

Overview

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Friday, 02-02-2018 :: 15:57

Nuno Miguel Viegas Rodrigues
End session**Overview****1. Personal data****Full Name**

Nuno Miguel Viegas Rodrigues

Name under which you publish

Nuno Miguel Viegas Rodrigues

Fiscal ID number

[REDACTED]

ID document

[REDACTED]

Birth date

23-10-1974

National of

Portugal

Gender

M

Work address

Portugal

Residential Address

[REDACTED]

[REDACTED]

Portugal

Work Phone

[REDACTED]

Residential Phone

[REDACTED]

Email

nunomvrodriques@gmail.com

Fax

[REDACTED]

Cell phone

[REDACTED]

URL

[REDACTED]

2. Academic degrees

Year: 1996

Degree: LICENCIATURA

Final grade: 14

Degree granting institution Universidade do Algarve

School/College/Campus Other

Thesis title n /a

Supervisor: n /a

Co-supervisor: n /a

Scientific area n / a

Number of curricular years 4

Program title **Course of Teachers of Basic Education - Variant of Physical Education**

Year: **2007**

Degree: **LICENCIATURA**

Final grade: **14**

Degree granting institution **GRADUATION**

School/College/Campus **n/a**

Thesis title **Comparative Analysis between Sports Habits and Lifestyles with Degree of Independence of Muscular Groups in Children of the 1st Cycle of Basic Education in the Municipality of Olhão**

Supervisor: **Teacher Joana Elias**

Co-supervisor: **PhD Francisco Sobral**

Scientific area **Educação Física e Desporto**

Number of curricular years **5**

Program title **Bachelor in Physical Education and Sport**

Year: **2013**

Degree: **MESTRADO**

Final grade: **15**

Degree granting institution **Universidade do Algarve**

School/College/Campus **Faculdade de Ciências Humanas e Sociais**

Thesis title **Contributions of the practice of physical activity in lifestyle and psychological well-being: a study with students of higher education at the University of Algarve**

Supervisor: **PhD Luís Sérgio Vieira**

Co-supervisor: **n / a**

Scientific area **Psicologia da Educação**

Number of curricular years **2**

Program title **Master in Educational Psychology**

3. Previous activity and current status

Período	Cargo, categoria ou actividade	Instituição
20-10-1996 a 31-8-2002	physical education teacher at different levels of education	Ministry of Education

4. Area of scientific activity

sports area management, physical activity and sporting events

5. Present research interest

Domain of specialization

Physical Education and Sport and Educational Psychology

Current research interests

Project title

Physical Activity and Well-Being in adults: impacts of an online intervention of physical activity on emotional states and the mediating role of Psychological Well-Being and Flow.

For the accomplishment of the doctoral dissertation, we recommend the accomplishment of five differentiated studies, but related and interconnected, namely:

1. Relation between Wellness and regular physical activity practice: a systematic review of the literature.
2. Construction of an online physical activity promotion program.
3. The impact of regular physical activity practice, from an online intervention, on Subjective Well-Being in healthy adults.
4. The protective role of regular physical activity, from an online intervention, on emotional states in adults.
5. The mediating function of Psychological Well-Being and Flow in the relationship between regular physical activity practice and Subjective Well-Being.

Other professional interests/activities

n / a

6. Experience as scientific adviser**7. Participation in R&D projects****8. Prizes and awards received**

Year	Name of the prize or award	Promoting entity

9. Published works**Artigos em revistas de circulação internacional com arbitragem científica**

Society for Science and Education - United Kingdom - *Advances in Social Scientists Research Journal* - Vol.1, No.3. Publication date May 15, 2014. DOI: 10.14738 / assrj.13.176

Garcia, A. J., Vieira, L. S., & Rodrigues, N.(2014). Could Physical Activity Improve Lifestyles and Psychological Well-Being?, *Advances in Social Sciences Research Journal*, 1 (3), 106-117
 PARIPEX - Indian Journal of Research - Vol: 3, Issue: 4, Publication date April, 2014. ISSN - 2250-1991

Rodrigues, N., Vieira, L. S., & Garcia, A.J. (2014). The relationship of regular physical activity practice with healthy lifestyles and psychological well-being, *PARIPEX - Indian Journal of Research* - Vol. (3), 125-130.

10. Communications in scientific meetings**Comunicações orais por convite**

Presentation of the communication entitled "The relation between the practice of regular physical activity and healthy lifestyles and psychological well-being", at the 1st National Conference on New Challenges in Physical Activity and Quality of Life in Elderly, held in Seville on the 7th and 8 February 2013.

Presentation of the communication entitled "The influence of practice of regular physical activity on lifestyle and psychological well-being", at the 9th National Congress of Physical Education, "challenging the present, renewing the future", which took place at the Faculty of Human Motricity , in Lisbon, on the 1st, 2nd and 3rd of March 2013.

11. Languages

Language	Reading	Writing	Conversation
Portuguese	Very good	Very good	Very good
Spanish	Good	Basic	Basic
English	Good	Basic	Basic

