Jan Amos Komeński STATE UNIVERSITY OF APPLIED SCIENCES in Leszno

Funded by the European Union

Course syllabus for ERASMUS+ incoming students

Course Title	
Physical Activity for Adults	
Academic Teacher	mgr Waldemar Kabat
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ECTS credits	5
Number of hours	120
Course code	INT-IZKFF-FAA-26
Course description	

The course covers issues related to the importance of physical activity in the process of healthy ageing, the prevention of chronic diseases, and the maintenance of functional fitness, independence, and quality of life among older adults.

It addresses the physiological, psychological, and social aspects of ageing, the principles of planning safe physical activity sessions, and methods of adapting physical activity to the individual needs and abilities of older adults.

During the classes, students will learn basic methods for assessing the physical fitness of older adults, the principles of exercise selection, and strategies for motivating older adults to engage in regular physical activity.

Learning outcomes - course content

The aim of the course is to prepare students to consciously plan, organize, and conduct physical activity sessions for older adults, taking into account the changes that occur in the body during the ageing process.

Specific objectives:

- To present the physiological and functional changes associated with the ageing process.
- To explain the importance of physical activity for the health and independence of older adults.
- To introduce the principles of assessing the physical and functional fitness of older adults.
- To develop skills in designing individual and group exercise programmes.

- To develop the ability to adapt exercise intensity and workload to the health status and abilities of participants.
- To prepare students to conduct physical activity sessions with an emphasis on preventing falls and injuries.
- To develop communication and motivational skills for working with older adults.

Student workload (self-study description)

A student who has successfully completed the course:

- Understands the need to conduct exercise sessions for older adults and is familiar with the most common deficits resulting from the ageing process.
- Understands the specific nature and methodology of physiotherapy practice with older adults.
- Has the knowledge and skills required to select various forms of physical activity, taking into account the needs of older adults.
- Is able to conduct various forms of physical activity for older adults, including organizing sporting events for this population.

Literature