

Faculty of Education Science

**SPORTS EDUCATORS IN
PHYSICAL ACTIVITY FOR THE ELDERLY**

IN COLLABORATION WITH "CENTRO SPORTIVO ITALIANO"

COMPLETION COURSE

Academic Year 2006/2007

II Edition



DIRECTION AND SCIENTIFIC COMMITTEE

Director: Prof. Mario Pollo

Scientific Committee: Prof. Anna Maria Nenci, Prof. Mario Pollo, Prof. Marcello Turno, Prof. Paolo Caserotti, Dr. Giovanni Boni, Prof. Vittorio Ferrero

PROFESSIONAL PROFILE

- Professional community educators and/or trainers
- Trainers of operators in social policy projects and centres for the elderly
- Consultant for senior citizen centres (public or private)
- Project management of financed schemes

PROGRAMME

- Knowledge of geriatric medicine
- Psycho-pedagogical understanding of the elderly
- Sociology of ageing
- Educational methodologies/practice in the relationship with the elderly
- Training methodology with the elderly
- Techniques of gymnastics, games and relaxation for the elderly

ENTRY REQUIREMENTS

1st and 2nd level degrees of the new system and degrees from the old system.

APPLICANTS

Graduates in Psychology, Psychological Sciences and Techniques, Education and Professional Training Science, Education Science (old system), Professional Educators, Social Service, ISEF, Rehabilitation Science, (speech therapists, therapists, etc.), Motor Science.

STRUCTURE

- Minimum number of students: 20
- Total number of 500 hours in course of which 200 in the lecture hall (114 hours of theoretical lectures and 86 hours of practical lessons)
- Final exams: written paper and oral exam

LECTURERS

Sports doctors, geriatrician, psychologists, pedagogists, sociologists, rehabilitation therapists, professionals working in the sector.

SYLLABUS**a) Medical-biological area**

- **Ageing**
 - Biological theories of ageing
 - Functional capacity of the elderly
 - Ageing of the body and quality of life
 - Ageing and environment
 - Ageing and nutrition
 - Endocrinology of ageing
 - Anatomy of ageing
- **The systems**
 - The cardiovascular system and ageing
 - The muscle-skeleton system and ageing
 - The sensory system
 - The respiratory system: aerobic capacity – anaerobic capacity
- **Neurophysiology and motility**
 - Balance-locomotion-fall in the elderly
 - Motor control: - speed of reaction – efficiency of the motor gestures
 - Biomechanics
 - Motor learning
- **Endocrinology of ageing**
- **Osteoporosis and fractures**

b) Technical – methodological – pedagogical area**Theoretical part**

- Guidelines for physical activity in old age
- Medical certification for competitive sport in old age
- Spirit of competition in old age: possibilities and limits
- Ageing and rehabilitation: - guidelines for cardiotonics – guidelines for diabetics
- Assessment of the elderly person (theoretical-practical tests)
- Assessment of the physical activity programme
- Guidelines for teaching the elderly
- Organisation of a lesson in the gym
- Methodology of training with the elderly

Practical part

- Postural gymnastics
- Soft gymnastics
- Respiratory gymnastics
- Relaxation
- Games in old age
- Dance and sport

c) Demographic area

- Ageing in Italy and the world: problem or wealth?
- Average life expectancy in modern society: data and prospects
- The population over a hundred years old: a genetic case or a product of quality of life?
- Modern society and the demonization of old age
- The refusal of old age in the personal dimension

d) Sociological area

- Religion and ageing
- Ethnic, cultural and social gerontology
- The elderly person's loss of the social role in present society
- The role of the elderly in present society
- Images of old age: cultural representations of old age
- The elderly man
- The elderly woman

e) Psychological – relational area

- The psyche in the elderly
- Depression in old age
- Loneliness and isolation of the elderly
- The elderly and illness
- The sense and thought of death
- Body, life-style and identity
- Dynamics of the elderly in different situations
- Communication as the recovery of identity
- The relationship between the elderly and the young – the elderly and the adult
- The relationship between elderly people

ADDRESS

LUMSA – Facoltà di Scienze della Formazione

Piazza delle Vaschette, 101 - 00193 Roma, for the theoretical part

DURATION

January 2007 - June 2007

TIMETABLE OF LECTURES

Friday from 8.30-12.30 and 15.00-19.00

Saturday 8.30-12.30 and 15.00-19.00

ENROLMENT

Last day for enrolment: 15 December 2006

Admission to the Master, up to the maximum number of places available, will depend on the assessment of the documents received, according to the order of arrival of the applications at the Master's Office

Candidates will be informed of their admission/non-admission to the Master by e-mail

The go-ahead for the Master and the beginning of lectures will be published on the LUMSA site

The application for enrolment, together with documentary evidence of qualifications must be sent to the following address:

LUMSA - Segreteria Master e Corsi di Perfezionamento
Via Pompeo Magno, 22 – 00192 Roma

Applications received without the requested documentary evidence of qualifications enclosed will not be taken into consideration.

The application for enrolment can be found at www.lumsa.it or at the Masters and Specialisation Courses Office **Enrolment for the Master is incompatible with other degree courses, Masters, Specialisation Courses, Specialisation Schools and Ph. D. Courses**

ENROLMENT FEES AND PAYMENT

Cost: € 2.500.00 payable in 3 instalments
I instalment: € 850.00 at the time of enrolment
reimbursable in the case of failure to start/non-admission to Master
II instalment: € 850.00 (by 15.03.07)
III instalment: € 800.00 (by 15.05.2007)
Payments must be made by bank deposit or bank transfer to:

**LUMSA - UniCredit PB - Reference: 7485 – ROMA Parioli
Account No. 60005491 ABI 03223 CAB 03202 CIN J**

specifying in the description of payment your name, surname and title of Master.
Copies of the bank receipt of the bank transfers must be taken to the Master and Courses Office.
Once enrolled for the Master, no refund of the instalments already paid is due in the case of renunciation. (The payment of the enrolment fees by instalments is only a concession for students: therefore, any renunciation does not exempt students from the whole amount of the enrolment fee).

AWARDS

- **20 University Credits**
- Participation certificate (attendance not less than 75% of the total number of lectures and final exams)

INFORMATION

LUMSA - Masters and Specialisation Courses Office

Via Pompeo Magno, 22 -00192 Roma
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