

<b>ID</b>	2579
<b>Curricular Unit</b>	Psychomotricity in Elderly
<b>Regent</b>	Marco Ferreira
<b>Learning Outcomes</b>	<p>Understand the aging process</p> <p>Distinguishes psychomotor aspects of normal aging from pathological aging</p> <p>Understand methodologies of psychomotor assessment in elderly</p> <p>Know the different possibilities of intervention in psychomotricity in the elderly</p>
<b>Syllabus</b>	<p>1 - The elderly: Definitions and statistics</p> <p>2 - Biological aging</p> <p>3 - Intellectual changes in aging</p> <p>4 - Aging, personality and lifestyle</p> <p>5 - Psychomotor aspects in normal aging and in pathological aging</p> <p>6 - Assessment of elderly people</p> <p>6.1 Autonomy and adaptive behaviour</p> <p>6.2 Psychomotor observation</p> <p>7 - Practices of psychomotricity in elderly</p>
<b>Evaluation</b>	<p>Frequency (50%);</p> <p>Group works (50%)</p>
<b>Bibliography</b>	<p>Albaret, J., &amp; Aubert, E. (2001). Vieillesse et psychomotricité. Solal éditeur : Marseille.</p> <p>Jones, C., &amp; Rose, D. (2005). Physical activity instruction of older adults. USA: Human Kinetics.</p> <p>Núñez, J., &amp; González, J. (2004). Psicomotricidad Y ancianidad - un programa de estimulación psicomotriz en la tercera edad. CEPE: Madrid.</p> <p>Oliveira, J.B. (2008). Psicologia do envelhecimento e do idoso. 3ª ed. Editora Legis.</p> <p>Oliveira, J.B. (2008). Psicologia do idoso - Temas complementares. Editora Legis.</p> <p>Simões, R. (1998). Corporeidade e terceira idade - a marginalização do corpo idoso. 3ª ed. Editora Unicamp: São Paulo.</p> <p>Spirduso, W., Francis, K. &amp; MacRae, P.(2005). Physical dimensions of aging. 2nd ed. USA: Human Kinetics.</p> <p>Spence, P. (1995). Biology of human aging. 2nd ed. Prentice-Hall: New Jersey.</p> <p>Stuart-Hamilton, I. (2002). A psicologia do envelhecimento: uma introdução. 3ª ed. Artmed Editora: Porto Alegre.</p>