

## 60860 - Physical exercise and ageing

### Información del Plan Docente

|                        |   |
|------------------------|---|
| <b>Academic Year</b>   | 2016/17   |
| <b>Academic center</b> | 229 - Facultad de Ciencias de la Salud y del Deporte          |
| <b>Degree</b>          | 549 - Master's in Evaluation and Physical Training for Health |
| <b>ECTS</b>            | 3.0   |
| <b>Course</b>          | 1   |
| <b>Period</b>          | Second semester   |
| <b>Subject Type</b>    | Optional  |
| <b>Module</b>          | ---   |

### **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.

2. Aging demography

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3. Physiology of aging. Musculoskeletal system. cardiorespiratory system
4. Physical exercise and aging. Scientific evidence. Benefits. Evidence level
5. Physical fitness assessment. Direct evaluation. Functional physical fitness battery
6. Physical activity assessment.
  - Accelerometry. Particularities.
  - Questionnaires. Validation and interpretation
7. Health related physical exercise program design
  - Muscular strength program
  - Aerobic endurance program
  - Flexibility, coordination and balance program
8. Planification and periodization of physical activity programs for older people.
9. Aging. physical capacity and genetics. Physical activity and extreme longevity.

### **5.4. Planning and scheduling**

### **5.5. Bibliography and recommended resources**