

**AGE, PHYSICAL ACTIVITY AND HEALTH**

MÓDULO	MATERIA	ASIGNATURA	CURSO	SEMESTRE	CRÉDITOS	CARÁCTER
Seminarios		Age, Physical Activity and Health			2	Optativa
<b>PROFESOR(ES)</b>			<b>DIRECCIÓN COMPLETA DE CONTACTO PARA TUTORÍAS (Dirección postal, teléfono, correo electrónico, etc.)</b>			
Kostas Karteroliotis María Koskolou			Facultad de Ciencias de la Salud. Avenida de la Ilustración 60, 18016, Granada (PTS) Despacho de profesorado de posgrado durante las sesiones presenciales.  <a href="mailto:ckarter@phed.uoa.gr">ckarter@phed.uoa.gr</a> <a href="mailto:mkoskolu@phed.uoa.gr">mkoskolu@phed.uoa.gr</a>			
			<b>HORARIO DE TUTORÍAS</b>  Concertar cita a través de correo electrónico. Al ser profesorado externo, las tutorías presenciales solo se realizarán durante las sesiones presenciales de la asignatura.			
<b>MÁSTER EN EL QUE SE IMPARTE</b>			<b>OTROS MÁSTERES A LOS QUE SE PODRÍA OFERTAR</b>			
Máster Universitario en Cuidados de salud para la promoción de la autonomía de las personas y la atención al final de la vida						
<b>PRERREQUISITOS Y/O RECOMENDACIONES (si procede)</b>						
Se requiere nivel de inglés adecuado ya que la asignatura se imparte íntegramente en inglés.						
<b>BREVE DESCRIPCIÓN DE CONTENIDOS (SEGÚN MEMORIA DE VERIFICACIÓN DEL MÁSTER)</b>						
Definition of Aging. Demography and Epidemiology of Aging. Changes in Body Structure and Composition with Age. Potential Role of Exercise as an Intervention in the Elderly. Exercise Prescriptions for the Elderly. Motivating Older Adults to Exercise. Designing an Exercise Programme for Older Adults.						
<b>COMPETENCIAS GENERALES Y ESPECÍFICAS DEL MÓDULO</b>						
<ul style="list-style-type: none"> <li>- CG1 - Gestionar y transformar contextos de trabajo o estudio complejos, imprevisibles y que requieren nuevos planteamientos estratégicos.</li> <li>- CG2 - Asumir responsabilidades en lo que respecta al desarrollo de conocimientos y/o prácticas profesionales y a la revisión del rendimiento estratégico de equipos.</li> <li>- CB6 - Poseer y comprender conocimientos que aporten una base u oportunidad de ser originales en el</li> </ul>						



desarrollo y/o aplicación de ideas, a menudo en un contexto de investigación

- CB7 - Que los estudiantes sepan aplicar los conocimientos adquiridos y su capacidad de resolución de problemas en entornos nuevos o poco conocidos dentro de contextos más amplios (o multidisciplinares) relacionados con su área de estudio
- CB8 - Que los estudiantes sean capaces de integrar conocimientos y enfrentarse a la complejidad de formular juicios a partir de una información que, siendo incompleta o limitada, incluya reflexiones sobre las responsabilidades sociales y éticas vinculadas a la aplicación de sus conocimientos y juicios
- CB9 - Que los estudiantes sepan comunicar sus conclusiones y los conocimientos y razones últimas que las sustentan a públicos especializados y no especializados de un modo claro y sin ambigüedades
- CB10 - Que los estudiantes posean las habilidades de aprendizaje que les permitan continuar estudiando de un modo que habrá de ser en gran medida autodirigido o autónomo.
- CE10 - Poseer conocimientos suficientes sobre la población con discapacidad y dependencia teniendo en cuenta las características propias de las principales etapas del desarrollo del individuo, especialmente en la etapa infanto-juvenil y en la vejez, así como la relación con los estilos de vida.
- CE16 - Conocer el potencial terapéutico de la actividad física en la prevención de situaciones de discapacidad y dependencia y en el mantenimiento de la funcionalidad y autonomía personal especialmente en personas mayores.
- CE17 - Aplicar los conocimientos y poseer las habilidades para abordar problemas de forma científica, formulando hipótesis y objetivos pertinentes para su resolución, y extraer conclusiones fundadas que sean de aplicación en el ámbito de la discapacidad, la dependencia y el fin de vida.

#### **OBJETIVOS (EXPRESADOS COMO RESULTADOS ESPERABLES DE LA ENSEÑANZA)**

*El estudiante sabrá/comprenderá:*

- Manejar datos sobre demografía y epidemiología del envejecimiento así como identificar los cambios que se producen en la estructura del cuerpo y composición con la edad.
- El potencial terapéutico de la actividad física en la prevención de situaciones de discapacidad y dependencia y en el mantenimiento de la funcionalidad y autonomía personal en personas mayores.

*El estudiante será capaz de:*

- Potenciar el papel del ejercicio físico como una intervención necesaria en las personas mayores.
- Adaptar el tipo de ejercicio, la práctica deportiva y la regularidad de la misma a la edad de los grupos con los que se trabaja.
- Poner en marcha técnicas motivadoras para la práctica del ejercicio en personas mayores.
- Diseñar un programa de ejercicio físico para población mayor.

