



IDENTIFYING DATA

Gerontology and physical activity

Subject	Gerontology and physical activity			
Code	P02G050V01902			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3rd	1st
Teaching language	Spanish			
Department				
Coordinator	Vila Suarez, Maria Elena			
Lecturers	Vila Suarez, Maria Elena			
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Web				
General description				

Competencies

Code	
A7	(*)Capacidade para planificar, desenvolver e controlar o proceso de adestramento nos seus distintos niveis
A13	(*)Capacidade para avaliar a condición física e prescribir exercicio físico orientado cara á saúde
A14	(*)Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica de actividade física e deporte entre a poboación adulta, maiores e discapacitados
A15	(*)Capacidade para identificar os riscos que se derivan para a saúde do desenvolvemento das actividades físicas inadecuadas entre a poboación que realiza práctica física orientada á saúde
A16	(*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais ao campo da actividade física e a saúde
A17	(*)Capacidade para planificar, desenvolver e controlar a realización de programas de actividades físico-deportivas orientada á saúde
A25	(*)Capacidade para planificar, desenvolver e controlar a realización de actividades físico-deportivas recreativas
A26	(*)Capacidade para seleccionar o material e equipamento deportivo adecuado para cada tipo de actividade físico-deportiva recreativa
A27	(*)Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica das actividades físico-deportivas recreativas para toda a poboación
A28	(*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, nas actividades físico-deportivas recreativas
A29	(*)Capacidade para identificar os riscos que se derivan para a saúde, da práctica de actividades físicas inadecuadas nos practicantes de actividade físico-deportiva recreativa
B3	(*)Coñecemento e comprensión dos factores fisiolóxicos e biomecánicos que condicionan a práctica da actividade física e o deporte
B4	(*)Coñecemento e comprensión dos factores comportamentais e sociais que condicionan a práctica da actividade física e o deporte
B5	(*)Coñecemento e comprensión dos efectos da práctica do exercicio físico sobre a estrutura e función do corpo humano
B6	(*)Coñecemento e comprensión dos efectos da práctica do exercicio físico sobre os aspectos psicolóxicos e sociais do ser humano
B7	(*)Coñecemento e comprensión dos fundamentos, estruturas e funcións das habilidades e patróns da motricidade humana
B11	(*)Coñecemento e comprensión dos principios éticos necesarios para o correcto exercicio profesional
B12	(*)Aplicación das tecnoloxías da información e comunicación (TIC) ao ámbito das Ciencias da Actividade Física e do Deporte
B13	(*)Hábitos de excelencia e calidade no exercicio profesional

B14 (*)Utilización da información científica básica aplicada á actividade física e ao deporte nas súas diferentes manifestacións

B19 (*)Capacidade para avaliar a condición física e prescribir exercicio físico orientado cara á saúde

B20 (*)Capacidade para identificar os riscos que se derivan para a saúde da práctica de actividades físicas inadecuadas

B21 (*)Capacidade para planificar, desenvolver e controlar a realización de programas de actividades físico-deportivas

B24 (*)Actuación dentro dos principios éticos necesarios para o correcto exercicio profesional

B25 (*)Habilidade de liderado, capacidade de relación interpersoal e traballo en equipo

B26 (*)Adaptación a novas situacións, á resolución de problemas e á aprendizaxe autónoma

Learning aims

Expected results from this subject	Training and Learning Results	
Knowledge and understanding of the scientific literature of the field of the physical activity and the sport of the greater people.		B13 B14
Knowledge and comprehension of the physiological factors and *biomecánicos that condition the practice of the physical activity and the sport of the greater people.	A13 A16	B3 B5 B19 B20
Knowledge and understanding of the factors *comportamentales and social that condition the practice of the physical activity and the sport of the greater people	A13 A16 A28	B4 B6 B19 B20
Knowledge and understanding of the foundations, structures and functions of the skills and patterns of the *motricidad human of the greater people.	A13	B7 B19 B20
Knowledge and understanding of the necessary ethical principles for the correct professional exercise.		B11 B24
Application of the technologies of the information and communication (TIC) to the field of the Sciences of the Physical Activity and of the Sport		B12
Habits of excellence and quality in the professional exercise		B13
Capacity to promote and evaluate the training of habits *perdurables and autonomous of practice of the physical activity and of the sport of the greater people.	A14 A27 A29	
Skill of leadership, capacity of interpersonal relation and work in team.		B25
Adaptation to new situations, the resolution of problems and the autonomous learning.		B26
Capacity to schedule, develop and control programs for the direction of organisations, entities and sportive installations for greater people.	A7 A15 A17 A25 A26	B21

Contents

Topic	
Thematic block 1. Introduction	Chapter 1. Definitions and concepts. Chapter 2. Epidemiology and demography of the aging. Chapter 3. Theories of the aging in the human being.
Thematic block 2. Bio-psycho-social aspects of aging.	Chapter 4. Changes in the anatomy and physiology of the organs and systems during the aging. Chapter 5. Psychological and social appearances of the aging.
Thematic block 3. Prescription of the physical Activity for adults and greater.	Chapter 6. Functional autonomy and assessment. Chapter 7. Physical and coordinative capabilities.
Thematic block 4. The active leisure.	Chapter 8. Politics of promotion of the health and quality of life. Chapter 9. The active leisure in the greater people.

