

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



The challenges of physical activity adherence during pregnancy

2nd edition, Spring 2024

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?

From May to June 2024, in 8 weeks, 60 contact hours in total = 40 hours online program + 35 hours of independent study [3 ECTS] + 20 hours in-person program (one intensive week in Rio Maior, Portugal, 3-7 June 2024) + 5 hours of independent study [1 ECTS] + 25 hours of independent study plus assessment [1 ECTS] = 125 working hours [5 ECTS]

When?

Deadline for pre-registration is: 29th of March 2024

Start of the program online: 7th of May 2024

Online sessions: 7th to 30th of May 2024, and 11th to 25th of June 2024 (Tuesdays and Thursdays ~8:30-11:30h WET) [🌐 Lisbon/London time]

In-person intensive week in Rio Maior, Portugal: 3rd to 7th of June 2024 (9:30-12:00h; 15:00-17:30h WET)

Final online assessment session: 25th of June 2024 (Monday 8:00-12:00h WET).

Where?

Intensive **practical** sessions will be held at ESDRM Sport Sciences School of Rio Maior - Santarém Polytechnic University, Avenida Dr. Mário Soares, 110, 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 an 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 critical 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 at least 90% of the online sessions and intensive week, including the assessment process, you will receive a certificate of training (5 ECTS). If you actively participate in each of the online sessions and intensive week, excluding the assessment process, you will receive a certificate of attendance (respectively, 3 + 1 ECTS). If you are not able to follow the sessions synchrony, you can watch them later in the YouTube channel [ActivePregnancy](#). You will have to bring this to your own institution to receive credits for the program.

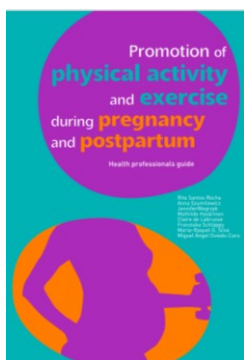
What's in the agenda?

Date and hour (WET)	Contents	Teacher(s)
Week 1, May 2024	<i>online</i>	
7 th May (3h)	(08:30-09:45h): Kick-off meeting: Welcome by the Dean of ESDRM-IPSANTAREM, the BIP Coordinator, and the IPSANTAREM Erasmus+ Office Coordinator. Introduction to the program, contents, and assessment (10:00-11:30h): Physical activity during pregnancy as a public health issue	Nuno Pimenta (Dean of ESDRM) Rita Santos-Rocha (Program Coordinator) Céu Martins (IPSANTAREM Erasmus+ Office Coordinator) Rita Santos-Rocha
9 th May (3h)	(08:00-10:00h): Initial competence test (10:15h-11:30h): WHO Global guidelines for physical activity during pregnancy and postpartum	Anna Szumilewicz Rita Santos-Rocha
Week 2, May 2024	<i>online</i>	
14 th May (3h)	(08:00-11:00h): Health, symptoms, contraindications for PA	Anna Szumilewicz
16 th May (3h)	(08:30-11:30h): Guidelines for physical activity during pregnancy	Rita Santos-Rocha
Week 3, May 2024	<i>online</i>	
21 st May (3h)	(08:30-11:30h): Benefits of physical activity and clinical conditions	Frøydis Hausmann & Coral Falco
23 rd May (3h)	(08:30-11:30h): Physiological changes and assessment	Rafael Oliveira
Week 4, May 2024	<i>online</i>	
28 th May (3h)	(08:30-11:30h): Nutrition during pregnancy and postpartum	Rui Jorge
30 th May (3h)	(08:30-11:30h): Body composition changes and assessment	Nuno Pimenta & Cristiana Mercê
Intensive week 5, June 2024	<i>in-person</i>	
Monday 3rd June		
09:30-12:00h	AEROBICS + FUNCTIONAL TRAINING	Vera Simões, Fátima Ramalho, Joana Freitas
15:00-17:30h	YOGA + STRETCHING Pre-exercise assessment	Nancy Brígida, Joana Freitas Miguel Oviedo-Caro, Rita Santos Rocha
Tuesday 4th June	<i>in-person</i>	
09:30-12:00h	AERODANCE + PILATES	Liliana Ramos, Fátima Ramalho, Joana Freitas
15:00-17:30h	INDOOR CYCLING Functional and fitness testing	Fátima Ramalho, Isabel Vieira Joana Freitas, Miguel Oviedo-Caro
Wednesday 5th June	<i>in-person</i>	
09:30-12:00h	STEP + CHAIR EXERCISE	Nuno Pimenta, Fátima Ramalho
15:00-17:30h	STRENGTH TRAINING + POSTURE Balance and gait assessment	Fátima Ramalho, Nancy Brígida Marco Branco, Nancy Brígida
Thursday 6th June	<i>in-person</i>	
09:30-12:00h	AERODANCE + PELVIC FLOOR MUSCLE TRAINING	Susana Alves, Fátima Ramalho
15:00-17:30h	NIRVANA FITNESS Preparation for assessment and practical group work	Susana Franco, Simona Pajaujiene Rita Santos Rocha, Liliana Ramos, Joana Freitas
Friday 7th June	<i>in-person</i>	
09:30-12:30h	Free meetings with the students Walking tour in Rio Maior	Rita Santos-Rocha et al.
Week 6, June 2024	<i>online</i>	
11 th June (3h)	(08:30-11:30h): Psychological changes and stress management during pregnancy and postpartum. Promotion of physical activity and healthy lifestyle during pregnancy.	Simona Pajaujiene
13 th June (3h)	(08:30-10:00h): Exercise prescription and adaptations in pregnancy. Review of exercise adaptations. (10:15-11:30h): Pre-exercise assessment (physical activity, objectives, barriers and facilitators).	Rita Santos-Rocha Miguel Oviedo-Caro
Week 7, June 2024	<i>online</i>	
18 th June (3h)	(08:00-09:15h): Preparation for birth (09:30-11:00h): Exercise prescription and adaptations in postpartum	Anna Szumilewicz Rita Santos-Rocha
20 th June (3h)	(08:30-11:30h): Fitness and functional testing during pregnancy and postpartum.	Miguel Oviedo-Caro
Week 8, June 2024	<i>online</i>	
25 th June (4h)	(08:00-09:30h): Final competence test (09:45-12:00h): Practical Assessment: Video or Brochure / infographic or Study project (guidance). Deadline for submission: 30 th June	Anna Szumilewicz, Rita Santos-Rocha, Simona Pajaujiene

