



<b>Course Code</b> SPSC-111	<b>Course Title</b> Aging, Gender & Sports	<b>ECTS</b> 6
<b>Department</b> Sports Science	<b>Semester</b> Spring or Fall	<b>Prerequisites</b> SPSC-105; SPSC-106
<b>Type of Course</b> Elective	<b>Field</b> Sports Medicine	<b>Language of Instruction</b> Greek
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 2 <sup>nd</sup> -4 <sup>th</sup>	<b>Lecturer</b> Dr Giannaki Christophoros
<b>Mode of Delivery</b> face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None
<b>Recommended Optional Programme Components:</b> N/A		

**Objectives of the Course:**

This course is designed to assist the students in developing an understanding of the complex physiological changes that accompany aging and the appreciation of the functional consequences of these changes for subsequent behavior. Emphasis will be given on the evaluation of changes of the cardiopulmonary system, muscular strength and endurance, balance, posture, and locomotion. For all systems, the effect of physical activity on age-related changes will be discussed.

**Learning Outcomes:**

- After completion of this course the students should be able to:
1. Discuss physiological, biological, and sociological theories on aging.
  2. Describe the major statistical methods for the study of aging.
  3. Explain the difference between primary and secondary aging.
  4. Outline the concept of individual differences and its consequences for measuring biological age.
  5. Describe cardiovascular, pulmonary, and musculoskeletal changes with advancing age and discuss the impact of physical activity on these changes.
  6. Summarize age related changes in balance, locomotion, and posture that account for the increased risk of falls and illustrate the importance of physical activity on fall risk prevention.
  7. Understand the importance of functional fitness testing and administer and interpret age appropriate functional fitness assessments.
  8. Define the relationship between physical and psychological health and successful aging.

**Course Contents:**

1. Biological, physiological, and social aging theories.
2. Longitudinal versus cross-sectional research design for aging studies.
3. Models for the measurement of biological age.
4. Cardiovascular and pulmonary changes with age.
5. Muscular strength and endurance changes with age.
6. Balance, posture and locomotion.
7. Functional fitness assessments.
8. Health, fitness, and well-being.
9. Physical functioning of the old and oldest-old.
10. Job performance and the older worker.
11. The physically elite older adults.

**Learning Activities and Teaching Methods:**

Lectures and discussions

**Assessment Methods:**

Midterm examination, Final examination, mini-review, Attendance & Participation .

**Required Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Waneen Wyrick Spirduso, Karen L. Francis, Priscilla G. MacRae	<i>Physical Dimensions of Aging</i>	Human Kinetic Publisher: Champaign, IL.	2005	0736033157
Dr. Terry Eguaoje	<i>Bridging the Gender Gap in Sports Leadership</i>	Tate Publishing & Enterprises, L.L.C.	2008	9781606049129

**Recommended Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Jahial Parmly Paret	<i>The Woman's Book Of Sports: A Practical Guide To Physical Development And Outdoor Recreation</i>	Kessinger Publishing, LLC	2008	1437347568