



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

24th June 2021

09.00 – 12.00 Sport activities

Program:

09.00 – 12.00

**10 minutes Power Point (or Prezi) presentation about work shops (each country) + 5
minutes discussion**

11.30 – 12.00

Discussion

Why should a child play sport???



- stress away and gives positive thinking
- helps prevent headaches
- the brain is oxygenated
- prevents overweight
- psych hygiene at school
- helps make new friends
- builds a team spirit in the child



Why should a young people play sport???

- improve their condition and health
- they look better and feel better
- they will learn teamwork
- they will learn patience and perseverance
- meet many positive mentors
- improve leadership skills
- they will learn to organize their time
- they are highly motivated and more resistant to alcohol or drugs

...and...

Why should a old people (seniors) play sport???



- arteriosclerosis (hardening of the arteries) and narrowing of the arteries
- high cholesterol and high blood sugar (diabetes)
- osteoporosis

What kind of sports activities are suitable for seniors

(source: research senior day centres – Bratislava, Petržalka – feb 2021)



Sport	percentage
Cycling	44,90 %
Nordic walking	42,30 %
Walking	38,50 %
Swimming	33,30 %
Yoga	25,60 %
Zumba	19,20 %
Pilates	16,70 %
Dance	12,80 %
Bowling	10,30 %
Aerobic	6,40 %
AquaAerobic	3,38 %



TEMPLATE

Organisation:

Technical university in Zvolen, Slovakia

University of the Third Age in Zvolen

Lector:

AquaAerobic – Karin Baisova, baisova@tuzvo.sk, +421 903 680 880

Zuzana Nicsakova, niscakova.zuzana@gmail.com, +421 905 380 634

Zumba GOLD, Nordic walking (new – june 2021) – Zuzana Nicsakova

Sport shop group:

Mr. Bakic, Mr. Mochnacky, Mr. Slovak, Mr. Polas, Mrs. Ruskova, Mrs. Benicka, Mr. Olostiak, Mr. Dobrocky, Mrs. Michalcova, Mrs. Primusova, Mrs. Cunderlikova, Mrs. Ukropova (12)

Time and date of study program:

Sport - Every Wednesday from 7,30 do 9,00 – Sport hall – Institute of sport at TUZVO

Zumba GOLD – Every Tuesday from 9,00 – 10,00 – Sport hall

AquaAerobic – Every Thursday from 11,30 – 12,30 – City swimming pool

Nordic walking (new) – 29. june 2021 – 2 courses (2 x 10 people) – 1 course – 2 hours

Sport activities



Description of activities:

1) *Sport*

Strengthening, fitness, overballs, light aerobics, stretching and compensatory exercises, orbiter, exercise bike.

With professional lector – Mrs. Karin Baisova (more than 10 years experience with seniors education in sport)

2) *ZUMBA GOLD*

Choreography that focuses on balance, range of motion and coordination.

focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

With professional lector – Mrs. Zuzana Nicsakova (more than 30 years experience with „Aerobic“ and she is „Official ZUMBA instructor“ from 2010 – „Zumba instructor network“)

3) *AquaAerobic*

Aqua aerobics is a fitness exercise with music, and as the name suggests, it is practiced in water. It benefits mainly the cardiovascular and respiratory system and, of course, the musculoskeletal system. Aerobics in water is based on classic aerobics.

With professional lector – Mrs. Zuzana Nicsakova

4) *Nordic walking*

Very suitable for: Back pain, cancer prevention and treatment, cardiovascular system, depression, lymphatic system, neurological diseases, obesity.

With professional lector – Mrs. Zuzana Nicsakova - official certified lector – Slovak Nordic Walking Association



Experience and best practice

Why Are Sport Activities Important For The Elderly? (max. 3)

- 1) condition and health
- 2) feel better
- 3) mental balance

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

Advantages:

- 1) heart power
- 2) lung performance
- 3) digestion

Disadvantages:

- 1) Not sport with - sudden changes of direction - sprint, squash, basketball
- 2) Not lifting heavy things - gym a large weight
- 3) Not sports when altitude and climate change



Experience and best practice

What are my personal experiences of sport activities for elders?

- 1) be patient
- 2) have a sporting spirit
- 3) do not be afraid of new challenges

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

- 1) be on time
- 2) accept the health problems of the other
- 3) to participate is more important than placement

What are my recommendations for elderly in sport activities?

- 1) to organize more sports activities
- 2) to organize regional and national sport event
- 3) to cooperate with seniors N.G.O. and other organisations

Other interesting information:

- 1) Every sport activity must have clear rules.
- 2) Seniors care about every point

Photo gallery – main activities – sport

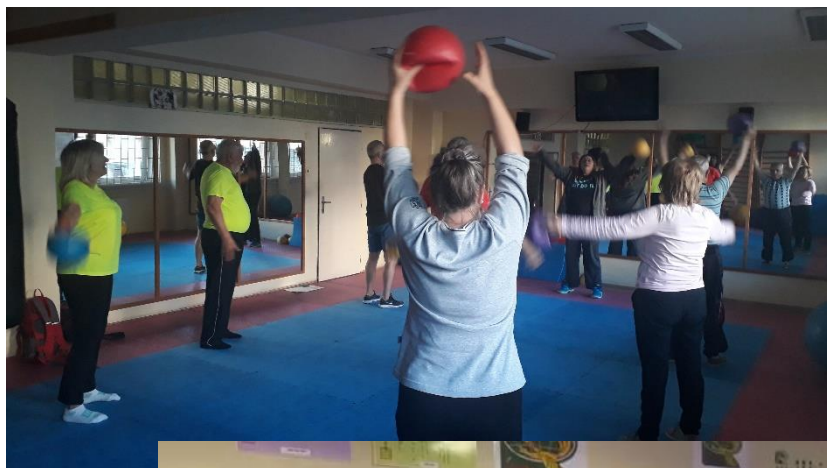


Photo gallery – sport - AquaAerobic



Photo gallery – sport – ZUMBA Gold



inside
outside

The sustainability of the project for University of the Third Age in Zvolen



The activities before project:

1/ Sport study program „Sport for health“

Easy strengthening, fitness, exercises on fit balls, exercises with overballs, exercises with expanders, exercises with music, light aerobics, stretching and compensatory exercises, orbiter, exercise bike.

The pilot activities during project:

1/ Sport - regularly during the project

2/ ZUMBA GOLD - regularly during the project

3/ AquaAerobic - regularly during the project

4/ Nordic walking – new – only 2 times

The activities after project:

1/ Sport for health (max. 12 people)

2/ ZUMBA GOLD (max. 100-120 people)

3/ AquaAerobic (max. 45 people)

4/ Nordic walking (max. 12 people)



Thank you