

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200617] Atividade Física e Populações Especiais I [3181200617] Physical Activity and Special Needs Populations I		
Plano / Plan:	2007/2008		
Curso / Course:	Desporto e Atividade Física Sport and Physical Activity		
Grau / Diploma:	Licenciado		
Departamento / Department:	CDM - Ciências do Desporto e Motricidade		
Unidade Orgânica / Organic Unit:	Escola Superior de Educação de Viseu		
Área Científica / Scientific Area:	Ciências do Desporto		
Ano Curricular / Curricular Year:	2		
Período / Term:	S1		
ECTS:	4		
Horas de Trabalho / Work Hours:	0108:00		
Horas de Contacto/Contact Hours:			
(T) Teóricas/Theoretical:	0045:00	(TC) Trabalho de Campo/Fieldwork:	0000:00
(TP) Teórico-Práticas/Theoretical-Practical:	0000:00	(OT) Orientação Tutorial/Tutorial Orientation:	0000:00
(P) Práticas/Practical:	0000:00	(E) Estágio/Internship:	0000:00
(PL) Práticas Laboratoriais/Practical Labs:	0000:00	(O) Outras/Others:	0000:00
(S) Seminário/Seminar:	0000:00		

Docente Responsável / Responsible Teaching

[2201] Antonino Manuel De Almeida Pereira

Outros Docentes / Other Teaching

[2344] Carla Cristina Vieira Lourenço

Learning Outcomes of the Curricular Unit

- i. Develop knowledge about the overall process of aging.
- ii. To provide a scientific background that helps to promote health and well-being of the elderly population. ii. Understanding the sport as a way to answer to the needs of the elderly population.
- iii. Acquire basic knowledge about the physical condition of the elderly, their determinants and means that contribute to its development.
- iv. Develop capabilities for designing and implementing sessions and projects within the physical activity and sport for the elderly.

Learning Outcomes of the Curricular Unit (Lim:1000)

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Syllabus (Lim:1000)

1. Aging
 - . Concepts
 - . Demographic Trends
 - . The Elderly as an expression of various ages
 - . General theories of aging
 - . Major changes associated with aging.
2. The elderly and society
 - . From the past to the present.
 - . The elderly in contemporary society. Opportunities and constraints.
 - . Quality of life versus life with dignity
3. Physical and sporting activity and the elderly
 - . Benefits of physical activity and sports
 - . Areas of intervention: prevention, rehabilitation, recreation and competition
 - . Intervention programs: objectives, pedagogical and methodological orientations.

Demonstration of the syllabus coherence with the curricular units' learning objectives

Objective i) and ii)

Contents:

1. The Aging
2. The elderly and society

Objectives ii) and iii)

Contents:

3. Physical activity and sport and Seniors

Objectives iv) and v)

Contents:

Intervention programs: objectives, pedagogical and methodological orientations..

Teaching Methodologies (Including evaluation; Lim:1000)

This curricular unit is based mainly on lectures on the subjects listed in the program. It used the lecture method, using audiovisual aids, followed by discussion of the topics presented.

Presentation of group work on program content based on literature research. The teacher agrees with students topics for research papers and encourages them to interact and participate in the construction of learning.

Is provided to students of all mandatory elements of study and indicated a supplementary bibliography. The evaluation follows the Frequency and

Evaluation Regulation of School fo Education based on the following elements of interpretive character: written test

(70%); research work (30%).

Demonstration of the coherence between the teaching methodologies and the learning outcomes

In the development of skills sought by this course, this curricular unit seeks to help develop capacity in collection, selection and interpretation of relevant information which will enable students to substantiate the best solutions, including the analysis of aspects of social, scientific and ethical aspects, in the prescription and management of exercise in older people.

In this sense, this curricular unit aims to develop a reflection on the importance of physical activities and sports in the health and well-being of the elderly population, and provide a set of knowledge and skills that allow interventions at this level.

This curricular unit have an interpretative dimension

As such, the theoretical exposition, reflection and research literature allow to achieve the objectives of this curricular unit.

Bibliografia / Bibliography (Lim:1000)

Bermejo García, L. (2015). *Envejecimiento activo y actividades socioeducativas con personas mayores: guía de buenas prácticas*. Buenos Aires: Panamericana.

Cancela Carral, J. (2020). [*Juegos de motricidade para la tercera edad*](#). Barcelona: Paidotribo.

Carroggio Rubí, M. & Pont Geis, P. (2020). *Ejercicios de Motricidad y Memoria para Personas Mayores*. Barcelona: Paidotribo.

Jacobs, P. (Ed.) (2018). *NSCA's Essentials of Training Special Populations*. U.K.: Human Kinetics

Jones, C. J., & Rikli, R. E. (2000). Application des tests fonctionnels de Fullerton (Fullerton's functional fitness test) dans un groupe de personnes âgées. *Science and Sports*, 15(4), 194-197. [https://doi.org/10.1016/S0765-1597\(00\)80005-2](https://doi.org/10.1016/S0765-1597(00)80005-2)

Jones, C.; Rose, D. (2005). *Physical Activity Instruction of Older Adults*. U.K.: Human Kinetics

Ribeiro, Ó. & Paúl, C. (Coord.) (2011). *Manual de envelhecimento ativo*. Lisboa: Lidel.

Sãnuo Corrales, B. (2012). *Actividad física en poblaciones especiales: salud y calidad de vida*. Sevilla: Wanceulen Edit. Deportiva.

Spirduso, W.; Francis, K.; MacRae, P. (2005). *Physical Dimensions of Aging (2nd Ed.)*. U.K.: Human Kinetics

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