

Course Unit	Physical and Psychological Intervention		Field of study	Therapy and Rehabilitation	
Bachelor in	Gerontology		School	School of Health	
Academic Year	2023/2024	Year of study	1	Level	1-1
Type	Semestral	Semester	2	Code	9833-346-1203-00-23
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, Silvia 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)
 - 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, Silvia Maria Fernandes Ala	Andre Filipe Morais Pinto Novo	Luis Migue Fernandes Nascimento	Adília Maria Pires da Silva Fernandes
12-04-2024	10-05-2024	10-05-2024	10-05-2024