



SActAge

Training Modules

*Guidelines &
Practices*



a project by



INSTYTUT
ROZWOJU
SPORTU
I EDUKACJI



PROMOTING ACTIVE AGING THROUGH SPORT

SActAge TRAINING MODULE



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About the SActAge project

“Sport for Active Aging (SActAge)” project was a small collaborative partnership in the field of sport co-funded by the framework of the Erasmus Plus Programme of the European Union. The project reference was 623102-EPP-1-2020-1-IT-SPO-SSCP. The period of implementation was 2021-2022.

This chapter provides a brief overview of the project.

Purpose

The project SActAge intended to promote active aging through sport. In particular the objectives of the project were:

1. Develop tools and strategies to effectively sensitize elderly people to the benefits of sports. The obstacles that prevent elderly people from practicing sports can be psychological, cultural, and structural. There are several strategies and activities that can break the wall of distrust, and help the elderly to practice sport activities, thus contributing to their physical, mental and social well-being.
2. Develop instruments and strategies to promote sport activities for elderly people in a domestic environment.
Often elderly people are forced to stay in the house for different reasons. They can still practice physical activities at home, the important thing is that this happens in a safe way. It is interesting to develop knowledge and motivation since those activities can be practiced in a domestic environment. It is also useful to develop digital skills that allow the elderly to take advantage of video tutorials of the sport exercises, group lessons in video conferences, etc.
3. Develop tools and strategies to promote outdoor sports practices, also by combining the enhancement of the territory.
Combining sport and nature not only maximizes the benefits for the mind and the body but also allows older people to enjoy the city's environmental, cultural and historical heritage. The aspects that make outdoor practice and sports activity particularly important is the relationship with the natural environment; the type of sports that can be practiced, such as trekking (considered among the best practices for the third and fourth age); sociability, since many of these practices can be carried out in groups; the possibility of combining sport and sport practice with the cultural use of the territory, as for the use of historical pathways (see for example the Way of Compostela, the Via Appia, the Via Francigena, etc.).

4. Develop tools and strategies to combine sport and motor activity for the elderly and social tourism.

With respect to the theme of Social Tourism, we are talking about an educational approach, increasingly taken into consideration in Europe. Social tourism is an approach that sees travel and tourism as important tools for the well-being of people and communities, and for this purpose it promotes policies and actions that allow tourism to be enjoyed even for disadvantaged populations. In 2017, according to Eurostat research, around 62.7% of the EU population aged 55 to 64 participated in tourism for personal purposes, while the percentage of older people (aged 65 and over) who participated in tourism was less than half (47.4%). The main reasons were related to health and economic aspects.

Social tourism, in addition to being in itself a very important approach, it's related to sport practice.

5. Develop the volunteering of seniors as promoters of motor activities among the elderly. Seniors can become voluntary operators to promote physical activity and health in order to help other elderly people in their community to make healthy lifestyle choices. In addition to bringing a benefit to the community, elderly volunteers, supported - where necessary - by sports coaches and operators, will experience a profound sense of well-being and utility by developing the feeling of still being an active part in their community and in their lives.

Project's activities

The project realized those objectives through the following actions:

A) Creation of Intellectual Outputs (IO)

- IO1 – SActAge Good practices – Research on good practices which are successful in promoting active aging through sport
- IO2 – SActAge Manual consisting of a collection of guidelines and practical exercises on five themes that the project intends to develop, the same explored through the research (IO1).
- IO3 – SActAge Training module for senior volunteers, social workers, and sports coaches, on how to become promoters of sport practices for elderly people.

B) Piloting activities

- Testing of SActAge training module (B1) aimed at volunteer seniors, but also at sports operators and social workers in order to share effective knowledge and practices.
- Testing of the activities described in the SActAge Manual (B2) with the support of trained people (B2) aimed at experimenting with the methodologies and practices identified in the SActAge Manual (IO2).