Planning

	Class hours	Hours outside the classroom	Total hours
Case studies / analysis of situations	0	20	20
Classroom work	30	10	40
Outdoor study / field practices	5	0	5
Master Session	22	22	44
Short answer tests	2	0	2
Reports / memories of practice	0	29	29
Troubleshooting and / or exercises	0	10	10

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies	
	Description
Case studies / analysis of situations	The classes will be different situations arise that require thinking skills, content ratio, contrast data, perform diagnostics.
Classroom work	In practical situations mainly lessons to be solved with the help of the teacher or self-employment will arise. Be conducted individually or collectively, depending on the activity. It will require literature search and current literature on topics related to the course contents will be handled.
Outdoor study / field practices	Different study outputs will be made during the course based on the contents in the subject.
Master Session	On-campus classes conceptual aspects of the subject, which should be complemented by the student to develop self study.

Personalized attention

Methodologies	Description
Master Session	*Tutorials in the dispatch 214 Platform issue
Case studies / analysis of situations	*Tutorials in the dispatch 214 Platform issue
Classroom work	*Tutorials in the dispatch 214 Platform issue
Tests	Description
Troubleshooting and / or exercises	*Tutorials in the dispatch 214 Platform issue

Assessment

	Description	Qualification
Case studies / analysis of situations	Thematic work and memory of practices	40
Classroom work	Proposal of session	10
Master Session	Examination of contents	40
Troubleshooting and / or exercises	Resolution and delivery of practical works	10

Other comments on the Evaluation

It is necessary to reach a 5 in the examination and in the thematic work to be able to access to the notes of the others two sections of the evaluation and calculate the average of the *asignatura.

The notes of the different sections will save for the second announcement.

For the extraordinary announcement will realise an only examination that will have the value of 100% of the note. The examination will consist of short questions and topic.

Sources of information

BELSKY, J.K., **Psicología del envejecimiento. Teoría, investigaciones e intervenciones**, Ed. Masson. Barcelona,

BERMEJO GARCÍA, L., **Envejecimiento activo y actividades socioeducativas con personas mayores: Guía de buenas prácticas.**, Panamericana: Madrid,

BUENDÍA, J., **Gerontología y salud. Perspectivas actuales**, Ed. Biblioteca Nueva. Madrid.,

JONES, C. & ROSE, D., **Physical activity instruction of older adults**, Human Kinetics. Champaign, IL, EEUU.,

MELÉNDEZ ORTEGA, A., **Actividad física para personas mayores: las razones para hacer ejercicio**, Ed. Gymnos. Madrid,

MORROW, J. R.; JACKSON, A. W.; DISCH, J. G. & MOOD, D. P., **Measurement and evaluation in human performance**, Human Kinetics. Champaign, IL, EEUU.,

SPIRDUSO, W. W. & ECKERT, H. M., **Physical activity and aging. Human Kinetics**, Champaign, IL, EEUU.,

SPIRDUSO, W., **Physical dimensions of aging.**, Human Kinetics. Champaign, IL, EEUU.,

TAYLOR, A. & JOHNSON, M., **Physiology of exercise and healthy aging**, Human kinetics. Champaign, IL, EEUU.,

TIMIRAS, P., **Bases fisiológicas del envejecimiento y geriatría**, Masson, México.,

VELLAS, B.; LAFONT, C.; ALLARD, M. y ALBAREDE, J.L., **Transtornos de la postura y riesgo de caída. Del envejecimiento satisfactorio a la pérdida de autonomía.**, Ed. Glosa. Barcelona,

Recommendations

Subjects that continue the syllabus

Assessment and prescription of physical activity for health/P02G050V01503

Subjects that are recommended to be taken simultaneously

Methodology & planning of sports training 1/P02G050V01502

Methodology & planning of sports training 2/P02G050V01604

Subjects that it is recommended to have taken before

Anatomy: Human anatomy for movement/P02G050V01101

Anatomy: Human anatomy & kinesiology/P02G050V01201

Physiology: Exercise physiology 1/P02G050V01104

Physiology: Exercise physiology 2/P02G050V01401
