DEMOCRITUS UNIVERSITY OF THRACE DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:									
Exercise for older adults									
COURSE CODE: N333	E.C.T.S. CREDITS								
RESPONSIBLE FOR TH	_ IE COUR	RSE:							
NAME	Maria Michalopoulou								
POSITION	Associa	Associate Professor							
SECTOR	Exercise and Health								
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CO-INSTRUCTORS									
SEMESTER: COURSE TYPE:	1 st 5 th Obliga Directi	[] [] tory on	2 nd 6 th	[] [X]	3 rd 7 th	[] [] [X]	4^{th} 8^{th}	[]	
HOURS (per week):	Prerequisite for specialization [] Elective (<i>open</i>) []								
DIRECTION (only for 3 rd & 4 th year courses):									
Exercise and Special Populations									
SPECIALIZATION (only for 3 rd & 4 th year courses):									
LANGUAGE OF TEACI	HING:		Greek	[X]		Engl	ish []		

AIM OF THE COURSE (content and acquired skills):

The aim of this course is to teach the students to: a) recognize the basic characteristics of the aging process and its effects on human performance and abilities, b) select and implement all screening tools for older adults before their participation in an exercise or physical activity program and c) design and supervise an exercise program aiming at improving endurance, muscular strength flexibility and balance in older adults.

COURSE CONTENTS (*outline – titles of lectures*):

- 1. Demographic considerations as they relate to participation in physical activity programs Definitions of aging Epidemiology related to health and physical activity of older adults.
- 2. Benefits of physical activity and exercise as they relate to multiple dimensions of wellness (health functional fitness, etc.).
- 3. Barriers associated with aging for physical activity participation in later life.
- 4. Assessment and goal setting procedures before the exercise program Selection and use of screening tools to determine health, physical activity and disability status of older adults.
- 5. Design of an exercise program (mode, frequency, duration, intensity) and principles (overload, functional relevance, challenge and accommodation) for both individual and group settings.
- 6. Design of an exercise program (components and methods including warm-up and cool down, flexibility resistance aerobic endurance, balance and mobility mind-body exercise in both individual and group settings).
- 7. Adaptation of group and individual exercise programs for age related medical conditions and for people who have experienced falls.
- 8. Recognition of signs and symptoms associated with medical related negative interactions during physical activities.
- 9. Application of motor learning principles for proper client instruction, verbal feedback and reinforcement.
- 10. Motivation of older adults to participate in physical activity and exercise programs.
- 11. Incorporation of leadership skills into personal training and group physical activity classes to enhance teaching efficiency and client satisfaction Reception of participant's feedback Social support strategies.
- 12. Safety and first aid Signs that indicate need for immediate exercise cessation or immediate medical consultation Establishment of an emergency action plan.
- Professional conduct and ethics Accessing resources for the enhancement of professional skills - Methods of continuing education to enhance professional skills.

TEACHING METHOD(S) (lectures – labs – practice etc.):

- 1. Lectures.
- 2. Problem solving projects.
- 3. Design and implementation of exercise programs.

ASSESSMENT METHOD(S):

- 1. Mid-term exams
- 2. Problem solving projects
- 3. Exercise program
- 4. Final (written) exams

LEARNING OUTCOMES:

Upon the completion of this course the student will be able to:

- 1. Determine and combine the physical, social and psychological characteristics of older adults, as well as the limitations imposed be the aging process.
- 2. Recognize, assess and interpret the physical activity effects on human performance, functional capacity and quality of life of older adults.
- 3. Select and apply the appropriate procedures in order to assess physical fitness and activity, quality of life and functional status of older adults prior to participation in an exercise program.
- 4. Design and apply exercise programs for older adults aiming at improving physical fitness and functional capacity.
- 5. Structure and deliver motivational interventions in order to increase participation in exercise programs.

Lanning	Learning Educational Assessment					
Dutcomes	A ctivitios	Assessment	Work Load			
Oucomes	Activities		(hours)			
Ability to determine and	Lectures, understanding	Mid term exams.	30			
combine the physical social	project, home study.	final written				
and psychological	FJ,J-	exams.				
characteristics of older adults,						
as well as the limitations						
imposed be the aging process.						
Ability to recognize, assess	Lectures, understanding	Mid term exams,	50			
and interpret the physical	project, problem solving	problem solving				
activity effects on human	projects, home study.	project, final				
performance, functional		written exams.				
capacity and quality of life of						
older adults.						
Ability to select and apply the	Lectures, problem	Problem solving	50			
appropriate procedures in	solving projects, home	project.				
order to assess physical	study.					
fitness and activity, quality of						
life and functional status of						
older adults prior to						
participation in an exercise						
program.						
Ability to design and apply	Lectures, design of	Problem solving	40			
exercise programs for older	exercise program,	project, exercise				
adults aiming to improve	problem solving	program, final				
physical fitness and	projects, home study.	exams.				
functional capacity.						
Ability to structure and	Lectures, problem	Problem solving	40			
deliver motivational	solving projects, home	project, design				
interventions in order to	study.	of motivational				
increase participation in		intervention,				
exercise programs.		final exams.				
		TOTAL	210			

LEARNING OUTCOMES – CONTINUED:

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

- 1. Cotton, R.T. (Ed) (1998). Exercise for older adults. Champaign, IL: Human Kinetics.
- 2. Spirduso, W.W. (2001). Physical dimensions of aging. Champaign, IL: Human Kinetics.
- 3. Brill, P.A. (2004). Functional fitness for older adults. Champaign, IL: Human Kinetics.