

26329 - Physical Activity and the Elderly

Información del Plan Docente

Academic Year	2016/17
Academic center	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	295 - Degree in Physical Activity and Sports Science
ECTS	6.0
Course	
Period	Second semester
Subject Type	Optional
Module	---

1.Basic info

1.1.Recommendations to take this course

1.2.Activities and key dates for the course

2.Initiation

2.1.Learning outcomes that define the subject

2.2.Introduction

3.Context and competences

3.1.Goals

3.2.Context and meaning of the subject in the degree

3.3.Competences

3.4.Importance of learning outcomes

4.Evaluation

5.Activities and resources

5.1.General methodological presentation

5.2.Learning activities

5.3.Program

1. Introduction and key concepts

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2. Analysis and description of older people. Demographic changes
3. Process and markers of ageing
4. Ageing of muscular system and changes in body composition
5. Ageing of cardiovascular system
6. Benefits of physical activity in advanced age
7. Assessing physical activity and fitness
8. Design of physical activity program for older people
9. Strength training
10. Cardiovascular training
11. Balance and coordination
12. Physical activity promotion

Practice.

- P1. Specific data base about physical activity in older people.
- P2. Disability and autonomy scales
- P3. Functional physical fitness assessment
- P4. Physical activity assessment
- P5. Strength and muscular resistance session
- P6. Cardiovascular exercise
- P7. Balance and coordination exercise
- P8. Design and planification of physical exercise program

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P9: Exposition and defense

5.4.Planning and scheduling

5.5.Bibliography and recommended resources