ID	3769
Curricular Unit	Psychomotricity in Elderly
Regent	Marco Ferreira
Learning Outcomes	Students: Understand the aging process Distinguish psychomotor aspects in normal aging and 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 the elderly
Evaluation	Frequency (50%); Group works (50%).
Bibliography	Spirduso, W., Francis, K. & MacRae, P. (2005). Physical dimensions of aging. 2nd ed. USA: Human Kinetics. Jones, C., & Rose, D. (2005). Physical activity instruction of older adults. USA: Human Kinetics. Spence, P. (1995). Biology of human aging. 2nd ed. Prentice-Hall: New Jersey. Simões, R. (1998). Corporeidade e terceira idade – a marginalização do corpo idoso. 3ª ed. Editora Unicamp: São Paulo. Stuart-Hamilton, I. (2002). A psicologia do envelhecimento: uma introdução. 3ª ed. Artmed Editora: Porto Alegre. Albaret, J., & Aubert, E. (2001). Vieillissement et psychomotricité. Solal éditeur: Marseille. Núñez, J., & González, J. (2004). Psicomotricidad y ancianidad – un programa de estimulación psicomotriz en la tercera edad. CEPE: Madrid.