Organizations participating in the SActAge project

The project included four partners from four countries dispersed across Europe:

- Federazione Nazionale delle Associazioni per i Diritti Degli Anziani (ADA) from Italy,
- Instytut Rozwoju Sportu i Edukacji (IRSIE) from Poland,
- Universidade Sénior de Évora from Portugal,
- Fundación Red Deporte y Cooperación from Spain.

The project was coordinated by Federazione Nazionale delle Associazioni per i Diritti Degli Anziani (ADA) from Italy - National Federation of Associations for the Rights of the Elderly. ADA was founded in 1990, as a voluntary association for the protection of the rights of elderly people. It is an apolitical, non-partisan, non-profit association, developed nationally, with regional and even provincial divisions, united by the same principles having centralized coordination. The association intervenes in multiple problems of the citizens most at risk, mainly elderly, ranging from those of health, existential, interrelational, family, to those of reintegration, housing, health, social services, relations with the public administration and however connected to the daily life.

Instytut Rozwoju Sportu i Edukacji (IRSIE) - Institute for the Development of Sport and Education - has been operating since 2011, focusing mainly on education, physical culture and culture. It has based its activity on cooperation with non-government and higher education organizations, associations, clubs, schools, universities. Its strategic aims are development of educational programs in the field of sport education and physical culture, influence on the development and popularization of sport, especially children and adolescents, as well as the elderly and marginalized groups and preservation of cultural heritage, especially in the field of physical activity, as well as educational and popularizing activities in this area.

Senior University of Évora (USE) is a private, non-profit association that develops non-formal education and activities for people over 50 years. The institution's main goals are to promote and active aging; to develop intergenerational relations; to inform and sensitize seniors about different topics; to do training and educative sessions; to promote volunteering in the community and for the community. The USE activities are diversified from ICT, to arts, to mother and foreign languages, literature, history, history of art, psychology, gardening, natural sciences, gymnastics, walking, dancing, painting, cooking, health, embroidering, music, etc. Complementary activities are also offered, like cultural (music and theater) and intergenerational relations are privileged, which are not accessorial but complete the knowledge and expertise of this population in the society.

Fundación Red Deporte y Cooperación (RDC) is a non-profit organization based in Madrid and Barcelona. Since being founded in 1999, it has orchestrated a wide range of programmes that use sport as a tool to address a range of issues including health, education, gender equality, social integration and discrimination. The organization also runs activities in schools and sports clubs that promote the integration of immigrants. RDC uses sport (particularly football – by popular demand) in all of its activities, both in Spain (where programmes are primarily aimed at immigrant integration) and in developing countries from Africa and Latin America and Central America (in collaboration with existing development projects in these regions). RDC is experienced in more than 20 countries worldwide carrying out programs in the community, focusing on youth development.

Rationale of the SActAge project

The increase of the elderly population show an important phenomenon as well as a challenge for the European Society.

The concept of "active aging" has been - for many years - strongly highlighted in the European policies context. It is considered a crucial issue to face, since some of the main challenges that the EU are facing are related to the aging of the population. For years this approach has been constantly promoted at European level, through a series of initiatives, of which some milestones have been:

- In 2011 The creation of the European partnership for innovation on active and healthy aging;
- In 2012 the designation of the European year of active aging;
- the development in 2012 of the active aging index, commissioned by the European Commission and the United Nations Economic Commission for Europe (UNECE).

Active aging is at the bottom of the intergenerational solidarity and is an objective which the EU has enshrined in the second Article of the Lisbon Treaty:

"The Union fights social exclusion and discrimination and promotes social justice and protection, the equality between women and men, solidarity between generations and protection of the rights of the child".

This means that older people can take responsibility for their own lives and contribute to society, so that more efforts can be devoted to older people who depend on the help of others. Among the factors that favor active aging, sport certainly has a fundamental role.

To practice Sports prevents the rising of degenerative diseases and contributes to the active aging and to a better quality of life. For this reason the World Health Organization has placed the absence of physical activity as one of the main causes of mortality in the world. For the elderly, the performance of physical activity can therefore determine a series of benefits for physical, mental and social health.

Physical exercise help to reduce the risks related to sedentary lifestyle, typical of the elderly, contributing to an improvement in the quality of life: reduction of mortality, increased physical fitness with consequent increase in mobility and independence.

