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| | UČNI NAČRT PREDMETA/COURSE SYLLABUS |
| Predmet | Telesna dejavnost za zdravo in aktivno staranje |
| Course title | <i>Physical activity for the healthy and active aging</i> |

| Študijski program in stopnja Study programme and level | Študijska smer Study field | Letnik Academic year | Semester Semester |
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| Integrirana zdravstvena in socialna oskrba/2. stopnja | Ni smeri študija | 2. letnik | 3. |
| Integrated Health and Social Care / 2 nd Cycle | No study field | 2 nd year | 3 rd |

Vrsta predmeta/Course type

izbirni / elective

Univerzitetna koda predmeta/University course code

IZSO IP UN 5

| Predavanja | Seminar | Sem. vaje | Lab. vaje | Teren. vaje | Samost. delo | ECTS |
|-------------------|----------------|------------------|------------------------|--------------------|----------------------|-------------|
| Lectures | Seminar | Tutorial | Laboratory work | Field work | Individ. work | |
| 25 | | 30 | | | 155 | 7 |

Nosilec predmeta/Lecturer:

doc. dr. Špela Bogataj

Jeziki/ Predavanja/Lectures:

slovenski/Slovenian

Languages:

Vaje/Tutorial:

slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Prerequisites:

- Vpis v drugi letnik študijskega programa.
- Študent mora pred izpitom pripraviti in predstaviti ter zagovarjati projektno/raziskovalno nalogo.

- A prerequisite for inclusion is enrolment in the second year of study.
- Student has to prepare, present and defend a project/research paper before the exam.

Vsebina:

Content (Syllabus outline):

- *Telesna dejavnost kot ena izmed temeljnih človekovih potreb in aktivnosti.*
Vloga gibanja v filogenezi človeka, pojavne oblike človekove dejavnosti na gibalnem področju, naravne oblike gibanj, elementarne igre in gimnastične vaje, zgodovinski razvoj in terminološko izrazoslovje (telesna kultura – vrhunski šport – gibanje za zdravje).

- *Physical activity as one of the basic human needs and activities.*
The role of physical activity in human's phylogenesis, forms of human's activity in the area of physical movement, forms of basic movements, elementary games and gymnastics exercises, historical development and terminology (physical culture – elite sport – physical activity for health).
- *Motor development, motor skills and motor learning.*

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| <ul style="list-style-type: none"> • <i>Gibalni razvoj, motorične sposobnosti in motorično učenje.</i> Značilnosti gibalnega razvoja skozi življenjska obdobja, motorične sposobnosti (moč, hitrost, koordinacija, gibljivost, ravnotežje, natančnost, vzdržljivost), gibalni razvoj in motorične sposobnosti po 65 letu starosti, faze motoričnega učenja (obvladovanje gibanja v grobem, v podrobnostih in avtomatizacija). • <i>Temeljni elementi telesne dejavnosti.</i> Pogostnost in količina, oblika (organizirana/neorganizirana), intenzivnost in vsebina (vrsta gibanja, športne zvrsti). • <i>Priporočila za telesno dejavnost Svetovne zdravstvene organizacije.</i> Priporočila za vse starostne skupine s poudarkom na priporočilih in posebnostih telesne vadbe za starostnike. • <i>Telesna dejavnost glede na socialno-demografske značilnosti.</i> Razlike v telesni dejavnosti med moškimi in ženskami, glede na starost, vrsto poklica in stopnjo izobrazbe, kraj bivanja (mesto, vas, predmestje), zakonski stan ter glede na socialno-ekonomski status. • <i>Značilnosti telesne dejavnosti starostnika.</i> Vodena vadba pri starostniku, novi vadbeni koncepti, prilagojeni telesnim in zdravstvenim značilnostim starostnika (npr. pilates, Nirvana fitness). • <i>Vpliv telesne dejavnosti na celostni razvoj, s poudarkom na obdobju staranja.</i> Gibanje in telesni razvoj, gibanje in kognitivni razvoj, gibanje in socialni razvoj, gibanje in čustveni razvoj. • <i>Telesna dejavnost v preventivi pred kroničnimi nenalezljivimi boleznimi.</i> Gibanje v boju proti srčno-žilnim obolenjem, diabetesu tipa 2, raku, lokomotornim poškodbam zaradi padcev in obvladovanju bolečin v hrbtenici. • <i>Telesna dejavnost in duševno zdravje starostnika.</i> | <p>Characteristics of motor development through the life-span, motor skills (power, speed, coordination, flexibility, balance, precision, endurance), motor development and motor skills after 65 years of age, phases of motor learning (managing movement in general, in detail and automatization).</p> <ul style="list-style-type: none"> • <i>Basic elements of physical activity.</i> Frequency and amount, form (organised/non-organised), intensity and type (type of movement, sports' disciplines). • <i>Recommendations on the physical activity of the World Health Organization.</i> Recommendations for all age groups with emphasis on specifications for the physical activity of elderly. • <i>Physical activity in comparison with social-demographic characteristics.</i> Differences in physical activity between men and women, according to the age, type of profession, level of education, place of residence (city, village, suburb), marital status, and social-economic status. • <i>Characteristics of physical activity among elderly.</i> Organized physical activity of elderly, the new exercise concepts dedicated to the physical and health characteristics of elderly (i.e. Pilates, Nirvana fitness). • <i>Impact of physical activity on the integrated development with emphasis on aging period.</i> Physical activity and physical development, physical activity and cognitive development, physical activity and social development, physical activity and emotional development. • <i>Physical activity in prevention of the chronic non-communicable diseases.</i> Physical activity in prevention of the cardio-vascular diseases, diabetes type 2, cancer, locomotor injuries from the falls, and management of the back pain. • <i>Physical activity and mental health of elderly.</i> • <i>Health promotion programmes of physical activity among elderly and the</i> |
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| <ul style="list-style-type: none"> • <i>Programi promocije gibanja pri starostniku in vidik interdisciplinarnega in medgeneracijskega sodelovanja.</i> Struktura intervencije glede na dolžino, obliko, program, izvajalce in število vključenih udeležence, evalvacija učinkovitosti intervencijskega programa ter aktivnosti po zaključeni intervenciji. | <p><i>view of a multidisciplinary and intergenerational collaboration.</i></p> <p>The intervention structure regarding duration, form, program, providers, and number of included participants, evaluation of the intervention effectiveness, and the activities after concluded intervention.</p> |
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- *The Oxford handbook of health psychology* (p. XVII, 916). (2011/2014, cop.). Oxford University Press.
- *Introduction to kinesiology: studying physical activity* (3rd ed., p. XVII, 550). (2009). Human Kinetics. <http://www.loc.gov/catdir/toc/ecip0819/2008022745.html>
- McArdle, W. D., Katch, F. I., & Katch, V. L. (2016). *Essentials of exercise physiology* (5th ed., international ed., p. XX, 702). Wolters Kluwer.

