



## 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	Special Didactics			
Coordinator	Vila Suarez, Maria Elena			
Lecturers	Vila Suarez, Maria Elena			
E-mail	EVILA@UVIGO.ES			
Web				
General description				

## Competencies

Code	
B2	Knowledge and comprehension of the scientific literature of the area of the physical activity and the sport.
B3	Knowledge and compression of the physiological factors and biomechanics that determine the practice of the physical activity and the sport
B4	Knowledge and comprehension of the behavioral and social factors that determine the practice of the physical activity and the sport.
B7	Knowledge and comprehension of the foundations, structures and functions of the skills and bosses of the motricity humanizes.
B11	Knowledge and comprehension of the ethical beginning necessary for the correct professional exercise.
B12	Application of the technologies of the information and communication (TIC) to the area of the Sciences of the Physical Activity and of the Sport.
B13	Habits of excellence and quality in the professional exercise.
B16	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of the physical activity and of the sport.
B22	Aptitude to plan, to develop and control programs for the direction of organizations, entities and sports facilities.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.

## Learning outcomes

Expected results from this subject	Training and Learning Results
Be able to comprise the scientific literature of the field of the physical activity and the sport in the greater people.	B2
Know and be able to identify the effects that the practice of the physical activity and sport in greater people cause in physiological appearances and *biomecánicos.	B3
Be able to identify the effects that the practice of the physical activity and sport in greater people cause in appearances *comportamentales and social.	B4
Be able to identify the effects that the practice of the physical activity and sport cause on the *estructura of different demonstrations of the *motricidad human in greater people.	B7
Know and be able to apply the necessary ethical principles for the correct professional exercise in the field of the greater people.	B11
Know use the technologies of the information and communication (TIC) to the field of the Sciences of the Physical Activity and of the Sport in the field of the greater people.	B12

Be able to identify and apply habits of excellence and quality in the professional exercise in him field of the greater people.	B13
Know and be able to promote and evaluate the training of habits *perdurables and autonomous of practice of the physical activity and of the sport in the greater people.	B16
Be able to identify skill of leadership, capacity of interpersonal relation and work in team in the field of the greater people.	B25
Be able to identify and adapt to new situations, apply the resolution of problems and the autonomous learning in the field of the greater people.	B26
Purchase basic knowledges to schedule, develop and control programs for the direction of organisations, entities and sportive installations for greater people.	B3 B4 B22

## Contents

Topic	
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 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 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. Health promotion policies and quality of life.	Chapter 8. Health promotion policies and quality of life.
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	0	19	19
Classroom jobs	30	15	45
Lecturing	22	22	44
Short answer tests	2	0	2
Practices report	0	29	29
Problem solving	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	The classes will be different situations arise that require thinking skills, content ratio, contrast data, perform diagnostics.
Classroom jobs	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.
Lecturing	On-campus classes conceptual aspects of the subject, which should be complemented by the student to develop self study.

## Personalized attention

### Methodologies Description

Lecturing	In the face-to-face classes will develop the conceptual appearances of the matter, that will have to be complemented by the student with autonomous study.
Case studies	In the face-to-face classes will pose different situations that demand capacity of reflection, relation of contents, contrast of data, realise diagnostics.
Classroom jobs	In the practical classes fundamentally will pose situations that will have to resolve with the help of the professor or with autonomous work. They realised of individual or collective, according to the activity. It will be necessary to realise bibliographic research and will handle current bibliography on thematic related with the contents of the programe

### Tests Description

Problem solving	Activities of support in schedule of *tutoría destined to orient and/or supervise the tasks of the matter.
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## Assessment

Description	Qualification	Training and Learning Results
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Case studies	Thematic work and memory of practices	40
Classroom jobs Proposal of session		10
Lecturing Examination of contents		40
Problem solving Resolution and delivery of practical works		10

B2  
B11  
B12  
B13  
B16  
B22  
B25  
B26  
B3  
B7  
B16  
B25  
B26  
B2  
B3  
B4  
B7  
B16  
B22  
B26  
B26

### 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 avaluation and calculate the average of the matter.

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

All the \*alumnado, assist or no to the classes has right to be evaluated.

Of not having surpassed the matter in the first announcement, the no purchased competitions will be evaluated in the announcement of July.

The official dates of the examinations can consult in the web of the faculty, in the link <http://fcced.uvigo.es/gl/docencia/calendario-académico>

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, subject and practical supposition.

### Sources of information

#### Basic Bibliography

#### Complementary Bibliography

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.,  
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

Evaluation and prescription of physical exercise for health/P02G050V01503

#### Subjects that are recommended to be taken simultaneously

Planning and methodology in sports training 1/P02G050V01502

Planning and methodology in sports training 2/P02G050V01604

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**Subjects that it is recommended to have taken before**

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Human anatomy: Human anatomy for movement/P02G050V01101

Human anatomy: Human anatomy and kinesiology/P02G050V01201

Physiology: Exercise physiology 1/P02G050V01104

Physiology: Exercise physiology 2/P02G050V01401

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