

FEDERAL UNIVERSITY OF SÃO CARLOS FOUNDATION

GRADUATE PROGRAM IN PHYSIOTHERAPY – PPGFt/CCBS/R

COURSE CHARACTERIZATION FORM

Graduate Program: Physiotherapy

Course Code: FIT-602

Credits: 1

Course Title: Theoretical and Practical Principles of Behavior Change for Exercise in Physiotherapy and Rehabilitation

Start of Validity: 2025 – 1st Semester

Justification

This course was created to take advantage of the visit of two guest researchers to the PPGFt. The course will be offered in person and taught by Prof. Dr. Manuela Karloh, researcher at the Center for Care, Teaching and Research in Pulmonary Rehabilitation at the Santa Catarina State University (UDESC), and Prof. Dr. Thiago Sousa Matias, permanent faculty member of the Graduate Programs in Physical Education and Public Health at the Federal University of Santa Catarina (UFSC), under the responsibility of Prof. Dr. Valéria Amorim Pires Di Lorenzo (PPGFt).

Course Workload

Theoretical Classes: 11 hours

Practical Classes: 4 hours

Exercises/Seminars: Not applicable

Course Syllabus

This course addresses theories and techniques of behavior change aimed at promoting physical activity among patients participating in rehabilitation, physiotherapy, and exercise programs.

- Foundations and evidence of behavior change processes in rehabilitation
- Theoretical bases of behavior change related to physical exercise:
 - Self-Determination Theory
 - The Unifying Theory of Physical Activity
 - The role of motivation and physical activity urgencies in the behavior change process for exercise
- Behavior Change Techniques to promote increased physical activity levels in patients participating in rehabilitation, physiotherapy, and exercise programs, with a focus on clinical practice

Nature of the Course

Elective course for both Master's and Doctoral programs.

Main Bibliography

Ryan RM, Deci EL. Self-Determination Theory: Basic Psychological Needs in Motivation, Development, and Wellness. Guilford Press, 2017.

Matias TS, Piggin J. The Unifying Theory of Physical Activity. *Quest*, 2022;74(2):180–204.

Ryan RM et al. A meta-review of meta-analytic findings evaluating self-determination theory. *Psychological Bulletin*, 2023;148:813–842.

Karloh M, Matias TS, Fortino MMP. Behavior change in cardiopulmonary rehabilitation: a clinical protocol. In: PROFISIO – Cardiorespiratory and Intensive Care Physiotherapy Update Program. Artmed Panamericana, 2024.

Main Responsible Faculty

Valéria Amorim Pires Di Lorenzo – Permanent Faculty

Manuela Karloh – Visiting Faculty

Thiago Sousa Matias – Visiting Faculty

Approval

Approved at the 290th Ordinary Meeting of the PPGFt Graduate Program Committee on February 14, 2025.

São Carlos, February 19, 2025.

Prof. Dr. Tatiana de Oliveira Sato

Chair of the PPGFt Graduate Program Committee – UFSCar