ID	2206
Curricular Unit	Psychomotricity in Elderly
Regent	Marco Ferreira
Learning Outcomes	Understand the aging process Distinguishes psychomotor aspects of normal aging from pathological aging Understand methodologies of psychomotor assessment in elderly Know the different possibilities of intervention in psychomotricity in the elderly
Syllabus	1 - The elderly: Definitions and statistics 2 - Biological aging 3 - Intellectual changes in aging 4 - Aging, personality and lifestyle 5 - Psychomotor aspects in normal aging and in pathological aging 6 – Assessment of elderly people 6.1 Autonomy and adaptive behaviour 6.2 Psychomotor observation 7 - Practices of psychomotricity in elderly
Evaluation	Frequency (50%); Group works (50%)
Bibliography	Albaret, J., & Aubert, E. (2001). Vieillissement et psychomotricité. Solal éditeur : Marseille. Jones, C., & Rose, D. (2005). Physical activity instruction of older adults. USA: Human Kinetics. Núñez, J., & González, J. (2004). Psicomotricidad Y ancianidad – un programa de estimulación psicomotriz en la tercera edad. CEPE: Madrid. Oliveira, J.B. (2008). Psicologia do envelhecimento e do idoso. 3ª ed. Editora Legis. Oliveira, J.B. (2008). Psicologia do idoso – Temas complementares. Editora Legis. Simões, R. (1998). Corporeidade e terceira idade – a marginalização do corpo idoso. 3ª ed. Editora Unicamp: São Paulo. Spirduso, W., Francis, K. & MacRae, P.(2005). Physical dimensions of aging. 2nd ed. USA: Human Kinetics. Spence, P. (1995). Biology of human aging. 2nd ed. Prentice-Hall: New Jersey. Stuart-Hamilton, I. (2002). A psicologia do envelhecimento: uma introdução. 3ª ed. Artmed Editora: Porto Alegre.