It is proven that aging is accompanied by a cognitive decline even in the absence of a disease. In normal aging these cognitive deficits could derive to anatomical alterations in specific brain regions, or alterations of the structured and functional associations between distinct brain regions. Recent studies have showed that training, in all its forms, has a neuroprotective function for people who age, as it protects both the structure and functions of the brain.

The performance of physical exercises involves the maintenance and improvement of cognitive performance (memory, learning, attention, executive functions, language, reaction times) and the contrast of the development of neurodegenerative diseases. It promotes a good state of mental greeting and general well-being as it determines the reduction of stress and anxiety, and has a positive effects in the prevention or alleviation of depressive symptoms. It supports and maintains plasticity processes and keeps active aging.

The SActAge TRAINING MODULE

Introduction

The aging process is characterized by a progressive decline of the physiological functions and a deterioration of the organism, visible by a dropping of the organism's state of health.

Regular physical activity largely contributes to improving lifestyle, slowing down the involution of physiological systems, due to advancing age, at the level of the musculoskeletal, immunological and cardiovascular systems. It also acts positively on the impact of risk factors for chronic diseases, as well as promoting good mood, a good general psychological condition and social aggregation. The latter is fundamental to make a person feel active and involved in the society in which he lives. Physical inactivity should therefore not be regarded as a neutral factor, but rather as a situation with high risks to the health of the person. Maintaining minimal physical activity is also important in programs aimed at treating chronic conditions, educating those involved about the great importance of muscle work and its beneficial effects on health.

Physical activity and physical education are very important in the treatment of osteoporosis, they also help to create a saturated and satisfactory bone structure in young age, which can contribute to the maintenance of an efficient muscle structure in the years to come, being the muscular and skeletal system directly related, as muscle loss, as is known, contributes to osteoporosis. It is therefore essential to plan a workout that leads to the improvement of BMD (Bone Mass Density) in particular of the lower limbs.

Physical activity aimed at the elderly is an excellent combination of movement and fun, an excellent opportunity to keep fit, fight isolation, socialize, be outdoors, stimulate attention, memory and concentration. This training course aims to increase the psycho-physical well-being of elderly people through motor activity and promotes healthy and correct lifestyles.

The SActAge partnership has created and tested a training module aimed at volunteer seniors, but also at sports operators and social workers, which aims to share effective knowledge and practices.

The main objectives of this training module is to train volunteer seniors, but also sports operators and social workers, on the following topics:

- Effectively sensitize the elderly to the benefits of sports;
- Develop individual sports practices safely in the home;
- Develop outdoors sports practices, also by combining the enhancement of the territory;
- Develop sports practices in the elderly by combining sports and social tourism

1-The importance of physical exercise in the third and fourth age

It is not possible to neglect the importance of physical activity in the elderly. There are few things that have such a wide reach, but physical activities in old age are some of the best examples of this. One of the main reasons for practicing physical activity in old age is the prevention of diseases that may arise by the body. This is because, physical exercises are closely linked to the prevention of a number of diseases, all of them affecting people in old age.

The practice of aerobic exercises, which strengthen breathing and the cardiovascular system, is closely linked to the prevention of this disease. Practicing physical exercises helps the person maintain a sharp mind and focused on goals. The person ceases to be someone who "just stopped" and happens to be someone in a new phase of life, with many possibilities to explore. In addition, the practice of physical exercises helps in the socialization of people. Just know, for example, the history of the island in Japan where there is a lot of longevity.

According to the U.S. Surgeon General's Report on Physical Activity and Health, inactive people are about twice as likely to develop heart disease. Sedentary lifestyle is also associated with more visits to the doctor, hospitalizations and use of drugs for various diseases. The same goes for weight issues, since the practice of physical exercises helps in weight loss, which prevents other problems, some even linked to the cardiovascular situation.

Being physically active helps seniors improve strength, physical endurance, flexibility and balance, allowing them to continue to carry out their day-to-day activities and routines while maintaining their independence.

