

## PHYSICAL AND REHABILITATION MEDICINE

*[in 8059413 ROLE OF PHYSICAL ACTIVITY IN HEALTH PROMOTION]*

**Course ID:** MED/34

**ECTS:** 4

**2<sup>nd</sup> Year:** 1<sup>st</sup> semester

**Teacher:** PROF. CASSARINO Salvatore

### **Program:**

Benefits of low intensity aerobic exercise in health elderly people.

Effect of aerobic exercise on microcirculatory function.

Effects of low intensity aerobic exercise on the autonomic nervous modulation in older people-  
postural control in elderly people.

Falls prevention in elderly people, multidisciplinary strategies.

Effects of Tai Chi Chuan exercise on mood, sleep, balance, gait, falls, fear of falls.

Effects of physical activity in people with Parkinson disease, multiple sclerosis and Fybromialgia.

Effects of Tai Chi Chuan in children with ADHD.

### **Textbooks:**

E. Cristhou at al Taiji training improves knee extensor strength on force control in older adults. J. Gerontology medical science 2001 Vol 58 N° 8 763-66

N. Kurtner at al Self-report benefits of Tai Chi practice by older adults J. Gerontology B. Psychologic. Sci. Soc.; 1997; 52: 242-6

F. Iellamo Neural control of the cardiovascular system during exercise Ital. Heart J. 2001; 2 (3); 200-12

J. Fletcher et al. statement on exercise; benefits and recommendations for physical activity programs for all American people, Circulation 1996; 94, 857-62

N. Alexander Postural control in older adults J. Am. Geriatric. Soc. 1994; 42; 93-108

S. Arent at al. The effects of exercise on mood in older adults; a meta-analytic review J. Aging Physical Activity 2000; 407-30

C. Lan at al. Cardiorespiratory function, flexibility and body composition among geriatric Tai Chi practitioners Arch. Physical and Medicine Rehabilitation. 1996; 77, 612-6

F.Li at al Tai Chi; improving functional balance and predicting subsequent falls in older persons Medicine& Science in Sports & Exercise. 2004; Vol. 36 2046-52

W. Tsang Tai Chi improves standing balance control postural under reduced or conflicting sensory conditions Arch. Physical Medicine and Rehabilitation. 2004; Vol. 85; 295-300

**Exam method:** oral examination