

26329 - Physical Activity and the Elderly

Información del Plan Docente

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| Academic Year | 2017/18 |
| Faculty / School | 229 - Facultad de Ciencias de la Salud y del Deporte |
| Degree | 295 - Degree in Physical Activity and Sports Science |
| ECTS | 6.0 |
| Year | |
| Semester | Second semester |
| Subject Type | Optional |
| Module | --- |

1.General information

1.1.Introduction

1.2.Recommendations to take this course

1.3.Context and importance of this course in the degree

1.4.Activities and key dates

2.Learning goals

2.1.Learning goals

2.2.Importance of learning goals

3.Aims of the course and competences

3.1.Aims of the course

3.2.Competences

4.Assessment (1st and 2nd call)

4.1.Assessment tasks (description of tasks, marking system and assessment criteria)

5.Methodology, learning tasks, syllabus and resources

5.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. It favors the understanding of the different chemical processes that occur in the environment. A wide range of teaching and learning tasks are implemented, such as theory and practical sessions, tutorials and autonomous work.

5.2.Learning tasks

5.3.Syllabus

1. Introduction and key concepts
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

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P7. Balance and coordination exercise

P8. Design and planification of physical exercise program

P9: Exposition and defense

5.4.Course planning and calendar

5.5.Bibliography and recommended resources