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1. : Psychology of physical activity in the elderly I
2. . / : 11
3. : e-mail: vzisi@pe.uth.gr
4. :
5. : 5 workshop
6. : μ μ

aging, physical activity, exercise, quality of life, wellbeing, cognitive function

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**9.**

workshop

**10.**

/	Lecturer	Topic
1	Zisi Vasiliki	
2	Zisi Vasiliki	μ , fitness
3	Zisi Vasiliki	μ μ .
4.	Zisi Vasiliki	, fitness
5.	Zisi Vasiliki	μ μ
6	Zisi Vasiliki	Workshop: μ : μ

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11. :
- (60%)
  - (40%)

11.  $\mu$
- 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.