

**Update Learn & Plan
Physical Activity Programme
for Older Adults**



www.eunaapa.org

**EUNAAPA
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HOW TO REGISTER

Please download the Registration form at

[http://www.eunaapa.org/Activities/
Summer_School/
Registration_Summer_School/](http://www.eunaapa.org/Activities/Summer_School/Registration_Summer_School/)

and follow the instructions.

DEADLINE: 19th of June



CONTACT US

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MORE INFO

http://www.eunaapa.org/Activities/Summer_School/



**Update Learn & Plan
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**1st
SUMMER SCHOOL
on PHYSICAL ACTIVITY and AGEING**

26th—29th JUNE, 2014



Location

School of Exercise and Sport Science
Università degli Studi di Verona
Via Felice Casorati, 43
37131 VERONA
ITALY



Main Organizer
Università degli Studi di Verona
Dipartimento di Scienze Neurologiche
e del Movimento
School of Exercise and Sport Science

*Supported by DG SANCO
Organized by CHAFAE*



INTRODUCTION

The EUNAAPA network has successfully applied for an operating grant of DG SANCO in 2014. With this grant EUNAAPA, in concurrence with its roadmap 2011-2015, aims to reach the following objectives: **educate and enhance awareness in medical professionals and support strategies to disseminate and exchange knowledge and expertise on physical activity programme for old people with and without chronic diseases, on EU, national and regional level.** As a part of this grant, EUNAAPA organizes the 1st Summer School on Physical Activity and Aging.

WHEN & WHERE

From the Thursday the 26th to Sunday the 29th of June 2014

At the School of Exercise and Sport Science of the Università degli Studi di Verona, Verona, in Italy.

FOR WHOM

It is designed for **medical doctors, health professionals and experts in adapted physical activity (APA)**, engaged in enhancing the quality of life of old people through **physical activity promotion.**

WHY

A global framework on Physical Activity (PA) for old people addressed to:

1. Have an **update** on new evidence based
2. Work with **International experts**
3. **Share** professional **expertise** on PA programmes or projects
4. **Build** new professional **networks** on a local and international level
5. **Create new strategies for interventions** at different levels, in different sectors, institutions and countries
6. **Identify educational programme** to be developed by different professionals

EXTRACURRICULUM ACTIVITIES

- ⇒ **Opera in Arena, AIDA** on the Saturday the 28th
- ⇒ **Social Dinner** with traditional Italian food on Friday the 27th
- ⇒ **Verona city walk**

PROGRAMME

The Summer School begins on Thursday at 08.00 hrs and ends on Sunday at 13.30.

MAIN TOPICS

- Relevant topic for PA in ageing (e.g. risk of falls, balance, functional approach, aerobic conditioning)
- **PA Efficacy** for older population with different chronic diseases:
 - ⇒ **Functional diseases: Diabetes, Chronic Obstructive Pulmonary disease, Cardiovascular disease**
 - ⇒ **Neurological diseases: Stroke, Parkinson and Alzheimer**
- **Behavioural and motivational** aspects to be considered
- How to **plan and develop** a successful programme in your country? How to include all steps?
- How to **implement** a successful model for PA?

METHODOLGY

Each topic will be approached using synergic methods:

1. **theoretical and main lectures** for a clinical/ scientific frame
2. **practical workshops** to give to participants many contents, tools, examples of each topic, in order to enforce a high quality operational instrument necessary to develop local initiatives;
3. **round table discussion** to share ideas came to light

FEES: 250,00 €

Fee includes: lunches, coffee breaks, social dinner, materials presented during the course, kit for participants

These costs have been lowered by a EU grant from DG SANCO.

MORE INFO

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