Universidade de Évora

Open call rules

Applications for Admission: Curso de formação em Movimento Consciente: O Poder do Exercício na Saúde (Conscious Movement: The Power of Exercise for Health)
Academic Year 2024/2025

1. The program is promoted by

Universidade de Évora - Escola Superior de Enfermagem S. João de Deus

2. Coordenador(a)

Maria do Céu Mendes Pinto Marques (mcmarques@uevora.pt)

3. Program description

This course covers the different dimensions of physical exercise and its impact on health promotion and chronic disease management, highlighting the fundamental role of nursing in prescribing and monitoring physical activity. The course emphasizes an integrative approach, enabling students to adapt exercise and movement strategies to the individual needs of patients, considering their health conditions and socio-cultural context. Throughout the course, essential topics such as the principles of exercise prescription, the assessment of physical fitness and the application of motivational techniques to promote adherence to a more active lifestyle will be covered. The practical component includes workshops, case studies and simulations, allowing students to consolidate the knowledge acquired and apply it in clinical practice.

4. Objectives

At the end of the course, it is intended that the student has developed the skills that allow him to:
1. Understand the impact of physical exercise on health and chronic disease management, recognizing its significance in integrative nursing.
2. Assess and adapt exercise programs, considering patients' needs, limitations, and goals.
3. Apply motivational strategies and follow-up techniques to promote adherence to exercise and foster sustainable lifestyle changes.
4. Adapt exercise promotion strategies to individual needs, considering their health conditions and sociocultural context.
5. Critically evaluate the impact of exercise-based interventions on patients' health and well-being, adjusting approaches as necessary.

5. General conditions of access and admission

i General conditions

Be over 18 years old and resident permit. If you do not have Portuguese nationality, you must have a residence permit and tax payer number .

ii Specific admission conditions

Nursing Graduation

iii Required academic qualifications Higher Education - Degree 1st Cycle (Bologna) or Equivalent

iv Necessary documentation

a) identification document;
b) document(s) proving the qualifications required in the Announcement for access to the course;
c) document proving the IBAN of the bank account held by the candidate, in which the name of the holder is mentioned;
d) proof of residence permit, in the case of foreign students;
e) document with tax identification number, in the case of foreign students;
f) if applicable, proof of unemployment;

6. Selection Process

Date of application submission.

7. Maximum number of admissions

- Maximum number of admissions: 30

8. Minimum number of students

Minimum number of students: 10

9. Tuition fee

- Tuition fee: 150,00 €

This course is covered by the PRR's Adult Impulse. Students can receive two prizes: the participation prize, equal in value to the course fee, and the completion prize (according to Regulation), to be paid into a bank account held by the student.

10. ECTS

- Number of ECTS of the program: 3

11. Horas de Contacto

- Total de horas de contacto: 26

12. Learning Type

b-Learning

13. Schedule type

Mixed

14. Classes location

Évora

15. Classes schedule (week days and schedule)

Monday (5 PM - 9 PM) (online - synchronous session)
Wednesday (5 PM - 9 PM) (online - synchronous session)
Saturday (9 AM - 6 PM) (in-person)

16. Program Dates

- Program Start Date: May 19, 2025

- Program End Date: May 24, 2025

17. Application Dates

- Applications Start Date: April 4, 2025

- Applications End Date: May 2, 2025

- Announcement of Results (until): May 7, 2025

- Enrollments Start Date: May 7, 2025

- Enrollments End Date: May 11, 2025

April 30, 2025

The Rector

Hermínia Vasconcelos Vilar