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Strategies for Promoting Active Lifestyles and Healthy Nutrition

Designing and assessing strategies to enhance physical activity levels and dietary behaviors in the adult population

ACADEMIC COORDINATOR: PROF. CHRISTEL GALVANI

Area of study	Sports Science
Area Code	SS310
Credit	6 ECTS
Dates	8 – 19 June (2 weeks)
Campus	Milan

Description

This course examines the integration of physical activity and nutrition in public health. It will focus on how behavioral change theories can be used to influence physical activity and nutritional behaviors. Through engaging learning activities and assignments, students will use their knowledge to design an evidence-based, culturally sensitive physical activity and nutrition intervention in various populations. Students will critically evaluate current literature, engage in discussions, participate in self-reflection and assessment, and work collaboratively.

Students will explore foundational topics of:

- health promotion strategies
- behavior change theories
- definitions, guidelines, and prevalence of physical activity and healthy eating behaviors
- physical activity assessment.

Course contents

Upon completion of this course, students will be able to:

- Acquire foundational skills to conduct basic scientific research and critically analyze literature on physical activity and healthy eating.
- Understand and apply key behavior change theories and frameworks, such as the Transtheoretical Model and the Theory of Planned Behavior, to the design of health promotion interventions.
- Explore and describe evidence-based health promotion guidelines related to physical activity and nutrition behaviors, considering cultural contexts in Italy and the USA.
- Engage in discussions, self-reflection, and group-based activities to enhance understanding of health promotion strategies and their application.



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- Identify key program evaluation strategies and measurement tools to assess physical activity for health promotion programs and interventions.

Method of teaching

The course aims to implement a student-centered approach to learning; teacher and students will play an equally active role during classroom activities. Teachers' role is to facilitate student learning and comprehension of subjects.

Lecture, in-class discussion, group work, training activities, companies' visits.

Course requirements

Students are expected to comply with the following requirements:

- Regularly attend classes and actively participate to the discussions and practical sessions
- Take a final written exam

Grading (Tbc)

Assessment of in class participation	20% of final grade
Assessment of group work	20% of final grade
Final written exam (multiple choice test)	60% of final grade

Course readings and materials

All the readings and the lecturer's slides will be available on Blackboard

Tentative Course Structure

Module with a psychologist (6 hours)

- Approaches for Changing Health Behaviors
- Behavioral Change Theories – behavior change models and theories.
- Optimize participant adherence by using effective communication, motivational techniques, and behavioral strategies.

Module with a nutritionist (9 hours)

- Foundations for Promoting Healthy Eating
- Physical and mental health benefits of engaging in healthy eating.
- Guidelines for healthy eating – understanding evidence-based nutritional recommendations.

- Measurement – gathering relevant information, measuring dietary behavior.

Module with a kinesiologist (24 hours)

- Foundations for Promoting Physical Activity
- Introduction to health promotion.
- Physical and mental health benefits of engaging in physical activity.
- Evidence-based physical activity guidelines for the adult population.
- Measurement – gathering relevant information, measuring physical activity.
- Program Planning, Implementation, and Evaluation
- Population health approaches for assessing baseline physical activity levels, setting physical activity goals, and designing targeted interventions
- Establishing behavior change strategies to foster sustainable exercise adoption and improve population health.
- Laboratory and Practical Activities: use of subjective methods, e.g., questionnaires, and objective methods, e.g., activity trackers, for the assessment of physical activity.

Rules of conduct

Attendance: Attendance is mandatory and no absence/s will be excused. Please consider that Field Trips are considered equal to regular classes and indeed you are expected to attend the visits. Unexcused absences will not be accepted. An excused absence will only be granted if you are seriously ill and can support your claim with a local doctor's certificate dated the day you missed class (therefore you must go to the doctor that same day) that has to be delivered to the Professor or to UCSC International Office. Any other absence will not be excused and will result in not being admitted to the final exam, which corresponds to a 0 (zero) in the final exam.

Exam Date: The exam date cannot be re-scheduled. Should the dates of the final exams be moved for force major reasons, UCSC International Office and the Professor will promptly inform you in class and/or via email on the new date agreed. Unexcused absences to the exams will result in a failing grade in the course. In cases of unforeseeable circumstances such as illness or injury on the day of the exams, you must submit a medical certificate and communicate your absence to the Professor and UCSC International Office via email prior to the exam. If the student does not justify his/her absence through sufficient documentation and with adequate notice before the final test, you will receive an automatic Failed. Absences for other unforeseeable circumstances will not be accepted and will result in a failing grade.

Instructor Bio

Christel Galvani obtained her PhD in the Sciences et Techniques des Activités Physiques et Sportives (STAPS) in 2008. She is an Associate Professor in Sport Science. She is Co-coordinator of the Master degree course in Sport science for prevention and rehabilitation. She teaches different courses in Bachelor and Master degrees. She is head of the Exercise & Sport Science Laboratory.



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She is Member of the teachers' board of the international PhD in Exercise and sport sciences, of the governing board of the Master's Degree in Physical training specialist in soccer, of the Scientific Committee of the Center for Research in Sports Biochemistry and Nutrition (CRIBENS), and of the "Catholic for sport" working table. She is Fellow Member of the European College of Sport Science (ECSS). She has been involved in research activities for over 20 years in the field of physiological responses to exercise, physical activity, and exercise therapy. E-mail address: christel.galvani@unicatt.it