

ID	669
Curricular Unit	Psychomotricity in Elderly
Regent	Marco Ferreira
Learning Outcomes	<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>
Syllabus	<ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 6.1 Autonomy and adaptive behaviour 6.2 Psychomotor observation 7 - Practices of psychomotricity in elderly
Evaluation	<p>Frequency (50%);</p> <p>Group works (50%)</p>
Bibliography	<p>Albaret, J., & Aubert, E. (2001). Vieillissement et psychomotricité. Solal éditeur : Marseille.</p> <p>Jones, C., & Rose, D. (2005). Physical activity instruction of older adults. USA: Human Kinetics.</p> <p>Núñez, J., & González, J. (2004). Psicomotricidad Y ancianidad - un programa de estimulación psicomotriz en la tercera edad. CEPE: Madrid.</p> <p>Oliveira, J.B. (2008). Psicología do envelhecimento e do idoso. 3ª ed. Editora Legis.</p> <p>Oliveira, J.B. (2008). Psicología 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. & 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>