

26329 - Physical Activity and the Elderly

Syllabus Information

Academic year: 2023/24

Subject: 26329 - Physical Activity and the Elderly

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

The main objective of this subject is that students learn to use physical activity and exercise for the maintenance and improvement of functional capacity, promoting health through the harmonious development of the elderly..

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>) and certain specific targets, so that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to the achievement of Objective 3.4 of Goal 3, and 10.2 of Goal 10.

2. Learning results

- Describe the main physiological, psychological and social changes that occur as a consequence of the aging process
- Review and deepen the knowledge of the benefits that physical activity and exercise have on the elderly and their conditions.
- Identify risk factors in older people who wish to undertake a physical exercise program.
- Analyse the needs in terms of methodology, facilities and materials with elderly people during the realization of physical exercise programs.
- Manage tests for the assessment of health-related physical fitness in older people.
- Design, implement and justify physical exercise programs oriented towards the improvement of the different components of health-related physical fitness and cognitive work.
- Develop physical exercise programs for the elderly population adapted to some of the most frequent pathologies in this stage of life.

3. Syllabus

Large group

- Block I - Fundamentals of aging
- Block II - Changes associated with the aging process
- Block III - Benefits of Physical Activity and Physical Implications of Aging
- Block IV - Physical activity and exercise, a powerful tool for problem prevention and health improvement

Small groups

- Database
- Functional fitness assessment
- Assessment of activities of daily living, disability and autonomy

- Mobility assessment
- Instruments and tools for the assessment of cognitive impairment
- Frailty and sarcopenia
- Special conditions
- Design of functional tasks
- Planning an exercise program for frail to robust seniors

4. Academic activities

Lectures: 15 hours

Participative lesson with the impulse of dialogue, analysis and debate, the basic theoretical and conceptual knowledge is presented.

Problems and cases: 30 hours

Learning activity with a high theoretical-practical and participative component of the students through the resolution of problems and cases.

Special practices: 15 hours

Activity with an eminently practical, experiential component, and performance of the professional of Sports Sciences with the elderly.

Teaching assignments: 24 hours

Activities that encourage autonomous learning, preparation and study.

Personal study: 60 hours

Assessment tests. 6 hours

5. Assessment system

Global evaluation, based exclusively on a final test consisting of 40 multiple-choice questions. The questions will have a single answer out of five options, and for every four incorrect questions, one correct question will be subtracted. The students will have 60 minutes to complete it.

Continuous and formative evaluation, which is composed of the following evaluation activities:

- Written test (50%): 40 multiple-choice questions, with a single answer among five options, and for every four incorrect questions, one correct question will be subtracted. The students will have 60 minutes to complete it.
- Practical session (10%): design and implementation of an exercise session with elderly people.
- Activities, tasks and exercises (30%): evaluation of the 10 activities developed during the term.
- Paper (10%): will consist of the design, planning, presentation and justification of a physical exercise program for a group of elderly people

In order to pass the subject as a whole, it will be necessary to obtain a grade equal to or higher than 5 in all the parts.

Fraud or total or partial plagiarism in any of the evaluation tests will result in not passing the subject with the minimum grade, in addition to the disciplinary sanctions adopted by the Guarantee Committee for these cases.