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I received my Ph.D. in Sport Sciences from the Faculty of Sport Sciences in Porto, Portugal. I'm a professor at the Faculty of Sports at Porto University. I was a former dean of the Faculty of Sports during a two-year appointment (1996-1998).

Since 2004, I'm a director of the Research Centre in Physical Activity, Health and Leisure (CIAFEL), which is supported from Portuguese Scientific

Foundation and more recently I was appointed as a director of the PhD program in physiotherapy. I served on the editorial board of a couple of scientific journals and I have published several papers in peer reviewed publications.

My Topic for the 18th International Teaching Week:

- 1) Obesity Prevention in School Settings