faculty of Sport - University of Porto
- Renata Barros – Faculty of Nutrition and Food Sciences - University of Porto
- Luis Cereijo Tejedor - Public Health and Epidemiology Research Group – University of Alcalá
- Philippe Lopes - Laboratoire de Biologie de l'Exercice pour la Performance et la Sante - Université Paris-Saclay

## Program date

- Start date: May 4 2026;
- End date: June 26 2026;

## Duration:

- 8 weeks. These 8 weeks will be with Blended Learning and, from the 15th to the 26th of June 2026, will be the face-to-face component at FADEUP, where all students from other European countries will be present.;
- Opening of applications February 9th 2026 to March 15st 2026;
- Publication of accepted candidates on April 3rd 2026.



## Dados Gerais

- Informação para candidatos

**Sigla:** PANEPHP

**Tipo de curso/ciclo de estudos:** Curso de Formação Contínua

**Início:** 2025/2026

**Duração:** 45 Horas

## Diplomas

- Physical Activity, Nutrition, Environment, and Public Health Promotion (6 Créditos ECTS)

## Áreas Científicas Predominantes

- Todas as classificações

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