



University of Verona

Faculty of Exercise and Sport Sciences

The main importance and contribution to health of a regular and correct practice of physical activity in the third age is proved by a number of scientific researches and studies. The WHO Guidelines for the Promotion of Physical Activity and Ageing (*Heidelberg, W H O 1997*) stressed out the social value of physical activity for the elderly which not only improves health but it is an important stimulus for personal relations and improves self-esteem.

The Faculty of Sports Sciences has always put its efforts to promote the relation between physical exercise, health and successful ageing: it is one of the main fields of research at the Faculty. This approach allowed the development of strategies and promotion patterns for projects of physical education for the elderly, including those with pathologies.

SILVER FITNESS

A complete and personal program with the use of machines for cardiovascular training, isotonic machines and free weights. It is addressed to those who wish to engage in a more important activity than one offered by a regular gym.



PHYSICAL ACTIVITIES FOR DIABETES

Aimed at secondary prevention and containment of health problems connected to Diabetes type 1 and type 2. The proposed course can be performed as group activity or individual fitness.

PHYSICAL ACTIVITY FOR HEART DISEASES

A series of physical activities for a healthier heart, carried out in fitness mode. The training protocol which is used is strictly monitored and constantly adapted to the individual and the work load.



PHYSICAL ACTIVITY FOR COPD

It is an experimental program for those suffering of lung pathologies. Training of aerobic skills and muscular strength for challenging negative effects of dyspnea and fatigue related to the pathology.

PHYSICAL ACTIVITY FOR PARKINSON

Addressed to the first stage of the disease. Performed in group with innovative techniques for challenging degeneration typical of this pathology. A special training program is provided for care-givers who learn to help patients in carrying out the daily physical activity.



COURSE OF WALKING TECHNIQUE AND NORDIC WALKING

The Walking is a scientifically based effective instrument to counter-balance a sedentary life. It must be practiced regularly and with method. The Nordic Walking (walking with sticks) enhances the benefits of walking as a source for health and improves muscular capacity and posture. Specific activities are proposed inside the Faculty.





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STRENGTH OF PROJECT:

- Cooperation with Local Health Authorities
- Medical and functional avaluation of participants
- Updating of protocols on the base of most recent scientific research
- Research and experimenting of new oranzation methods
- Education and training of teachers
- Monitoring the eccicacy of activities
- Didactic method applied to internships

It is an integrated project of physical activity for prople over 55 aimed at promoting an active way of life. In collaboration with the Verona Municipality and the Local Health Unit it has spread througahout the territory.

- Indoor physical activity courses
- Swimming and waterym
- Guided walking groups
- Medical and functional evaluation with screening for the population
- Promotion of physical activity (conferences, symposiums, events) celebrations and social events; social marketing, dissemination and communication to the media.
- Research and experimentation of new methods.

THE PRACTICE

PRINCIPLES OF PROJECT

- A variety of courses of different types of physical activities based on scientific research
- Possibility of practicing physical activity in your neighbourhood
- Involvement of local authorities and private institutions (società sport unions, associations, cooperatives) in planning and managing the activities
- Medical monitoring for finding limiting pathologies with spefic protocols for teachers
- Set standards and minimal criteria for teachers (Degree in Sport Sciences); number of lessons per year; number of participants per class; requirements for a functional evaluation.
- Planning activities shared program for all teachers and common monitoring of some motorial parameters in relation to stimulated motorial skills.
- Coordinated planning and periodical updating of teachers, medical staff and administration officers involved in the project.
- Periodical monitoring (different involved professionals) trying to respond to cultural changes and upcoming needs.



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