

Erasmus+ Blended Intensive Program (BIP) for BSc and MSc Students



The challenges of physical activity adherence during pregnancy

Winter 2022-2023

Are you a bachelor or master's degree student in Exercise Sciences or Health Sciences?
Do you want to work in an international group on promoting a healthy and active lifestyle and planning a tailored physical activity intervention for pregnant women?

Topics related to promotion of physical activity and healthy lifestyle during pregnancy, guidelines for physical activity, pre-exercise and fitness testing, and exercise prescription and adaptations, practical and online group work.

Consortium of **seven** European Universities from Portugal, Spain, Italy, The Netherlands, Poland, Lithuania, and Norway:

- ESDRM Sport Sciences School of Rio Maior – IPSANTAREM Polytechnic Institute of Santarém, Rio Maior, Portugal
- Faculty of Education Sciences - University of Sevilla, Seville, Spain
- Department of Movement, Human and Health Sciences, University of Rome “Foro Italico”, Rome, Italy
- Faculty of Physical Culture, Gdansk University of Physical Education and Sport, Gdansk, Poland
- Lithuanian Sport University, Kaunas, Lithuania
- Western Norway University of Applied Sciences, Bergen, Norway
- INHolland University of Applied Sciences, Aalsmeer, The Netherlands

Organization:



How long?

60 contact hours in total = 40 hours (in 6 weeks) online program (December 2022 and January 2023) plus 20 hours in-person (in one week) intensive program in Rio Maior, Portugal (16-19 January 2023); 20 hours of independent study; 5 ECTS

When?

Deadline for pre-registration is: 15th of November 2022

Start of the program online: 7th of December 2022

Online sessions: 7th, 14th, 21st, 28th of December 2022, 4th, 11th, 25th of January 2023 (Wednesdays 8:30-13:30h WET)

In-person intensive sessions in Rio Maior, Portugal: 16th to 19th of January 2023 (9:30-12:00h; 15:00-17:30h WET)

Online assessment sessions: 1st of February 2023 (Wednesday 8:30-13:30h WET).

Where?

Intensive practical sessions will be held at ESDRM Sport Sciences School of Rio Maior - Polytechnic Institute of Santarém, Rio Maior, Portugal.

The online sessions will be hosted on ZOOM platform: <https://videoconf-colibri.zoom.us/j/97825100729?pwd=b2ZkQk9zZjh6NmhqRUFrSWc2K2pKZz09>

What will you learn?

In this blended intensive program we will talk about the challenges of maintaining an active and healthy lifestyle during pregnancy, and your role as exercise professional. We will have guest speakers from seven European countries to lecture about topics related to promotion of physical activity, nutrition, sleep and stress, international guidelines for physical activity during pregnancy, pre-exercise and fitness testing, and exercise prescription and adaptations to each trimester of pregnancy. In the group work you will be working on multiple case studies and will be asked to come up with an intervention plan.

Lifestyle-related health problems such as physical inactivity, 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 European society. The Covid-19 pandemic has shown that people with lifestyle-related health problems are more vulnerable. Therefore, physical activity during pregnancy is a public health issue in Europe and beyond, in light of its impact on the maternal and fetal health.

Updated scientific research have been supporting the positive effects of an active lifestyle with regards to the prevention of several pregnancy related complications and determined health problems, such as gestational diabetes, obesity, low back pain or depression. On one hand, the health professionals' role in promoting physical activity and health is crucial for motivation and overcoming barriers. On the other hand, effective and safe exercise interventions are required to enhance fitness and quality of life. The planning, development, implementation, and evaluation of such interventions are major roles of exercise professionals.

Which certificates can you get?

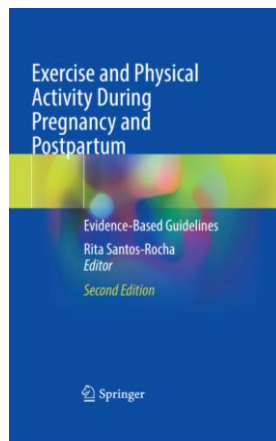
If you actively participate in each of the sessions including the assessment session (see the description at Assessment), you will receive a certificate of training. If you actively participate in each of the sessions excluding the assessment session, you will receive a certificate of attendance. You will have to bring this to your own institution to receive credits for the program.

- Certificate of attendance (attending of at least 90% of classes, without assessment): 4 ECTS
- Certificate of training (attending of at least 90% of classes, including assessment): 5 ECTS

What's in the agenda?