Physical exercise is beneficial for the health of all people, including those of older people. But you have to take precautions to make sure everything goes smoothly.

2 - The SactAge Training module lesson plan

The SactAge Training module is designed to be provided by distance; in the same time it includes some practical activities, that the trainees have to carry out, experimenting the learning acquired in the course.

The course lesson plan foreseen a duration of 18 hours:

- 14 hours of training activities for seniors volunteer, social workers, sport coaches;
- 4 hours of participants work group on the feedback and results of the experimentation activities.

You can see below the course contents, of course this scheme is designed in order to be adapted to different contexts and aims.

**Online Session Template– Introduction and presentation of the training module.
The importance of physical exercise in the third and fourth age.**

Timing	Exercise / Path/ Guidelines	Objectives
20 minutes	Ice Breaking exercise: Presentation exercise	Ice Breaking: - Create a context to share personal interest in sports; Motivate participants to participate in the activities to be developed in the session.
1h 30 minutes	Introduction and presentation of the project and the training module sessions. The importance of physical exercise in the third and fourth age. Motivation for the practice of exercise. Providing contents in an effective way - slides - videos - small practical exercises questions.	Present the project to the participants and the objectives of the training module. Adequate and explain the importance of physical exercise to seniors. Motivation techniques for the practice of physical exercise.
10 minutes	Conclusions n preparing for the next session.	Conclusions about the session

Online Session Template – Distance learning: What is it? How to plan distance learning physical session.

Timing	Exercise / Path/ Guidelines	Objectives
15 minutes	Ice Breaking exercise: To the choice of trainers/ dynamizers.	Ice breaking: - exercise for relaxation and beginning of the session. Motivate participants to participate in the activities to be developed in the session.
1h 30 minutes	Distance Learning: What is it; how to carry out the activities; what to consider to motivate participants; how to use the distance learning platform. Concepts and tips on how to take an online class. Communication in distance learning. Exercitation: try to design an al line session in any of the subject - theme connected with sport and active aging	Importance of distance learning; Concepts and ways of functioning of a distance class. Tackle communication barriers.
10 minutes	Conclusions na preparing for the next session.	Conclusions about the session

Physical exercise at home

It is not necessary to go outside to exercise. There are activities that can be done at home. The important thing is that you do them safely, so that the quality of life as you age is maintained. It is that the benefits of physical exercise are not limited to the muscular component. It is also responsible for improving mood, helping to manage stress, preventing depression and helping to prevent cardiovascular disease, diabetes and others.

Online session template - Practicing physical exercise safely at home.

Timing	Exercise / Path/ Guidelines	Objectives
15 minutes	Ice Breaking exercise: To the choice of trainers/ dynamizers	Ice breaking: - exercise for relaxation and beginning of the session. Motivate participants to participate in the activities to be developed in the session.
1h 30 minutes	Practicing physical exercise safely at home. Examples of exercises: -Resistance Exercise -Strength Exercise -Flexibility exercises -Balance exercises	Share information about the practice of physical exercise at home and safely in order to be carried out independently.
15 minutes	Conclusions na preparing for the next session.	Conclusions about the session

Practicing physical exercise safely

Resistance Exercise

These physical exercises improve breathing and heart rate, with great benefits for the functioning of the heart, lungs and circulatory system. They also increase the resistance capacity.

1. Dancing: Turn on the radio or put on music you like and enjoy dancing, regardless of whether you have a partner or not.
2. Jump rope: You should find a rope that reaches almost shoulder-length when folded in half. This will give you enough room to comfortably jump over it, but not so much as to make you stumble. The rope should have handles that are easy to grasp and be neither light nor too heavy.

Hold the rope and handle one with each hand. Extend your hands and forearms at least 30 centimeters away from the body at a 45-degree angle. This will create a larger arc over which to jump. Take a step on the rope. The rope should be loose behind you, so that the center section taps your heels.

The athlete should always make small jumps to first not get tired more quickly and stop, and second, to balance better while jumping; The pace of the rope should be in accordance with the athlete's jump. In an initiation phase you should jump whenever you hear the rope touching the ground.

