

<b>ID</b>	3363
<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. 3<sup>a</sup> ed. Editora Unicamp: São Paulo.</p> <p>Stuart-Hamilton, I. (2002). A psicologia do envelhecimento: uma introdução. 3<sup>a</sup> ed. Artmed Editora: Porto Alegre.</p> <p>Albaret, J., &amp; Aubert, E. (2001). Vieillissement 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>