

Name	Healthy Ageing		Field of study	-	
Classification	Extracurricular Course/Project		School	Polytechnic Institute of Bragança	
Academic Year	2021/2022	Year of study	-	Level	-
Type	Semestral	Semester	2	ECTS credits	6.0
Code	9999-940-1002-00-21				
Workload (hours)	162	Contact hours	T -	TP -	PL -
			TC -	S -	E -
			OT -	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) António Miguel de Barros Monteiro, Carlos Pires Magalhães, Fernando Jorge Coutinho Monteiro, Hélder Jaime Fernandes, Sílvia Freitas Moreira Nobre

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. APPLY knowledge of game design, visual arts and computer science into the design and development of a project co-created with external partners;
2. SOLVE PROBLEMS understanding the problem, identifying the fundamental, developing the appropriate methodology and presenting creative solutions;
3. WORK IN TEAM debating ideas and various perspectives for the problem, giving suggestions and accepting others, integrating lines of thought and motivating the participation of all;
4. COMMUNICATE knowing how to listen to others' ideas and comments, exposing ideas in an organized and constructive way, identifying the essentials and structuring efficient supports to transmit them;
5. SELF MANAGE estimating the time required to perform tasks, predicting risk mitigation strategies and coordinating the project schedule.
6. Understand the benefit / risk relationship associated with physical exercise in elderly.
7. Understand the benefit / risk relationship associated with physical exercise in the elderly

Prerequisites

Before the course unit the learner is expected to be able to:
English skills.

Course contents

In a studio environment, typical of the creative industries, projects are developed in partnership with the community. It is a collaborative and creative work context that encourages technical and problem-solving skills, communication and self-management. The major areas of activity are game design, arts, computer science and project management applied in a wide thematic diversity. Exercise in elderly; Benefits of physical exercise in aging.

Course contents (extended version)

1. Comprehended within one or more of the fields: Game Design, Computer Science and Visual Arts.
2. For each project profiles are defined in which the specific contents to be addressed are identified.
3. Exercise in aging.
4. Benefits of exercise in aging.
 - Physical fitness changes.
 - Exercise prescription.

Recommended reading

1. Brown, T. (2019). Change by Design, Revised and Updated: How Design Thinking Transforms Organizations and Inspires Innovation. [ISBN: 9780062856623] HarperBusiness.
2. Chandler, H. M. (2014). The Game Production Handbook, (3rd Edition) Sudbury: Jones & Bartlett Publishers. [ISBN: 9781449688097]
3. Novak, J. (2011). Game Development Essentials: An Introduction. (3rd Edition) Delmar Cengage Learning. [ISBN: 9781111307653]
4. Rothman, J. (2017). Create Your Successful Agile Project: Collaborate, Measure, Estimate, Deliver. (1st Edition). Pragmatic Bookshelf.
5. ACSM (2019). ACSM's guidelines for exercise testing and prescription (9th ed.). Baltimore: Lippincott Williams & Wilkins

Teaching and learning methods

Under tutorial, teachers will follow, through an active and interrogative method, the execution of all design and development work of a game / project. applicability of acquired knowledge in sports activities performed for the elderly.

Assessment methods

- Continuous Assessment - (Regular) (Final)
- Projects - 100%

Language of instruction

1. Portuguese
2. English

Electronic validation

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Vera Alexandra Ferro Lebres

20-01-2022

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