3. "Lumps": put one leg in front of the other with a stride distance. Bend your legs so that your front leg forms a 90° angle. Go up again. Do the same for the other leg and repeat alternately.

Strength Exercise

These are exercises that help to increase muscle strength, essential for daily activities such as going up and down stairs or carrying shopping bags.

1. Lifting weights: you don't need to buy weights identical to those in the gyms. Use, for example, laundry detergent bottles or liter and a half bottles of water or juice. With one of these weights in each hand, and keeping your back straight, lift your arms to the sides and lower them again. Repeat.

2. Leg Exercises: Sitting straight on a chair, with a towel under your legs, lift one leg pointing the toe up, remaining in this position for one second. Download it slowly. Alternate legs, doing several repetitions for each leg.

3. Wall push-ups: Facing a wall, slightly away from it and with your feet shoulder-width apart, lean your body forward and place your palms against the wall, also shoulder-width apart. Inhale as you bend your elbows, bringing your upper torso toward the wall in a slow, controlled motion. Hold the position for a second and then straighten your arms again. Repeat.

Flexibility exercises

They help keep the body flexible and agile, as they free up movement. These physical exercises allow seniors to perform some daily tasks more quickly, such as making the bed, tying shoes or taking off a sweater.

1. Hip Exercise: Lie on your back on the floor with your knees bent, legs together and feet flat on the floor. Slowly lower one knee to the side as far as you can, keeping your feet

together and without moving your other leg or your hips. Hold the position for 10 to 30 seconds. Bring your knees back together. Repeat, alternating legs.

2. Back exercises: sit in a chair with arms, staying as straight as possible. Keep your feet on the floor, shoulder-width apart. Slowly turn to your left side, without moving your hip. Turn your head to the left as well. Bring your left hand to the left arm of the chair, placing your right hand on the outside of your left thigh. Rotate as much as you can and hold the position for 10 to 30 seconds. Do the same, but now to the right side. Repeat alternating sides.

3. Stretch your shoulders: lean your back against a wall, with your feet shoulder-width apart and your arms at shoulder height. Bend your elbows so that your fingers are leaning against the wall, pointing towards the ceiling. Hold the position for 10 to 30 seconds. Slowly lower your arms so that your palms are touching the wall (if you can) and your fingertips are pointing towards the floor. Repeat the up and down movement.

Balance exercises

These physical exercises help to work on balance, improving the ability to control the body. They are important for preventing falls, reaching objects on higher shelves or even going up and down stairs.

1. Walk in balance: with your arms at shoulder height, stretch them out to the sides. Fix a point on the horizon and walk there. Whenever you take a step, lift your leg to knee height, holding it for a second before you drop it.

2. Baby steps: with your arms at shoulder height, stretch them out to the sides. Place one foot in front of the other, touching the toe of one to the heel of the other. Fix a point on the horizon and walk there, passing the foot from the back to the front, always touching the toe and heel. Take about 20 steps.

3. Balance on one leg: lift one leg for 10 seconds, leaning on a table or the back of a chair to help maintain balance. Do the same for the other leg. Repeat.

Online Sessions template - Basic exercises that can be done independently at home in several sessions.

Timing	Exercise / Path/ Guidelines	Objectives
15 minutes	Ice Breaking exercise: To the choice of trainers/dynamizers	Ice breaking: - exercise for relaxation and beginning of the session. Motivate participants to participate in the activities to be developed in the session.
1h30 minutes divided in 15 minutes each exercise	Basic exercises that can be done independently at home. General issue: - how to design an activity suited on the participants needs; - knowing the different disciplines, including adapted disciplines; Exercises: examples and practices to share with students (see examples below) Five or Six exercises per class.	Share information about the practice of physical exercise at home and safely in order to be carried out independently.
15 minutes	Conclusions na preparing for the next session.	Conclusions about the session

Online Session - Basic exercises that can be done independently at home.