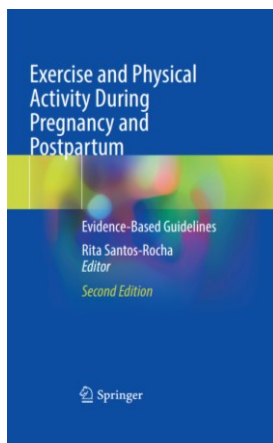
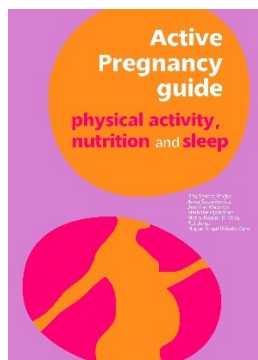
What kind of tasks are included in the assessment?

Students are supposed to complete an initial and a final competence test, and choose one of three options for the practical assessment: (1) a video; (2) a brochure/infographic; or (3) a dissertation project, as follows. (1) Exercise Sciences students are supposed to deliver a 10-25' workout for pregnant or postpartum women; Health Sciences students are supposed to deliver a 5-10' healthy and active lifestyle promotion video for pregnant or postpartum women; (2) Students may choose to deliver an original brochure/infographic regarding one of the topics addressed by the program (e.g., guidelines for exercise testing and prescription for pregnant or postpartum women; (3) Students may choose to deliver an original study or dissertation project regarding one of the topics addressed by the program.

Recommended textbooks:



Free download:
[ResearchGate](https://www.researchgate.net/publication/328111111)



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



Free download:
[EuropeActive](https://www.europeactive.eu/)

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 **2022-1-PT01-KA131-HED-000058000-2** agreement.

Registration?

Fill in this Form for Pre-registration: <https://forms.gle/NMhyhv2h26cz8dNU9>

What expenses will you have to cover?

Participants are supposed to cover their travel expenses to Portugal, as well as food and accommodation in hotels in Rio Maior. The welcome dinner will be sponsored by IPSANTAREM University. Students can apply for an Erasmus+ grant through their own institution for travel and housing costs.

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 the email: ESDRM Erasmus student

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> . Another option is to share a TAXI to ESCOLA SUPERIOR DE DESPORTO DE RIO MAIOR, Avenida Dr. Mário Soares, 110, 2040-413 Rio Maior (±60€).

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.

Organization:

Rita Santos Rocha

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

15-02-2024



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