

CALL

Lifestyles and literacy for health: from theory to practice (MC-EVLSS) (Healthy lifestyles: from theory to practice - Lifestyles & Health Literacy - HeLiCa Summer Academy boot camp)

1st Edition

Following the Decree-Law n^o 42/2005, February 22th, the Decree-Law N^o 74/2006, March 24th, and successive amendments, and other applicable legislation; in compliance with the Regulation for Non-Degree Programmes of the Polytechnic Institute of Coimbra - Order n^o 5051/2017, June 6th; we herein publish the call for applications for the course – Lifestyles and literacy for health: from theory to practice (MC-EVLSS) (Healthy lifestyles: from theory to practice - Lifestyles & Health Literacy - HeLiCa Summer Academy boot camp), which will be held in July 2022, and is governed by the following provisions:

1. The programme is the result of a consortium involving several institutions (national and international), designated HEalthy Lifestyles & Health Literacy Chair Academy (HeLiCA), designed to contribute to a sustainable life in the midst of an ecosystem crisis, and consisting of 1 course, corresponding to 10 ECTS. The predominant scientific area for the course is Health, CNAEF classification 720, and Social and Behavioral Sciences, CNAEF classification 310.
2. The curricular structure, study plan, ECTS and syllabus are contained in Annex I of this call.
3. Eligibility criteria: candidates with bachelor's degree, licentiate degree or legal equivalent in the areas of knowledge that integrate health, social sciences, social protection, education, humanities and related areas.
4. Candidates who meet the conditions expressed in the previous number are admitted, ranked and selected taking into account the following criteria:
 - a) Best classification of the highest academic degree in health, social or behavioral sciences:
 - i) Doctorate - 200 points
 - ii) Master - 6 x Master's final grade
 - iii) Licenciante/Bachelor – 4 x final grade of the degreeor
 - b) Best classification of the highest academic degree in programmes outside the scope of health sciences and similar:
 - i) Doctorate - 50 points
 - ii) Master - 2 x Master's final grade
 - iii) Licenciante/Bachelor - Final degree of the degreeMG = maximum grade obtained in the previous points.
 - b) Academic and scientific curriculum (ASC)
 - c) Professional curriculum (PC)
 - d) Optional interview, in cases where the jury deems it necessary.

Candidates holding equivalence to a bachelor's degree awarded without classification, as well as holders of recognition of a bachelor's degree, will be assigned a classification of 10 (ten) points for ranking purposes.

Candidates must demonstrate oral and written English language skills.

Admitted candidates will be ranked, on a scale from 0 to 20 points, rounded to the nearest hundredth, taking into account the classification obtained by applying the following formula:

$$CF=0.3 (MG/10) + 0.4 ASC + 0.3 PC$$

considering:

ASC - classification on a scale from 0 to 20 points attributed to the academic and scientific curriculum

PC - classification on the scale from 0 to 20 points assigned to the professional curriculum

5. Applications must be made exclusively online at <https://inforestudante.ipc.pt/>, in Portuguese or English, accompanied by the following documents (pdf format):

- a) Identification card, VAT or Passport (you will have to write on the document that the delivery is only intended for confirmation of information at ESTeSC; if you do not wish to attach the information, you must contact the academic services of ESTeSC);
- b) Document proving the academic degrees, with information on the final classification (candidates with academic degrees obtained at ESTeSC are exempted from delivering the certifying documents (issued by the ESTeSC academic services), and for this purpose, should attach a declaration, duly signed, stating that the requirements for candidacy are met);
- c) Curriculum vitae in accordance with the Europass model, and respective evidence;
- d) Other documents relevant to the application process.

At the end of the application process, the candidate must print/view the payment of the fees associated with his application and the proof of his application. The application will only be valid after payment of the applicable fee within the call deadline.

6. The deadlines are as follows:

- Application: until June 13th, 2022;
- Posting of the admission list and the provisional ranking list: until June 19th, 2022;
- Complaints: until June 20th, 2022;
- Decision on complaints/final ranking list: until June 27th, 2022;
- Enrolment and registration (only online): from June 28th and 29th 2022.

