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| <b>ID</b>                | 2951                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Curricular Unit</b>   | Psychomotricity in Elderly                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Regent</b>            | Marco Ferreira                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Learning Outcomes</b> | <p>Students:</p> <p>Understand the aging process</p> <p>Distinguish psychomotor aspects in normal aging and 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 the elderly</p>                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Evaluation</b>        | Frequency (50%); Group works (50%).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Bibliography</b>      | <p>Spirduso, W., Francis, K. &amp; MacRae, P. (2005). Physical dimensions of aging. 2nd ed. USA: Human Kinetics.</p> <p>Jones, C., &amp; Rose, D. (2005). Physical activity instruction of older adults. USA: Human Kinetics.</p> <p>Spence, P. (1995). Biology of human aging. 2nd ed. Prentice-Hall: New Jersey.</p> <p>Simões, R. (1998). Corporeidade e terceira idade - a marginalização do corpo idoso. 3ª ed. Editora Unicamp: São Paulo.</p> <p>Stuart-Hamilton, I. (2002). A psicologia do envelhecimento: uma introdução. 3ª ed. Artmed Editora: Porto Alegre.</p> <p>Albaret, J., &amp; Aubert, E. (2001). Vieillesse et psychomotricité. Solal éditeur: Marseille.</p> <p>Núñez, J., &amp; González, J. (2004). Psicomotricidad y ancianidad - un programa de estimulación psicomotriz en la tercera edad. CEPE: Madrid.</p> |