Developing a National Physical Activity Policy in Portugal
Jorge Mota, PhD

The presentation will focus on Portuguese Physical Activity population data, prior policy, and a new political strategy for cross-disciplinary (cross-sectorial) action. The National Plan approach and international recommendations (WHO, HEPA) will be discussed.

About Professor Mota:
Professor Mota is on the Faculty of Sports, and Director of the Research Center in Physical Activity, Health and Leisure, at Porto University, Portugal. After receiving his PhD in Sports Sciences at Porto University, Dr. Mota completed a six-month internship at the Faculty of Sport (Deutschsporthochule) in Cologne, Germany. He was recently appointed to the steering committee leading the development and organization of the Portuguese National Plan of Physical Activity and Health, launched in 2017.

To facilitate planning, please RSVP by May 21, 2019: https://www.surveymonkey.com/r/MotaMay24

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