# Elements of Geriatrics and Methods for Motor Activity in the Elderly

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Module II: *Methods of motor activity in the elderly* (Professor Giovanni Gandini)

***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

The course aims to provide students with the information needed to:

* know the theoretical assumptions regarding the main changes that occur during the ageing of the body's various organs and systems; learn the pathophysiology of the main syndromes of adulthood/old age;
* learn practical theoretical skills in organising and managing physical activity groups for the elderly;
* manage programmes and suitable interventions for prevention and well-being;
* plan the functional recovery and reactivation of subjects suffering from diseases that can benefit from physical exercise or "Sport therapy";
* make physical activity recommendations for health protection;
* prescribe demonstrably effective physical exercise to people with risk factors or those with a disease/disability that is "sport or exercise sensitive";
* autonomously develop and manage the "subject and the elderly" through the acquisition of practical exercise experience (type, duration, intensity, etc.) useful for rendering the exercises safe;
* identify the contraindications to physical exercise due to pathology, subject and when the exercise is performed incorrectly.

At the end of the course, students will be able to:

* know the psychosocial and biological aspects of ageing so as to optimise the drafting of work protocols;
* identify the psychosocial, psychomotor and physiological goals contributing to well-being in the elderly, in order to plan lesson cycles;
* correctly assess the motor skills of elderly subjects;
* rework and adapt the methodology and teaching of physical activity to the elderly, in relation to the subject's psychophysical conditions, the environment in which they work, and the tools available;
* develop lessons aimed at the needs and potential of various students to improve their efficiency and residual capacities;
* prescribe physical exercise to people with risk factors or those with a disease/disability that is "sport or exercise sensitive";
* indicate the activities and lifestyles most suitable for, and which respect the problems of, elderly subjects;
* differentiate and adapt the didactic communication according to the subject and their different motor and training needs;
* interface with other professional figures who work for the health and well-being of the elderly.

***COURSE CONTENT***

– Psychosocial aspects of ageing (How being elderly is generally perceived. What ageing is. How being elderly is classified).

– Biological aspects of ageing (Why we age. Why the elderly should exercise. How ageing affects how our main organs and physiological systems work. Methodological and educational guidelines for each of the aforementioned systems and their relative motor abilities. Alterations which motor activity causes to the ageing process).

– The elderly and movement (Methodology for suggested exercises. Pros and cons of movement. Teachers and their educational relationship with the elderly. Brief references to the psychological and behavioural conditions of the elderly).

– Psychosocial targets (How to ensure the elderly have confidence in themselves and other people, encouraging the pleasure of communicating with others through movement, stimulating attention and memory).

– Psycho-motor targets (How to re-elaborate the schematic representation of the body, exercising spatio-temporal organisation, improving balance and proprioception. How to hone coordination and check posture).

– Physiological targets (How to increase strength and improve overall stability. How to maintain and increase muscular elasticity and mobility, training resistance to everyday motor activities).

The lesson plan and work plan. (Functional starting positions. Analyses of the work environment, equipment available, students and group management).

***READING LIST***

K. Francesconi-G. Gandini, *Muoversi per non subire il tempo. Teoria,metodologia e didattica dell’attività motoria per la terza età*, Edi-ermes, Milan, 2007.

K. Francesconi-G. Gandini, *L'intelligenza nel movimento. Percezione,propriocezione, controllo neuromotorio*, Edi-ermes, Milan, 2015.

***TEACHING METHOD***

Theoretical lectures, practical work and workshop activities.

***ASSESSMENT METHOD AND CRITERIA***

A multiple choice written examination and an oral examination to verify students’ acquisition of theoretical and methodological knowledge. The scheduling of the written test will be communicated by the lecturer on his personal webpage or on blackboard.

Individual planning of a lesson on activities suitable for the elderly constructed according to objectives, aimed at assessing students’ methodological and teaching skills.

The final mark awarded to students’ work derives from the calculation of the average mark of written examination, oral examination and practical exercise.

***NOTES AND PREREQUISITES***

Students must possess a basic knowledge of the concepts of Geriatrics.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG or on the Faculty notice board.