

Course Unit	Physical and Psychological Intervention		Field of study	Therapy and Rehabilitation	
Bachelor in	Gerontology		School	School of Health	
Academic Year	2022/2023	Year of study	1	Level	1-1
Type	Semestral	Semester	2	ECTS credits	5.0
Code	9833-346-1203-00-22				
Workload (hours)	135	Contact hours	T -	TP 30	PL 20
			TC -	S -	E -
			OT 15	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) Nuno Filipe do Nascimento Quiterio, Sílvia Maria Fernandes Ala

### Learning outcomes and competences

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

1. Understand and integrate sport and physical activity in old people;
2. Understand the role of physical exercise in health and well being in old people;
3. Develop the ability of organization and intervention in physical and sportive activities for old people;
4. Understand the bio-psycho-social personal development as a way of specialization, within the paradigm contextualist;
5. Understand the biological and cultural bases in the psychological function;
6. Identify and understand normal and pathological manifestations (behavioral and cognitive changes) during the life cycle;
7. Planning and implementation of action programs that promote active aging.

### Prerequisites

Before the course unit the learner is expected to be able to:  
None

### Course contents

1. The Aging: brief introduction 2. Prescription of a physical activity program for old people 3. Physical activity in old people 4. Psychological intervention in old age - Behavior and adaptation 5. Psychology of old age Cognitive functioning in old age 6. Neuroplasticity: modulating variables of cognitive functioning in old age 7. Stimulation and rehabilitation: cognitive training programs

### Course contents (extended version)

1. The aging process – brief introduction
2. Prescription of a physical activity program to old people
3. Physical activity in old people
4. Psychological intervention in the elderly – Behavior and adaptation process
5. Psychology of aging: Cognitive function in elderly
  - Orientation; Attention; Memory; Language;
  - Visuo-constructive, visuo-perceptual, and visuospatial skills;
  - Processing speed and executive functions;
6. Neuroplasticity: modulating variables of the cognitive function in elderly.
7. Stimulation and rehabilitation: Cognitive training programs

### Recommended reading

1. Spirduso, W. W. (2005). Dimensões Físicas do Envelhecimento. São Paulo: Manole.
2. Bermejo García, L. (2010). Envejecimiento activo y actividad socioeducativas con personas mayores. Madrid: Panamericana.
3. Paúl, M. C. , & Ribeiro, O. (2011). Manual de Envelhecimento Activo. Lisboa: Lidel.
4. Busse, E. W. , & Blazer, D. G. (1999). Psiquiatria geriátrica. Porto Alegre: Artmed.
5. Fernández-Ballesteros, R. (2009). Psicogerontologia. Madrid: Pirâmide.

### Teaching and learning methods

Theoretical classes: expositive and reflective method. Tutoric orientation classes: orientation for the realization of group works (bibliographic review bibliographic review and an intervention program and subsequent presentation in the classroom context). Non-presence period: individual and/or group study, supported by texts and bibliography provided.

### Assessment methods

1. continuous evaluation - (Regular, Student Worker) (Final, Supplementary, Special)
  - Work Discussion - 30% (Theoretical review work on themes/problems within the UC program;)
  - Projects - 30% (Development of a cognitive training program: stimulation and rehabilitation)
  - Final Written Exam - 40% (Final examination)
2. final written exam - (Regular, Student Worker) (Supplementary, Special)

### Language of instruction

1. Portuguese
2. Portuguese, with additional English support for foreign students.

### Electronic validation

Nuno Filipe do Nascimento Quiterio, Sílvia Maria Fernandes Ala	Hélder Jaime Fernandes	Ana Maria Nunes Português Galvão	Adília Maria Pires da Silva Fernandes
17-03-2023	09-05-2023	21-05-2023	22-05-2023