Priporočljiva literatura/Recommended literature

- Zorc, J., Hlastan-Ribič, C. in Skela-Savič, B. (2015). Dietary habits and physical activity patterns among Slovenian elderly: cross-sectional survey with cluster analysis. *Obzornik zdravstvene nege*, 49, št. 1, str. 9-17.
- Zorc, J. (2008). *Biti najboljši: pomen gibalne aktivnosti za otrokov razvoj in šolsko uspešnost*. Radovljica: Didakta.
- Grmek-Košnik, I., Hvalič Touzery, S. in Skela-Savič, B. (ur.). (2014). *Kronične bolezni sodobne družbe – od zgodnjega odkrivanja do paliativne oskrbe: zbornik prispevkov z recenzijo*. Jesenice: Fakulteta za zdravstvo.
- Tourlouki, E., Polychronopoulos, E., Zeimbekis, A., Tsakountakis, N., Bountziouka, V., Lioliou, E., Papavenetiou, E., Polystipioti, A., Metallinos, G., Tyrovolas, S., Gotsis, E., Matalas, A. L., Lionis, C. in Panagiotakos, D. B. (2009). The “secrets” of the long lives in Mediterranean islands: the MEDIS study. *European Journal of Public Health*, 20, št. 6, str. 659-664.
- Edelman, C. L., Mandle, C. L. in Kudzma, E. C. (2013). *Health promotion throughout the life span [8th ed.]*. Missouri, USA: Mosby.

Cilji in kompetence:

Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:

- nadgradnja znanja, spretnosti, stališč in profesionalnih vrednot na področju izvajanju integrirane in kontinuirane oskrbe starostnikov z vidika spodbujanja, krepitve in skrbi za zdravje s telesno dejavnostjo,
- sposobnost samostojnega raziskovanja in uporabe znanstveno-raziskovalnih metod pri proučevanju skrbi za

Objectives and competences:

The learning unit mainly contributes to the development of the following general and specific competences:

- upgrading knowledge, skills, attitudes, and professional values in the field of integrative and continue elderly care implementation from the view of encouraging, strengthening and caring for the health with a physical activity,
- ability for an independent research work and managing of the scientific-research