Timing	Exercise / Path/ Guidelines	Objectives
15 minutes	Ice Breaking exercise: To the choice of trainers/dynamizers	Ice breaking: - exercise for relaxation and beginning of the session. Motivate participants to participate in the activities to be developed in the session.
1h30 minutes divided in 15 minutes each exercise	Continuation and conclusion of the demonstration of basic exercises that can be done independently at home, examples and practices to share with students (see examples below). Five or Six exercises per class	With shared practice, participants can perform physical exercise at home independently of a coach. Each exercise can be adapted according to the needs of the participants
30 minutes	Talk/discussion about the exercises performed in previous sessions and prepare a plan for seniors to perform at home with the sequence of the exercises demonstrated.	So that participants can continue to exercise even after completing the course.
15 minutes	Conclusions na preparing for the next session.	Conclusions about the session

Note: Each exercise must not exceed 10 repetitions per body segment, respecting a 2-3 minute recovery time between sets of the same movement.

First exercise

- Hold the baton to the shoulder girdle level with the palms of the hands face down:
- Elevate the members superior in extension by above the head.
- Objective: To promote the movement of the shoulder girdle (shoulder).
- Organization: Individual / Material: Stick

Second exercise

- Hold the ball level with the chest:
- Toss the ball in the air and grab the same with both hands.
- Objective: To promote visuomotor ability and balance.
- Organization: Individual / Material: ball

Third exercise

- Supports to the width of the shoulders and right torso:
- Throw the bow into the air and catch it with the throwing hand.
- Objective: Promote visuomotor ability, rhythm and balance.
- Organization: Individual / Material: bow

Fourth exercise

- Supports to the width of the shoulders and right torso:
- Hold the elastic with the two hands and stretch the same sideways, that is, up to where the range of motion is allowed.
- Purpose: To promote movement of the shoulder girdle joints and muscles of the upper limbs.
- Organization: Individual / Material: Elastic

Fifth exercise

- Immovable trunk and supports to the shoulder width.
- Feet placed on top of the elastic.
- Perform flexion and extension of each upper member.
- Objective: To promote movement and toning of the biceps.
- Organization: Individual / Material: Elastic

Sixth exercise

- The elderly are in foot with the supports at the width shoulders and hands supported on the back of the chair:
- Move aside and alternately the members lower.
- Note: Perform the move slowly and without losing the balance.
- Objective: To promote movement of the joints and muscles of the lower limbs.
- Organization: Individual / Material: Chair

Seventh exercise

- Sitting with the trunk immobile.
- Perform flexion and extension of the upper limbs.
- Objective: To promote movement and toning of the biceps.
- Organization: Individual / Material: 1Kg Dumbbells, or less depends on the necessities of the participants.

Eighth exercise

- Standing: with the supports to the shoulder width and hands supported on the back of the chair.
- It is placed in each ankle a weight of neoprene with 1 kg,
- Alternately: raise the rear heels.
- Objective: To promote movement of the joints and muscles of the lower limbs.
- Organization: Individual / Material: Chair and sand weight in neoprene with 1 Kg, or less depends on the necessities of the participants.

Ninth exercise

- Standing: place your hands on your colleague's shoulders, or on a chair or wall and place the lower limb on the extension side.
- Objective: To stimulate group dynamics, motor coordination and peer relationships.
- Organization: Two by two or adapted to perform individually.

Tenth exercise

- Interlace your fingers and place your palms together facing the front of the body:
- Then perform member extension superiors.
- Organization: Individual
- Objective: To reduce muscle and joint tension involved in physical activity; decrease the risk of muscle-tendon injuries (tendinitis); return to calm.
- Duration per stretch: 10 to 15 seconds, up to a maximum of 30 seconds.

Eleventh exercise

- Interlace your fingers and place your palms together above the head:
- Then perform member extension superiors.
- Organization: Individual
- Objective: To reduce muscle and joint tension involved in physical activity; decrease the risk of muscle-tendon injuries (tendinitis); return to calm.
- Duration per stretch: 10 to 15 seconds, up to a maximum of 30 seconds.

Twelfth exercise

- Interlace your fingers with your palms facing up: Then, with the upper limbs raised above your head, lean your torso to the right and then to the left.
- After 10/15 seconds, perform the same exercise to the other side.

