



**Increase and development of manual skills and physical vitality of citizens  
of the European Union over 50 years**

## **Senior University Foundation University of A Coruña, Spain**

**INSTITUTION: Senior University , Foundation University of A Coruña, Spain**



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**Web page:**

<https://idemasapainspain.wordpress.com/>

**FB:**

<https://www.facebook.com/Universidade.Senior.Coruna/>

**YouTube:**

<https://www.youtube.com/user/seniorcoruna>



# Sport activities

## Description of activities:

- 1) Disciplines of simple execution, such as walking, swimming, cycling, rowing ... etc.
- 2) Disciplines dependent on the aerobic system.
- 3) Exercises of joint mobility or dynamic flexibility.
- 4) Muscle strength or toning exercises.
- 5) Coordination exercises, as essential element in any motor activity but also in daily live.





# Sport activities

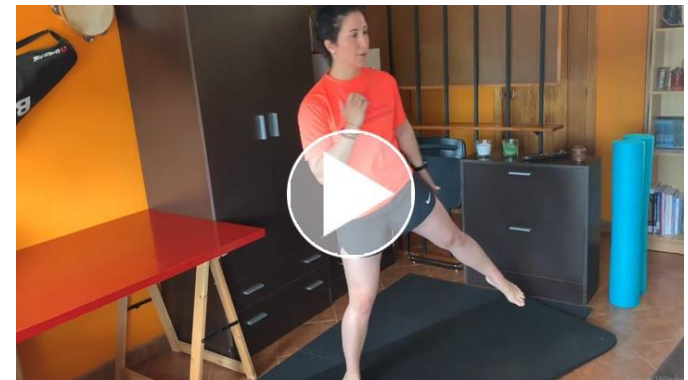
## Development:

Both in the A Coruña and Ferrol Campus, it was carried out through a weekly face-to-face one-hour class until March 2020.

From March 2020 to current time, the group activities for seniors students (including sport activities) were not allowed for health authorities due to the COVID pandemia. Because of it, the contact with the learners continued by ICT tools and the sport activities were developed through **video-tutorials**, opened to all senior students of our institution.

This videos were linked to the special website implemented for our senior students due the pandemic situation: <https://universidadesenior.org/>

Direct link to sport activities: <https://www.udc.gal/gl/covid-19/actividades-en-lina/#deportes>



# Experience and best practice



Why Are Sport Activities Important For The Elderly?

- 1) To maintain health and prevent diseases, physical and psychological (ex. Dementias)
- 2) To keep a positive relationship with the natural and the social environments
- 3) To improve the quality of life

What are the advantages and disadvantages of sport activities for the elderly?

Advantages:

- 1) Improves self-esteem
- 2) Promotes social interaction
- 3) Improves the general health-condition and life expectancy

Disadvantages:

- 1) Danger of injuries when the activities are not correctly monitored
- 2) Loose motivation in case the level of the activities is too high

# Experience and best practice



What are my personal experiences of sport activities for elders?

- 1) Improves their psychological wellbeing
- 2) The social aspect of the activity is very important to keep them engaged.
- 3) There is no age limit!

What are my recommendations for sport activities lecturers for the elderly?

- 1) An objective of the activities should be the enjoyment and wellbeing of participants to motivate them to practice frequently
- 2) Plan the activities considering the possible health problems and limitations of the participants
- 3) Include strength, aerobics and flexibility

What are my recommendations for elderly in sport activities?

- 1) Choose an activity that you enjoy
- 2) Train on a regular base
- 3) Find a friend to exercise with



# Photo gallery – main activities – sport



# Photo gallery – main activities – sport





# Photo gallery – main activities – sport



# Next step ... A Coruña

## IDEMASAP 50+ Final Meeting

<https://seniorgames2021.sport.blog/>



# Next step ... A Coruña



- <https://youtu.be/5rnafe8kntA>





# Thank you