Date and hour (WET)	Contents	Teacher(s)
07-12-2022	<i>online</i>	
8:30-11:00h	Kick-off meeting Introduction to the program, contents, and assessment	Rita Santos-Rocha
11:00-13:30h	Guidelines for physical activity during pregnancy	Anna Szumilewicz
14-12-2022	<i>online</i>	
8:30-11:00h	Health, symptoms, contraindications	Anna Szumilewicz
11:00-13:30h	Psychological changes and assessment	Simona Pajaujiene
21-12-2022	<i>online</i>	
8:30-11:00h	Benefits of physical activity and clinical conditions	Frøydis Hausmann & Coral Falco
11:00-13:30h	Physiological changes and assessment	João Brito & Rafael Oliveira
28-12-2022	<i>online</i>	
8:30-11:00h	Nutrition	Rui Jorge
11:00-13:30h	Body composition changes and assessment	Nuno Pimenta
04-01-2023	<i>online</i>	
8:30-11:00h	Pre-exercise and fitness testing	Miguel Oviedo-Caro
11:00-13:30h	Exercise prescription	Rita Santos-Rocha
11-01-2023	<i>online</i>	
8:30-11:00h	Exercise adaptations	Rita Santos-Rocha & Simona Pajaujiene
11:00-13:30h	Exercise in postpartum	Rita Santos-Rocha & Anna Szumilewicz
16-01-2023	<i>in-person</i>	
09:30-12:00h	AEROBICS STEP	Rita Santos-Rocha, Nuno Pimenta, Liliana Ramos
15:00-17:30h	YOGA STRETCHING	Susana Franco, Joana Freitas, Nancy Brígida
17-01-2023	<i>in-person</i>	
09:30-12:00h	AERODANCE	Liliana Ramos, Susana Alves, Isabel Vieira
15:00-17:30h	PILATES STRETCHING	Fátima Ramalho, Joana Freitas, Nancy Brígida
18-01-2023	<i>in-person</i>	
09:30-12:00h	STRENGTH TRAINING FUNCTIONAL TRAINING	João Brito, Fátima Ramalho, Isabel Vieira
15:00-17:30h	Pre-exercise and fitness testing Balance and gait assessment	Miguel Oviedo-Caro & Nuno Pimenta Marco Branco & Fátima Ramalho
19-01-2023	<i>in-person</i>	
09:30-12:00h	Practical group work	Rita Santos-Rocha, Fátima Ramalho, Joana Freitas, Simona Pajaujiene
15:00-17:30h	NIRVANA FITNESS	Susana Franco, Fátima Ramalho, Simona Pajaujiene
25-01-2023	<i>online</i>	
8:30-11:00h	Preparation for birth	Anna Szumilewicz
11:00-13:30h	Review of exercise adaptations Preparation for assessment	Rita Santos-Rocha & Anna Szumilewicz
01-02-2023	<i>online</i>	
8:30-11:00h	Assessment (BSc students) <ul style="list-style-type: none"> • Video • Brochure / infographic 	Rita Santos-Rocha, Anna Szumilewicz, Simona Pajaujiene
11:00-13:30h	Assessment (Master's students) <ul style="list-style-type: none"> • Project • Video 	Rita Santos-Rocha, Anna Szumilewicz, Simona Pajaujiene

Recommended textbook:



The program follows the occupational European lifelong learning standards by EuropeActive:



How to take part in this BIP?

Please apply for Student Training Mobility via your Home University Erasmus+ Office. It is important that your mobility is financed by **KA131 2021** agreement.

Registration?

Fill in this Form for Pre-registration: <https://forms.gle/MzvCY4Q6gEooi4DH9>

What expenses will you have to cover?

Participants are supposed to cover their travel expenses to Portugal, as well as accommodation in hotels in Rio Maior. All lunches and dinners will take place at ESDRM, and are sponsored by IPSANTAREM University.

Hotel recommendations:

Casa do Foral, R. da Boavista n.º 10, 2040-302 Rio Maior, Portugal, +351 919 561 094,
<https://www.casadoforal.com/>

Hotel Paulo VI, Av. Paulo VI 64, Rio Maior, Portugal, +351 243 909 470, <http://www.hotelpaulovi.pt/>

Rio Maior Hotel, R. Dr. Francisco Barbosa 12, Rio Maior, Portugal, +351 243 996 087,
<http://www.riomaiorhotel.com/>

When booking, please write in email: ESDRM Erasmus student

Students can apply for an Erasmus+ grant through their own institution for travel and housing costs. 70€ per working days + 2 travel days

How to travel to Rio Maior?

From the LISBON Airport, take a Taxi, the Metro (<https://www.metrolisboa.pt/en/>), or the Bus (<https://www.carris.pt/en/>) to SETE RIOS Bus Station (10 minutes). You can also walk 5.5 km in 1 hour! Then, take the Bus to RIO MAIOR (1 hour): <https://rede-expressos.pt/en/timetables>

Contact?

For more details regarding the program please contact: BIP Coordinator, Prof. Rita Santos Rocha (RitaSantosRocha@esdrm.ipsantarem.pt)

For more details regarding the Erasmus program please contact: IPSANTAREM ERASMUS Coordinator Dr. Céu Martins (ceu.martins@sc.ipsantarem.pt)

For more details regarding the Erasmus mobility program please contact the Erasmus Coordinator of your University.

Number of places available: 30

Deadline for pre-registration is: 15th of November 2022

Organization:

Rita Santos Rocha

ESDRM Sport Sciences School of Rio Maior - Polytechnic Institute of Santarém
Portugal

01-09-2022



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