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| <p>zdravje in zdrav življenjski slog starostnikov,</p> <ul style="list-style-type: none"> • sposobnost celovitega kritičnega razmišljanja o stanju telesne nedejavnosti pri prebivalstvu Zahodnega sveta, prepoznavanje problemov telesne nedejavnosti v starosti, sposobnost analize ter načrtovanje programov promocije zdravja za povečanje telesne dejavnosti po 65. letu starosti, • razumevanje celostnega razvoja človeka in gibanja kot temeljnega gradnika tega razvoja, prepoznavanje vpliva telesne dejavnosti na telesno in duševno zdravje starostnika, • sposobnost individualnega načrtovanja, vodenja, izvajanja in vrednotenja gibalne vadbe v obdobju staranja pri varovancih z različnimi željami in potrebami, zdravstvenim stanjem, telesno pripravljenostjo, kroničnimi in degenerativnimi bolezenskimi stanji, poškodbami z dolgotrajnimi posledicami in drugimi individualnimi okoliščinami, • prepoznavanje potreb starostnikov po večji telesni dejavnosti in svetovanje, • zagotavljanje in spremljanje ukrepov za izboljševanje varnosti in kakovosti telesne dejavnosti starostnikov v institucionalni obravnavi ali obravnavi v skupnosti, • usposobljenost za medpoklicno, timsko in projektno sodelovanje na področju skrbi za zdravje pri starostnikih v instituciji ali na domu, • zavezanost k etični odgovornosti do vadečih v vadbenih programih, do pacientov in njihovih svojcev, ki se jih spodbuja k telesni dejavnosti ter do lastne telesne pripravljenosti in rednega gibanja, • zmožnost interdisciplinarnega povezovanja znanj iz različnih strokovnih področij kot so zdravstvena nega, fizioterapija, fizioterapija, delovna terapija, kineziologija in družbene vede z namenom holistične in k pacientu usmerjene promocije gibanja. | <p>methods to study health care and healthy lifestyle among elderly,</p> <ul style="list-style-type: none"> • ability of the comprehensive critical thinking about the physical inactivity prevalence among population in the Western world, recognition of the physical inactivity issues during the aging period, ability to analyse and planning health promotion programs for increasing the physical activity after 65 years of age, • understanding the human's integrated development and physical movement as a basic stone of this development, recognition the impact of physical activity on physical and mental health by elderly, • ability to individual planning, leading, implementing, and assessing the physical activity in aging period among clients with the different wishes and needs, health status, physical conditions, chronic and degenerative diseases, injuries with the long-lasting consequences, and other individual circumstances, • recognition elderly needs to be more physically active and counselling, • ensuring and following the actions for the improvements of safety and quality of physical activity among elderly in the institutional treatment or in the community treatment, • ability for the multiprofessional, team and project collaboration in the field of health care among elderly in institution or at home, • commitment to the ethical responsibility of participants in the exercise programs, to the patients and their relatives, who are encouraged to be physically active, and to their own physical condition and regular exercising, • ability to the interdisciplinary connections of knowledge from the different professions such as nursing, physiotherapy, psychiatry, occupational therapy, kinesiology, and social sciences, with the purpose of the holistic and to patient oriented health promotion of physical activity. |
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Predvideni študijski rezultati:***Študent/študentka:***

- spozna vlogo telesne dejavnosti v razvoju človeka kot vrste in kot eno izmed temeljnih človekovih potreb in aktivnosti,
- razume pomen vključitve naravnih oblik gibanja, elementarnih iger in gimnastičnih vaj pri telesni dejavnosti v obdobju staranja,
- loči med pomeni različnih izrazov, ki opredeljujejo človekov gibanje skozi zgodovino,
- pozna sedem temeljnih motoričnih sposobnosti, faze motoričnega razvoja in faze motoričnega učenja,
- zna načrtovati program telesne dejavnosti za starostnika z vidika pogostnosti, količine, oblike, intenzivnosti in vsebine gibalne aktivnosti glede na značilnosti gibalnega razvoja in motoričnih sposobnosti v obdobju staranja,
- se seznanj s priporočili za telesno vadbo po 65. letu starosti in jih zna uporabiti na primeru programa telesne dejavnosti,
- razume vpliv socialno-demografskih značilnosti na gibalne navade starostnika,
- se seznanj z novimi vadbeni koncepti, prilagojenimi za vadbo starostnikov kot sta pilates in Nirvana fitness,
- razume pomen telesne dejavnosti za posameznikov celostni razvoj in vpliv gibanja na telesni, gibalni, kognitivni, socialni in čustveni razvoj,
- se usposobi za uporabo telesne dejavnosti v preventivi pred kroničnimi nenalezljivimi boleznimi kot so srčno-žilna obolenja, diabetes tipa 2, rak, lokomotorne poškodbe in obvladovanje bolečin v hrbtenici,
- se usposobi za uporabo telesne dejavnosti v preventivi pred duševnimi obolenji kot sta anksioznost in depresija ter za spodbujanje duševnega zdravja,
- se zaveda etične odgovornosti do vadečih v vadbenih programih, do pacientov in njihovih svojcev, ki se jih spodbuja k telesni dejavnosti ter do