#### **TEMARIO DETALLADO DE LA ASIGNATURA**

- *Unit 1:* Definition of Aging.
- *Unit 2:* Demography and Epidemiology of Aging.
- *Unit 3:* Changes in Body Structure and Composition with Age.
- *Unit 4:* Potential Role of Exercise as an Intervention in the Elderly.
- *Unit 5:* Exercise Prescriptions for the Elderly.
- *Unit 6:* Motivating Older Adults to Exercise.
- *Unit 7:* Designing an Exercise Programme for Older Adults.

#### **BIBLIOGRAFÍA**

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*Measurement of Physical Activity*



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#### **Exercise Adherence**

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#### ENLACES RECOMENDADOS

##### **Measurement of Physical Activity**

- <https://markjones.wikispaces.com/file/view/Week+3+-+Measuring+Physical+Activity.ppt>
- <http://www.scielo.org/pdf/gsv23n4/revision1.pdf>
- <https://www.centre4activeliving.ca/services/measurement-physical-activity/>
- <http://appliedresearch.cancer.gov/paq/validation.html>
- [https://sites.google.com/site/theipaq/questionnaire\\_links](https://sites.google.com/site/theipaq/questionnaire_links)

##### **Physical Activity, Obesity and Quality of Life**

- [http://www.who.int/mental\\_health/publications/whoqol/en/](http://www.who.int/mental_health/publications/whoqol/en/)
- <http://www.sf-36.org/tools/sf36.shtml>
- <http://www.cdc.gov/hrqol/>
- <http://www.euroqol.org/>
- [http://jannetvb.home.xs4all.nl/busschbach/presentations/clinical\\_QoL.ppt](http://jannetvb.home.xs4all.nl/busschbach/presentations/clinical_QoL.ppt)

##### **Exercise Adherence**

- [http://cms.cerritos.edu/uploads/Inguyen/Chapter\\_2\\_PE\\_254.pptx](http://cms.cerritos.edu/uploads/Inguyen/Chapter_2_PE_254.pptx)
- <http://www.castonline.ilstu.edu/Thomas/451/adherence.ppt>
- <http://www.d.umn.edu/~dmillsa/courses/Exercise Adherence/documents/Introductionf09.pdf>
- <http://dx.doi.org/10.4236/psych.2013.412132>
- <http://www.wcpt.org/sites/wcpt.org/files/files/wpt15/fs/FS-09.pdf>





## **METODOLOGÍA DOCENTE**

- Lección magistral/expositiva
- Resolución de problemas y estudio de casos prácticos
- Seminarios
- Ejercicios de simulación
- Análisis de fuentes y documentos
- Realización de trabajos individuales

### **ACTIVIDADES PRESENCIALES: 20h**

- Clases teóricas: 12h
- Clases prácticas: 6h
- Actividades tutoriales: 2h

### **TRABAJO AUTÓNOMO DEL ESTUDIANTE: 30h**

## **EVALUACIÓN (INSTRUMENTOS DE EVALUACIÓN, CRITERIOS DE EVALUACIÓN Y PORCENTAJE SOBRE LA CALIFICACIÓN FINAL, ETC.)**

### **EVALUACIÓN CONTINUA**

- Valoración final de informes, trabajos, proyectos, etc. (individual o en grupo): 70%
- Presentaciones orales: 20%
- Aportaciones del alumno en sesiones de discusión y actitud del alumno en las diferentes actividades desarrolladas (Asistencia a clases teóricas y prácticas): 10%

Al inicio de la asignatura se informará de los criterios a aplicar en cada componente de la evaluación.

### **EVALUACIÓN ÚNICA FINAL**

Para acogerse a la evaluación única final, el estudiante, en las dos primeras semanas de impartición de la asignatura, lo solicitará a la Coordinadora del Máster, quien dará traslado al profesorado correspondiente, alegando y acreditando las razones que le asisten para no poder seguir el sistema de evaluación continua. En caso de aprobarse la solicitud, el profesorado de la asignatura indicará al alumnado el procedimiento a seguir en esta modalidad de evaluación.

#### **CONSISTIRÁ en:**

Prueba escrita de los contenidos de la asignatura (presentaciones y bibliografía indicada): 70%

Memoria sobre caso o supuesto práctico: 30%.

Todas las demás cuestiones relativas a la evaluación se regirá por la Normativa de evaluación y de calificación de los estudiantes de la Universidad de Granada (NCG71/2), aprobada en la sesión extraordinaria del Consejo de Gobierno de 20 de mayo de 2013, y modificada por los Acuerdos del Consejo de Gobierno en sesión de 26 de octubre de 2016, BOUGR núm. 112, de 9 de noviembre de 2016.

El sistema de calificación empleado será el establecido en el artículo 5 del Real Decreto 1125/2003, de 5 de septiembre, por el que se establece el sistema europeo de créditos y el sistema de calificaciones en las titulaciones universitarias de carácter oficial y validez en todo el territorio nacional.

## **INFORMACIÓN ADICIONAL**

