



Tercera Edad Actividad Fisica Y Salud

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Tercera Edad Actividad Física Y Salud:

TERCERA EDAD. Actividad física y salud Pilar Pont Geis, 2008-03-13 La actividad física para la tercera edad es un tema relevante incluso estratégico tanto desde el punto de vista personal e individual como desde una visión global de la sociedad. Así el hecho de que una persona adulta se planteé iniciar, continuar o potenciar una actividad física puede suponerle por una parte un cambio sustancial en su vida interior ya que le ayudará a aumentar su equilibrio personal, mejorar su estado de ánimo y su salud, potenciar sus reflejos y proporcionarle una agilidad que podrá tener estancada o mermada y en definitiva mejorar su calidad de vida. Así este libro supone una aportación decisiva en el campo de la actividad física para la tercera edad que parte de una experiencia consolidada a lo largo de los últimos años y que puede sin duda contribuir a potenciar el papel de la tercera edad dentro de la sociedad mejorando a la vez la calidad de vida individual. El contenido de este libro consta de dos partes generales: una primera parte basada en conocimientos y aspectos técnicos y una segunda parte en la que se desarrollan los contenidos de forma práctica. En cuanto a la teoría se desarrolla el tema de la tercera edad desde diferentes vertientes: un estudio de todos aquellos aspectos físicos, psicológicos y socio afectivos que caracterizan a estas personas; la alimentación; la necesidad de la práctica de la actividad física, etc. Asimismo se detallan aquellos elementos que intervienen para llevar a cabo un programa o sea aquellos aspectos metodológicos que todo profesional de la actividad física debe conocer. Por último en la segunda parte se desarrollan las actividades agrupadas por su forma y por los objetivos que se pretenden conseguir. La autora Pilar Pont Geis, licenciada en Pedagogía y en Educación Física, desde hace 10 años compagina la docencia en Secundaria con la dirección técnica de la Asociación Deportiva Sarri San Gervasio en lo que se refiere a las actividades físicas para la tercera edad dirigiendo e impartiendo cursos de especialización y perfeccionamiento. Movimiento y Tercera Edad, 2009. **Salud y bienestar del adulto mayor en la ciudad de México**, 2005. **Tercera edad, actividad física y salud** Pilar Pont Geis, 1997. **Tercera edad** Pilar Pont Geis, 2012-07-11 La actividad física para la tercera edad es un tema relevante incluso estratégico tanto desde el punto de vista personal e individual como desde una visión global de la sociedad. Así el hecho de que una persona adulta se planteé iniciar, continuar o potenciar una actividad física puede suponerle por una parte un cambio sustancial en su vida interior ya que le ayudará a aumentar su equilibrio personal, mejorar su estado de ánimo y su salud, potenciar sus reflejos y proporcionarle una agilidad que podrá tener estancada o mermada y en definitiva mejorar su calidad de vida. Así este libro supone una aportación decisiva en el campo de la actividad física para la tercera edad que parte de una experiencia consolidada a lo largo de los últimos años y que puede sin duda contribuir a potenciar el papel de la tercera edad dentro de la sociedad mejorando a la vez la calidad de vida individual. El contenido de este libro consta de dos partes generales: una primera parte basada en conocimientos y aspectos técnicos y una segunda parte en la que se desarrollan los contenidos de forma práctica. En cuanto a la teoría se desarrolla el tema de la tercera edad desde diferentes vertientes: un estudio de todos aquellos aspectos físicos, psicológicos y socio afectivos que caracterizan a estas personas; la alimentación; la

necesidad de la práctica de la actividad física etc Asimismo se detallan aquellos elementos que intervienen para llevar a cabo un programa o sea aquellos aspectos metodológicos que todo profesional de la actividad física debe conocer Por último en la segunda parte se desarrollan las actividades agrupadas por su forma y por los objetivos que se pretenden conseguir

El tiempo de nuestra dicha Ileana Cabrera, 2004 Actividad física para colectivos especiales y tercera edad Darío Salguero García, Gema Sánchez Granados, Miguel Ángel Araque Martínez, Julián Alberto Manrique Martínez, 2021-03-11 El principal fundamento del libro es dar algunas pinceladas sobre algunas patologías donde el ejercicio físico puede ser una herramienta fundamental para frenar o revertir la evolución de la enfermedad Para ello es fundamental que el educador físico conozca los recursos didácticos y la metodología de trabajo a aplicar en cada una de ellas realizando las oportunas adaptaciones en función de las circunstancias personales Por otro lado en el libro también se aborda como segundo pilar de contenidos la justificación biológica y psicosocial del ejercicio físico en personas mayores a las que debemos nuestra existencia y que deben ser atendidas como justamente se merecen para lo que se necesita una formación especializada Evidentemente los avances biomédicos han favorecido prolongar la vida pero esta no se debe medir solo en el número de años vividos sino en la cantidad de tiempo que se viva en buenas condiciones de salud esperanza de vida libre de enfermedad Concretar dirigir y dinamizar actividades físicas a colectivos especiales y tercera edad a partir de la determinación de sus características y necesidades específicas y aplicar si es necesario técnicas de primeros auxilios en el desarrollo de las mismas

Cardiología en el deporte : revisión de casos clínicos J.R. Serra Grima, 1998-04-01 **Ejercicios de motricidad y memoria para personas mayores (Color)** Maite Carroggio Rubí, Pilar Pont Geis, 2011-07-18 En las personas mayores la práctica de un programa de ejercicio físico combinado con un trabajo de memoria ayuda a prevenir y mejorar déficits en los aspectos cognitivos En este libro se presentan 111 ejercicios de estimulación de la memoria para trabajar en el aula y 155 ejercicios corporales de estimulación de la memoria en movimiento Los ejercicios se agrupan según la estrategia utilizada asociaciones secuenciaciones actividades sensoriales repeticiones representaciones combinaciones atención y observación lenguaje relajaciones visualizaciones percepción espacial y temporal y el tipo de memoria implicada sensorial a corto plazo y a largo plazo Pilar Pont es doctora en Ciencias de la Actividad Física y especialista en tercera edad es autora de Tercera edad Actividad física y salud y coautora de Mantenerse en forma de mayor y Movimiento creativo con personas mayores Maite Carroggio es especialista en tercera edad y coautora de Mantenerse en forma de mayor Todos estos libros han sido publicados por Paidotribo

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