- Organization: Individual
- Objective: To reduce muscle and joint tension involved in physical activity; decrease the risk of muscle-tendon injuries (tendinitis); return to calm.
- Duration per stretch: 10 to 15 seconds, up to a maximum of 30 seconds.

Thirteenth exercise

- Place the fingers of the right hand on the right shoulder and with the left hand, raise the elbow, i.e., to the range of motion it allows.
- After 10/15 seconds, perform the same exercise with the other upper limb.
- Organization: Individual
- Objective: To reduce muscle and joint tension involved in physical activity; decrease the risk of muscle-tendon injuries (tendinitis); return to calm.
- Duration per stretch: 10 to 15 seconds, up to a maximum of 30 seconds.

Fourteenth exercise

- Stretch the right upper limb in front of the body and press with the left hand the four fingers from the right hand downwards, i.e., to the amplitude articulate allow it.
- After 10/15 seconds, perform the same exercise with the other upper limb.
- Organization: Individual
- Objective: To reduce muscle and joint tension involved in physical activity; decrease the risk of muscle-tendon injuries (tendinitis); return to calm.
- Duration per stretch: 10 to 15 seconds, up to a maximum of 30 seconds.

Fifteenth exercise

- Support the right hand on the triceps brachii and press the left upper limb in
- towards the chest, i.e., until joint range of motion to allow.
- After 10/15 seconds, perform the same exercise with the other upper limb.
- Organization: Individual
- Objective: To reduce muscle and joint tension involved in physical activity; decrease the risk from muscle-tendon injuries (tendinitis); return to calm.
- Duration per stretch: 10 to 15 seconds, up to a maximum of 30 seconds.

Sixteenth exercise

- Elderly people are standing with their hands in pelvic girdle:
- Advance the right lower limb and flex it in front of the body;
- Then place the other lower limb in extension, with the heel resting on the ground; After 10/15 seconds, perform the same exercise with the other lower limb.
- Pedagogical note: For seniors who are unable to outpatient clinic, request to remain seated and perform extension of the lower limb keeping it in front of the body, i.e.,
- until joint mobility allows it.
- Organization: Individual

- Objective: To reduce muscle and joint tension involved in physical activity; decrease the risk of muscle-tendon injuries (tendinitis); return to calm.
- Duration per stretch: 10 to 15 seconds, up to a maximum of 30 seconds.

Online Session - Continuation and conclusion of the demonstration and exercises of the two previous sessions.

Timing	Exercise / Path/ Guidelines	Objectives
15 minutes	Ice Breaking exercise: To the choice of trainers/dynamizers	Ice breaking: - exercise for relaxation and beginning of the session. Motivate participants to participate in the activities to be developed in the session.
1h30 minutes divided in 15 minutes each exercise	Continuation and conclusion of the demonstration and exercises of the two previous sessions . Explain and promote to the participants the next phase of the course that will be carried out in person based on the good practices chosen by the project partners.	Continuation of the project for the face-to-face sessions, which, depending on the partners' needs, can be carried out online, as a preparation for the participants to carry out later.
30 minutes	Listen to the opinions of the participants regarding the sessions already held online, and adapt the attendance sessions to the needs.	Improve the course plan and adapt to existing needs.
15 minutes	Conclusions.	Conclusions about the session.

3 - Attendance Session- Put into practice some of the exercises performed in the online sessions.

Duration: - 6 hours to apply the activities developed in the online sessions with volunteers and coaches.

- 6 hours of development of physical exercise activities with beneficiaries

Attendance Session Template - Put into practice some of the exercises performed in the online sessions.

Timing	Exercise / Path/ Guidelines	Objectives
15 minutes	Ice Breaking exercise: To the choice of trainers/dynamizers	Ice breaking: - exercise for relaxation and beginning of the session. Motivate participants to participate in the activities to be developed in the session.
1h30 minutes divided	Put into practice some of the exercises performed in the online sessions 1 - Body awareness 2- Upper and lower mobilization activities 3- Postural balance / toning 4- Balance activities	Verify that the participants correctly use the shared exercises. And adapt if necessary. Physical preparation for carrying out the activities.
10 minutes	Conclusions.	Conclusions about the session.

