

PHYSICAL AND REHABILITATION MEDICINE

[in ROLE OF PHYSICAL ACTIVITY IN HEALTH PROMOTION]

Course ID: MED/34

ECTS: 4

2nd Year: 1st semester

Teacher: PROF. CASSARINO Salvatore

Objectives: Provide the student with all those practical and theoretical tools and skills to allow the greatest possible understanding of the usefulness of physical activity in health promotion and disease prevention by defeating the sedentary lifestyle responsible according to WHO of 2 million deaths a year.

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 Fibromyalgia;

Effects of Tai Chi Chuan in children with ADHD

Textbooks:

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

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

F. Li et 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

Z.M Ossowsky, W Skrobot, P. Ashchenbrenner, VJ Cesnaitiene, M. Smaruj, Effect of short-term Nordic Walking training on sarcopenia-related parameters in women with low bone mass: a preliminary study, Clinical Intervention in Aging 2016: 11 (1763-177)

M. G. Giganti, I. Tresoldi, R. Sorge, G. Melchiorri, T. Triossi, L. Masuelli, P. Lido, L. Albonici, C. Foti, A. Modesti, R. Bei, Physical exercise modulates the level of serum MMP-2 and MMP-9 in patients with breast cancer, Oncology letters 2016 12; 2119-2126

K. BO Urinary Incontinence, Pelvi floor dysfunction, exercise and Sport Med 2004: 34 (7) 451-464.

Exam method: oral exam