If the *numerus clausus* for the programme is not fully fulfilled in first call, a second call may be opened ordained by the President of ESTeSC and with a schedule to be announced.

7. Admitted candidates must register (only online) at <https://inforestudante.ipc.pt/>, within the deadline established in this call.

In case of express cancellation or of non-attendance for registration, ESTeSC convenes, within 5 days after the end of the registration period, the candidates according to the ranking list, in the order indicated therein. The convened candidates will have a non-extendable period of 5 days, after receiving the notification, to proceed with the registration process.

The cancellation of registration implies the payment of the tuition fee in full.

8. The *numerus clausus* for the programme is 50 students.

9. The programme will run with a minimum of 15 students. In case the minimum number of students is not met, students will be refunded of all fees.

10. The programme is scheduled to start on July 5th 2022 and to end on July 11th 2022. Lessons will be taught in English on a weekly basis (Monday to Friday) from 8:30 am to 4:30 pm, in a mixed distance regimen and/or blended-learning configuration. After the Programme, the students will be required to develop an individual work to be concluded until September 9th, thus completing the total hours of individual work. The final schedule for the programme will be approved and disclosed before the beginning of the course, after approval by the President of ESTeSC.

11. The following fees are due:

Application fee: €75

Registration fee: 75 €

Tuition: €150.00

12. Attendance to the course is mandatory, subject to a limit of absences that cannot exceed 10% of the hours defined for the course. The student who exceeds the limit of absences will not be entitled for the evaluation. The evaluation is individual and will be carried out in accordance with the rules communicated to the students, by the teachers, in the first class of the course. A student who, having been admitted to the evaluation, has obtained a final grade equal to or greater than ten points is considered to have passed course.

13. The final classification of the programme results from the individual work evaluation and the individual active participation during the course, being assigned on a scale from 0 to 20 points, with a grade lower than 9.5 points implying the non-approval

of the programme. From 9.5 onwards the student will be approved and be awarded with the programme certificate.

14. The programme Diploma will be awarded by the Higher ESTeSC, of the Polytechnic Institute of Coimbra, upon approval of all curricular tasks.

15. With the programme approval the student will be awarded with 10 ECTS.

16. Jury:

President: Luís Ângelo Saboga Nunes (Programme Coordinator)

Member: Ana Paula Monteiro Amaral (Programme Coordinator)

Member: Hélder José da Silva Simões

17. The doubts in interpretation and the omitted cases will be decided by the President of ESTeSC, after hearing the programme Coordination.

Coimbra, May 12, 2022

The President of the Higher School of Health Technology of Coimbra

Attachment I

Study plan and syllabus, indicating the duration of the programme, total hours and contact hours, respective ECTS and Scientific Areas

Scientific Areas: Health Sciences and Social Sciences (HS/SSc).

Courses	Type	Contact hours	Total working hours	ECTS	Scientific area
Healthy Lifestyles Chair Academy Society, Health and Lifestyles: from Theory to Practice	Summer Academy	15	249	10	HS/SSc

Table 1 – Study plan for the programme Lifestyles and Literacy for health: from theory to practice (MC-EVLSS) (Healthy lifestyles: from theory to practice - Lifestyles & Health Literacy - HeLiCa Summer Academy boot camp)

Syllabus

Healthy Lifestyles and Health Literacy Chair Academy: from theory to practice

"Lifestyle and health" (HLS) concepts and theoretical development (e.g. from pathogenesis to salutogenesis)

Integration of comprehensive approaches for HLS (e.g. "renasceres®");

Environment, sustainability, causal and contributory factors: (e.g. Resilience and health determinants; Exercise and physical activity; Nutrition; Water profile and hydration; Sun and vitamin D; Confidence; Equilibrium/Balance Chronobiology; Rest; Empowerment and health literacy; Susceptibility, the Sense of Coherence and General Resources of Resistance

Community health and HLS: Lifestyle interventions adapted to the life course

Social geography and epidemiological distribution of lifestyles trends