



1st



EUNAAPA
EUROPEAN NETWORK FOR ACTION
ON AGEING AND PHYSICAL ACTIVITY

SUMMER SCHOOL on PHYSICAL ACTIVITY and AGEING

26th—29th JUNE 2014

DAY 1 - Thursday, June 26th

8,00 – 8,30	Registration
8,30 – 9,00	Presentation of EUNAAPA framework and Steering Committee
9,00 – 10,00	<u>L.</u> «A little chaos per day, keeps the doctor away» <i>Nico Van Meeteren</i>
10,00 – 11,00	Presentation of Training Curriculum <i>Nina Waaler and Elisabeth Rydwick</i>
11,00 – 11,30	Coffee Break
11,30 – 12,45	<u>L.</u> «Relevant topic for physical activity in ageing: a) risk of falls, b) aerobic conditioning» <i>a) Ellen Freiberger, b) Federico Schena</i>
12,45 – 14,00	Lunch
14,00 – 16,30	<u>L.</u> «Relevant topic for physical activity in ageing: a) balance–measurement and exercise, b) functional approach» <i>a) Elisabeth Rydwick, b) Nico Van Meeteren</i>
16,30 – 18,30	<u>P.</u> Prospective challenges on Physical Activity and Aging. Introduction of participants and sharing of backgrounds. <i>Chaired by EUNAAPA Steering Committee</i>



DAY 2 - Friday, June 27th

8,30 – 8,45	Introduction of Daily Programme: Physical Activity efficacy for older population with different chronic diseases
8,45 – 12,00	L. Clinical history of FUNCTIONAL diseases and updated evidence on PA related changes. W. Position stand and physical activity programs.
Coffee break 10,30 – 11,00	Functional diseases: a) Diabetes b) Chronic obstructive pulmonary disease c) Cardiovascular disease
12,00 – 13,00	D. «How to implement a physical activity program for Functional diseases? » <i>Experts on specific disease</i>
13,00 – 14,00	Lunch
14,00 – 17,30	L. Clinical history of NEUROLOGICAL diseases and updated evidence on PA related changes. W. Position stand and physical activity programs.
Coffee break 16,00 – 16,30	Neurological diseases: a) Stroke b) Parkinson c) Alzheimer
17,30 – 18,30	D. «How to implement a physical activity program for Neurological diseases? » <i>Experts on specific disease</i>
20,00	Social dinner



DAY 3 - Saturday, June 28th

- 8,30 – 9,30 **L.** «Behavioral aspects to consider when working with an aging and disabled population: how to motivate? »
Erwin Tak
- 9,30 – 11,00 **L.** How to implement a successful model for PA in aged population: lesson from the CCAA (part I)
Clara Fitzgerald
- 11,00 – 11,30 **Coffee Break**
- 11,30 – 12,30 **L.** How to plan and develop a successful programme in your country?
How to include all steps?
Hints from European countries on different perspectives and approaches:
a) Fitness perspective
b) Social perspective
c) Medical perspective
d) Functional perspective
a) Christophe Delecluse, b) Nina Waaler, c) Federico Schena, d) Erwin Tak
- 12,30 – 13,30 **Lunch**
- 13,30 – 14,45 **L.** How to implement a successful model for PA in aged population: lesson from the CCAA (part I)
Clara Fitzgerald
- 14,45 – 17,00 **W.** Working groups to plan a targeted training course





DAY 4 - Sunday, June 29th

9,00 – 11,00	P. Each professional group presents the draft of the training course
11,00 – 11,30	Coffee Break
11,30 – 13,00	D. Discussion and evaluation of 1 st EUNAAPA Summer School <i>Christophe Delecluse and Nina Waaler</i>
13,00 – 13,30	Keep in touch: website, newsletter, social networks <i>Erwin Tak</i>
13,30	CLOSING REMARKS <i>Federico Schena</i>

EUNAAPA STAFF

CHAIR

Nico van Meeteren

STEERING COMMITTEE

Christophe Delecluse

Ellen Freiberger

Elisabeth Rydwik

Federico Schena

Erwin Tak

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Methodology legend

D.= round table Discussion

L.= Lecture

P.= Plenary session

W.= Workshop

Update Learn & Plan
Physical Activity Programme
for Old People

