

**UNIVERSITY OF THESSALY**

**MSc Course “PSYCHOLOGY OF EXERCISE”**

**INFORMATION ABOUT THE MODULE**

1. **TITLE OF MODULE:** Exercise psychology in the elderly
2. **CODE OF MODULE:** 8
3. **MAIN LECTURER:** Zisi Vasiliki                      e-mail: vzisi@pe.uth.gr
4. **OTHER LECTURERS:**
5. **MODE OF TEACHING/CONDUCT:** Meetings, workshops, seminars labs
6. **IDENTIFICATION OF MODULE:** Module of the 3<sup>rd</sup> semester

**Key-words:**

aging, physical activity, exercise, quality of life, wellbeing, functional fitness, cognitive function, motivation

**7. AIM OF THE MODULE**

Students will acquire the necessary knowledge and competencies that will enable them to explain the motor behaviour of aged persons and to improve motor performance and functional fitness among them, promoting thus their quality of life. Special emphasis is placed on the psychological outcomes of exercise in the elderly and motivation for exercise is also concerned.

**8. LEARNING OUTCOMES**

At the end of this module students should:

- Understand the limitations that aged persons face in exercise physical activity and activities of everyday living, as well the mechanisms underlying these limitations.
- Understand the determinants of quality of life in the elderly, which provide a basis in the design of interventions targeting to the improvement of physical and mental health in advanced age.
- Understand the mechanisms of the positive effects of exercise on mental health in the elderly.
- Understand the barriers of older adults to exercise and be physically active and know how to intervene in order to promote their exercise behaviour.
- Be able to use pedometers, test batteries and paper and pencil tests to measure efficiently physical activity, physical performance and cognitive function in the elderly.

**9. TEACHING METHODS**

Labs, workshops, seminars,

**10. TIMETABLE & PLANNING**

A/A	Lecturer	Topic
1	Zisi Vasiliki	Introduction to aging and psychology of aging
2	Zisi Vasiliki	Physiological alterations, physical performance and physical fitness
3	Zisi Vasiliki	Methodological issues and individual differences in aging. Assessment of physical activity.
4.	Zisi Vasiliki	Health, fitness and well-being
5.	Zisi Vasiliki	Cognitive function and learning. Health, exercise and emotional function
6	Zisi Vasiliki	Seminar: Physical activity and mental health in the elderly: recent findings and research trends.

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**11. EVALUATION:**

- 1 Essay 50%
- 2 presentations of research 50%

**11. SUGGESTED HANDBOOKS**

- Birren, J.E. & Schaie, W.K. (2006). *Handbook of the Psychology of aging*, 6<sup>th</sup> ed. Burlington, MA: Elsevier Academic Press.
- Poon, L.W., Chodzko-Zajko, W., & Tomprowski, P.D. (2006). *Active living, cognitive functioning and aging*. Champaign, IL: Human Kinetics.
- Spirduso, W.W., Fransis, K.L., & MacRae, P.G. (2005). *Physical Dimensions of Aging*, 2<sup>nd</sup> ed. Champaign, IL: Human Kinetics.
- Whitbourne, S. K. (2002). *The aging individual: Physical and psychological perspectives*. New York: Springer