



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

# Uniwersytet Trzeciego Wieku Lubsko Poland



# TEMPLATE

## Organisation:

Uniwersytet Trzeciego Wieku in Lubsko

## Lector:

Agnieszka Lech, agnieszkalech@op.pl, +48 579 699 999

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## Workshop group:

Jan Rotkis, Bożena Manik, Barbara Kuźma, Maria Majorczyk, Zofia Głogowska, Dorota Marusiak, Edward Marusiak, Helena Komornicka, Sabina Ciężkowska, Teresa Wysoczańska, Alicja Janaszkiwicz, Sabina Huryn (12)

## Time and date of study program:

Every Tuesday from 15.30 do 17.00 - Mirosław Sawicki

From 8th March to 24th May (total 20 hours/10 meetings)



# Sport activities

## Description of activities:

### - 1 - BOCCIA

Boccia comes from the traditional game in Italy known as Bocce and in France known as Boule or Petanque.

The adapted boccia is played on a 12.5 mx 6 m playing court. The equipment is made of small leather balls (now rather plastic ones) - six red, six blue and one white ball. The balls are filled with special granules, which makes them easier to grip. The object of the game is to throw the white ball (called "Jack") into the playing court and then place as many balls of the same color as possible in its immediate vicinity. The starting player throws the white ball into the court and throws his ball as close to the white as possible. Then the opponent plays. Then the player of that team whose ball is farther from the opponent's ball in relation to the cue ball is thrown. When throwing balls, players may move the balls in play, smash already set balls, trying to place as many balls of their color next to the white ball as possible. After all the balls have been thrown onto the field of play, the round ends and the referee announces the result, which is the sum of the number of balls of one color, closest to the white ball. The match ends after four or six rounds are announced. It seems complicated at first, but in practice, one short game is enough for the rules to be clear to everyone.



# Sport activities

## Description of activities:

### - 1 - BOCCIA

Boccia is a very safe type of sport. Thanks to the advantages of this game, it found its way to the Paralympic sport. It is then addressed to people with the most severe motor dysfunctions. Why? Firstly, because the game equipment, i.e. the balls, are quite light - they weigh about 280 grams and most importantly, they are flexible, easy to grip and do not roll as easily as metal or plastic balls for non-disabled people. Finally, there are solutions in the rules of the game that adapt the game for people with four-legged shocks: the ball may be thrown onto the pitch by throwing, kicking or throwing with the aid of assistive equipment. Players can take part in the game standing or sitting (wheelchair, chair). It is possible to participate an assistant helping players who need help. Thanks to these solutions, Boccia is a game available to almost everyone. Add to this the emotions accompanying it and the fact that it is a game that encourages thinking, tactical planning of the game and attempts to predict the opponent's moves, and as a result we get the ideal of the Paralympic sport and at the same time an excellent integration game.



# Sport activities

## Description of activities:

### - 2 - BOWLING

Bowling is a type of game with balls that knock down elements (pins). There are two types of this game: classic bowling and bowling. Contrary to the misleading nomenclature, it is the latter that is very popular all over the world. Bowling is primarily a great form of entertainment in a friendly circle - a combination of movement and fun. Bowling in the traditional sense (classic bowling) consists of nine elements to smash and a ball without holes. In turn, in bowling you hit ten pins with a ball with three holes for fingers, where the pins are arranged in a triangle. The game is played over ten rounds, with each round with up to two kicks from each player. The number of points scored is indicated by the number of pins knocked, unless a strike or a spare occurs.



# Sport activities

## Description of activities:

### - 3 - TOURISM

There are many definitions of active tourism in the scientific literature. The combination of cognitive values with sports activity is the shortest and easiest way to define the term "active tourism". It is a sport, the main aim of which is to give pleasure from dynamically spent free time. Other definitions present active tourism not only as an active recreation, but primarily as the development of the body and mind and work on improving one's personality through sport and exploring the surrounding world.

The concept of active tourism includes individual tourism and tourism in small groups of several or a dozen or so people. Active tourism can be practiced not only in the countryside, but also in the city. An example may be a bicycle trip taking into account the most interesting architectural features of the city or a hiking trip in the green areas of the city, such as parks or the surrounding forests or primeval forests. Physical activity is a natural human need, extremely important for people of all ages. In larger cities, there are many places for people who prefer an active lifestyle. Good conditions for hiking, cycling and water tourism appear more and more often.