Intended learning outcomes:***Students:***

- know the role of physical activity in human's phylogenesis and as one of the basic human needs and activities,
- recognise the importance of basic movements forms, elementary games and gymnastics exercises to be included in the physical activity in aging period,
- discriminate between the different meanings of terminology, focus to define human movement through the history,
- know the seven basic motor skills, the phases of motor development and the phases of motor learning,
- know how to plan the program of physical activity for elderly from the point of frequency, amount, form, intensity and type of physical activity with the characteristics of motor development and motor skills in aging period taken in consideration,
- get acquainted with the recommendations on physical activity after 65 years of age, and know how to use it in an physical activity program,
- recognise the impact of social-demographic characteristics on the physical activity behaviour of elderly,
- get familiar with the new exercise concepts such as Pilates and Nirvana fitness, which are adjusted for the physical activity of elderly,
- recognise the importance of physical activity for the individual's integrated development and the impact of movement on physical, motor, cognitive, social and emotional development,
- develop skills for the use of physical activity in a prevention of the chronic non-communicable diseases, such as cardio-vascular diseases, diabetes type 2, cancer, locomotor injuries and management of back pains,
- develop skills for the use of physical activity in a prevention of the mental diseases, such as anxiety and depression, as well for the encouraging a better mental health,
- get aware of the ethical responsibility to the participants in the exercise programs, to the patients and their relatives, who

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| <p>lastne telesne pripravljenosti in rednega gibanja,</p> <ul style="list-style-type: none"> • kaže interes po povečanju pogostnosti in količine lastne telesne dejavnosti, • se usposobi za kritično vrednotenje programov promocije telesne dejavnosti za starostnike z vidika dolžine, oblike, aktivnosti, strukture izvajalcev in udeležencev, učinkovitosti ter aktivnosti po zaključeni intervenciji • razume pomen interdisciplinarnega povezovanja znanj iz različnih strokovnih področij kot so zdravstvena nega, fizioterapija, fizioterapija, delovna terapija, kineziologija in družbene vede z namenom holistične in k pacientu usmerjene promocije telesne dejavnosti, • zna izvesti, predstaviti in zagovarjati raziskovalno delo, ki obravnava problematiko telesne dejavnosti v obdobju staranja. | <p>are encouraged to be more physically active, and to their own physical condition and regular exercising,</p> <ul style="list-style-type: none"> • show the interest to increase frequency and total amount of their own physical activity, • develop skills for the critical evaluation of the physical activity promotion programs for elderly from the view of a duration, form, activities, structure of providers and participants, effectiveness, and the activities after concluded intervention, • recognise the importance of the interdisciplinary connections of knowledge from the different professions such as nursing, physiotherapy, physiatry, occupational therapy, kinesiology, and social sciences, with the purpose of the holistic and to patient oriented health promotion of physical activity, • the ability to implement, presented and defence the research work, dealing with the topic of physical activity in the aging period. |
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Metode poučevanja in učenja:

Learning and teaching methods:

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| <ul style="list-style-type: none"> • <i>predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • <i>seminarske vaje</i>: priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge, • <i>konzultacije</i>. | <ul style="list-style-type: none"> • <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving); • <i>tutorial</i>: preparation, presentation and a successful defence of a project/research paper, • <i>consultations</i>. |
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Načini ocenjevanja:

Delež (v %) Weight (in %)

Assessment:

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| <p>Načini:</p> <ul style="list-style-type: none"> • 100 % udeležba na predavanjih in vajah: priprava, predstavitev in zagovor projektne/raziskovalne naloge – 100 % ocene; • če študent ni 100 % udeležen na predavanjih in vajah: <ul style="list-style-type: none"> - izpit – 60 % ocene, - priprava, predstavitev in zagovor | <p>100 %</p> <p>ali / or</p> <p>60 %</p> <p>40 %</p> | <p>Types:</p> <ul style="list-style-type: none"> • 100 % attendance at lectures and tutorials: preparation, presentation and defence of project/research paper – 100 % of the grade; • if the students' attendance at lectures and tutorials is not 100%: <ul style="list-style-type: none"> - exam - 60% of the grade, - preparation, presentation and defense of the |
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| projektne/raziskovalne naloge – 40 % ocene. Ocenjevalna lestvica: ECTS. | | project/research paper – 40% of the grade. Grading scheme: ECTS. |
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