



IDENTIFYING DATA

Physical exercise for the elderly

Subject	Physical exercise for the elderly			
Code	P02G050V01908			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	4th	1st
Teaching language	Spanish			
Department				
Coordinator	Vila Suarez, Maria Elena			
Lecturers	Cancela Carral, José María Vila Suarez, Maria Elena			
E-mail	EVILA@UVIGO.ES			
Web	http://www.healthyfit.es			
General description	(*)Avaliación e prescrición de exercicio físico no colectivo de persoas maiores			

Competencies

Code	
A2	(*)Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica de actividade física e deporte entre a poboación escolar
A7	(*)Capacidade para planificar, desenvolver e controlar o proceso de adestramento nos seus distintos niveis
A12	(*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo, adecuado para cada tipo de actividade de adestramento deportivo
A13	(*)Capacidade para avaliar a condición física e prescribir exercicio físico orientado cara á saúde
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
B2	(*)Coñecemento e comprensión da literatura científica do ámbito 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
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
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.	B2
Knowledge and compression of the effects of the practice of the physical exercise on the psychological and social appearances of the human being of the greater people.	B4
Knowledge and understanding of the effects of the practice of the physical exercise on the structure and function of the human body of the greater people.	B5
Knowledge and understanding of the necessary ethical principles for the correct professional exercise.	B11

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 between the population of greater.	A2
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 evaluate the physical condition and prescribe physical exercise for the greater people oriented to the health.	A13
Capacity to identify the risks that derive for the health of the greater people of the development of the unsuitable physical activities between the population that realises physical practice oriented to the health.	A15
Capacity to schedule, develop and control the realisation of programs of activities *físicodeportivas oriented to the health for greater people.	A7
Capacity to select and know use the material and suitable sportive equipment, for each type of activity that practise the population of greater people.	A12

Contents

Topic	
Chapter I. Assessment of the physical condition and health in the greater people.	<ol style="list-style-type: none"> 1.Introduction to the assessment 2. The Bateries of test 3. The questionnaire 4. Other tools of assessment.
Chapter II. The effects of the physical exercise in the greater people.	<ol style="list-style-type: none"> 1. Introduction to the profits/damages of the physical exercise in greater people. 2. Physical effects 3. Psychic effects 4. Social effects
Chapter III. Prescription of physical exercise and diseases in the elderly.	<ol style="list-style-type: none"> 1. Introduction to the most common pathologies in elderly 2.Precrpcion exercise on cardiovascular and degenerative brain pathologies . 3.Precrpcion exercise in tumor pathologies . 4.Precrpcion exercise in musculoskeletal pathologies .
Chapter IV. Specific exercise programs for seniors : Intervention Guidelines .	<ol style="list-style-type: none"> 1. Introduction to designing exercise programs for seniors. 2.Modelos programas : <ol style="list-style-type: none"> 2.1.Programas exercise in the water. 2.2 . Exercise programs dry .
Chapter V. competitive sport in the elderly.	<ol style="list-style-type: none"> 1.Introduction to the competition in the elderly. 2. Regulations Adaptations 3. Athletes " Master " vs Athletes " elderly " 4. Individual sports competition in the elderly 5. Collective competitive sports in the elderly.

Planning

	Class hours	Hours outside the classroom	Total hours
Master Session	22.5	45	67.5
Tutored works	0	14	14
Laboratory practises	30	30	60
Outdoor study / field practises	3	4.5	7.5
Multiple choice tests	1	0	1

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

Methodologies

	Description
Master Session	Oral presentation with audiovisual support for the contents of the object field of study, theoretical and / or guidelines of work, exercise or project to be developed by the student.
Tutored works	Development of a working group on the basis of guidelines and tutoring Teacher
Laboratory practises	Implementation and analysis of different forms of physical activities related to syllabus of the subject in the sports facility reserved for the same
Outdoor study / field practises	Visiting different areas in which observará and analyze exercise program for older people is expected.

Personalized attention

Methodologies Description

Tutored works The student will receive individual attention in tutoring schedule established for this purpose during the current academic year. To read your tutoring schedule and place thereof should consult the website of the Faculty of Education and Sport.

Assessment

	Description	Qualification
Tutored works	It will run in supervised work groups based on the guidelines of the teacher / s. This work will be screened in class.	60
Multiple choice tests	Test type and / or short questions based on the contents in class a test was developed.	40

Other comments on the Evaluation

Sources of information

American College of Sport Medicine (1998). Position stand: the recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness, and flexibility in healthy adults. *Medicine and Science in Sports and Exercise*, 30, 975-991.

Becerro, M.; Frontera, W. y Santonja, R. (1994). *La salud y la actividad física en personas mayores*. Tomos I y II. Ed. R. Santonja. Madrid.

Bouchard, C., Shephard, R.J., Stephens, T., Sutton, J.R., y Mcpherson, B.D. (1990). *Exercise, fitness and health: A consensus of current knowledge*. Champaign, IL.: Human Kinetics.

Meléndez A. (2000). *Actividades físicas para mayores. Las razones para hacer ejercicio*. Gymnos: Madrid.

Rodríguez, F.A., Gusi, N., Valenzuela, A., Nacher, S., Nogués, J., y Marina, M. (1998). Valoración de la condición física saludable en adultos (I): Antecedentes y protocolos de la batería Afisal-Inefc. *Apunts. Educación Física y Deportes*. 52:54-75.

Rodríguez, F.A., Valenzuela, A., Gusi, N., Nacher, S., y Gallardo, I. (1999). Valoración de la condición física saludable en adultos: Fiabilidad, aplicabilidad y valores normativos de la batería Afisal-Inefc. *Apunts. Educación Física y Deportes*. 54:54-65.

Shepard, R. (1997). *Aging, Physical Activity, and Health*. 2nd Ed. London: Croom Helm Publishing, 1987.

Spiriduso, W.W. (1995). *Physical Dimensions of Aging*. Human Kinetics.

Recommendations