A healthy lifestyle allows people to avoid many diseases, and this risk is reduced through healthy eating, avoiding stress, stimulants and physical activity. Living in accordance with the principles of a healthy lifestyle means engaging in such forms of activity that also include human mental development, an excellent example of which is active tourism.

A healthy lifestyle has been greatly promoted by the media and institutions in recent years. It is more difficult for middle-aged and elderly people to change their lifestyle and get rid of bad habits that are unfavorable to health. Nevertheless, tourism can turn out to be an excellent example of a sport in which everyone, even the most demanding seniors, will find their way.



# Sport activities

## Description of activities:

### - 3 - TOURISM

Physical activity as an element of a healthy lifestyle is essential for every human being, because it helps to prevent civilization diseases and is a way to get pleasure, improves well-being, and helps ensure a high quality of life for many years. In today's world, you can observe a very dangerous phenomenon, which is hypokinesia. It is a term that defines the disproportions between the increasing load on the nervous system and the simultaneous decrease in the activation of the locomotor system. Hypokinesia is considered a negative civilization phenomenon. Active tourism can help to minimize the phenomenon of hypokinesia. Practicing it reduces the tension of the nervous system, but requires proper involvement of the human motor system.

Practicing active tourism is very important for proper human development. Civilization transformations have a negative impact on the nervous system and contribute to the reduction of physical activity in the society. By adding improper nutrition, insufficient sleep a day and contamination of the environment with pollutants, we can observe the phenomenon of deteriorating health of the society. One of the ways to strengthen psychophysical efficiency is active tourism, which is a pleasant and interesting form of physical activity based on learning about the world.

Active tourism helps to prevent civilization diseases. Moreover, activity related to tourism has a positive effect on the acquisition of knowledge, positive interpersonal relations, and better behavior and social skills. What's more, involvement in tourism will allow you to develop healthy habits related to regular physical activity. Scientists note that thanks to tourism and the resulting activity, people:

- reduce addictions,
- their negative attitude towards the world decreases,
- negative emotions decrease,
- aggressive behavior decreases.

# Experience and best practice



## Why Are Sport Activities Important For The Elderly?

The list of scientifically proven benefits of a healthy and active lifestyle is very long. Limiting ourselves to the most important ones, it can be mentioned that:

1. reduces the risk of cardiovascular diseases,
2. stops and delays the development of arterial hypertension,
3. reduces the risk of obesity,
4. allows to maintain metabolic functions,
5. helps to prevent type 2 diabetes.
6. physical activity also reduces the incidence of certain types of cancer, such as breast, prostate and colon cancer.

Better bone mineralization at a young age contributes to the prevention of osteoporosis and fractures in old age. But playing sports or exercising is not only beneficial, preventing various serious diseases. We cannot forget that it affects the quality of our daily life. It is worth realizing that activity allows you to maintain and improve muscle strength and endurance, resulting in better possibilities of performing daily activities. Another added value of physical activity is the lower level of stress and the associated better quality of sleep. It should also be added that thanks to being active, we have a better self-image and self-esteem, as well as greater enthusiasm and optimism.



# Experience and best practice



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

## Advantages:

- 1) reduces the risk of cardiovascular diseases,
- 2) stops and delays the development of arterial hypertension,
- 3) reduces the risk of obesity,
- 4) allows to maintain metabolic functions,
- 5) helps to prevent type 2 diabetes.
- 6) physical activity also reduces the incidence of certain types of cancer, such as breast, prostate and colon cancer.

## Disadvantages:

- 1) some kinds of sports may turn out to be dangerous for the Elderly

# Experience and best practice



What are my personal experiences of sport activities for Elders?

- 1) I noticed great involvement of students in sports activities
- 2) despite their age, students show great persistence
- 3) Students systematically participate in activities that have become their passion and plan to continue them after the end of the project

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

- 1) a lot of smile and kindness
- 2) individual recognition of the psychophysical abilities of each Senior
- 3) have a great deal of understanding

What are my recommendations for Elderly in sport activities?

- 1) regular training
- 2) being patient
- 3) making attempts to overcome current barriers

# Photo gallery – main activities – sport





# Photo gallery – main activities – sport



# Film gallery – main activities – sport





# Thank you