Attendance Session Template – Walk for health activities

Timing	Exercise / Path/ Guidelines	Objectives
15 minutes	Ice Breaking exercise: To the choice of trainers/dynamizers	Ice breaking: - exercise for relaxation and beginning of the session. Motivate participants to participate in the activities to be developed in the session.
1h30 minutes	Walk for health: take a walk with the participants, in order to exemplify the benefit of walking. The walk must be between 3 to 10 km in order to achieve the desired effect of exercising the body. At the beginning and end of the walk, stretching exercises should be performed.	Providing training to adults and seniors to become facilitators of sport activities outdoor for adults and seniors. This is an activity that seniors can later do with other members of their family and friends.
10 minutes	Conclusions.	Conclusions about the session.

Attendance Sessions Template- Physical and/or mental exercise

Timing	Exercise / Path/ Guidelines	Objectives
15 minutes	Ice Breaking exercise: To the choice of trainers/dynamizers	Ice breaking: - Create a context to share personal interest in sports; Motivate participants to participate in the activities to be developed in the session.

<p>1h30 minutes</p>	<p>Taking into account the different performance of coaches and participants of each partner, the session can be adapted and dynamicized based on a combination of physical and mental activity. How the class will be implemented depends on the tools and the tools that each partner has for them.</p> <p>The coaches can choose the type of exercise they will develop, based on the needs of the participants, or based on what they think is best suited for them.</p>	<p>Promoting a physical activity with seniors that can be adapted to their needs.</p> <p>The participants consolidate knowledge about the benefits of exercise.</p>
<p>15 minutes</p>	<p>Conclusions.</p>	<p>Conclusions about the session.</p>

4 - Outdoor activities

In the last years, outdoor activities and the contact between man and nature are receiving more and more echo.

Climate change is disrupting and reshaping the way humans see nature. It is no more just a source to be used as we please, but also a fragile element to be protected and conserved.

Outdoor sport is one of the main corollaries of this theme.

Sports activities carried out in the open air:

- sensitize about this issue those who practice them
- encourage the caring about the ecosystem that allow such activities (skiing, diving, trekking...).
- have important benefits not only on a physical level but also on a psychological one.

At physical level sport:

- strengthens the respiratory system
- improves cardiovascular functions
- allows greater oxygenation of the muscles
- helps the production of vitamin D

On a psychological level, it helps the production of serotonin that favours wellbeing. To immerse yourself in nature gives serenity, peace, and tranquillity.

Given the physical and psychological benefits listed, outdoor sports are especially recommended for the elderly.

The activities to be carried out should be:

- Mountain walks on easily accessible routes
- Pilates and yoga outdoors
- Thai chi, a martial arts discipline that pays close attention to breathing and meditation rather than fighting
- Walking activity
- Swimming

How is highlighted previously, physical activity determine numerous benefits to the body and the mind. However different studies have shown that by practicing outdoor sport activities there is an increase of some benefits all concerning the psicological shpere. Certainly one of the most important benefits to perform sport activities outdoor is to be exposed to the sunlight which stimulates the production of vitamin D, which is essential for combating and treating bone problems (osteoporosis) or other pathologies.

More over the sunlight influence positively the mood of the people, indeed there are less states of anger and tension as well as those of depression.

Another very important factor is related to the fact that everybody, regardless to their social economic position, can afford to practice sport outdoor and decide the time and the way to do it without any type of bond. It also represents an opportunity to discover new places, keeping alive the interest in sport activity. This also entails a high level of satisfaction which leads to associating it with fun and repeating it longer and more often, with an increase in motivation.

People active in sport generally have better health than those who do not participate in sport, because they are physically and mentally prepared for the challenges of sport, skills that in many cases can be transferred to other parts of life.

5 - Competencies of the coaches, volunteers, trainers

As regarding the skills that monitors, coaches and volunteers should adopt, these are related specifically to the elder's physical and psychological condition.

Working in a social environment with older people, the monitor should consider to be very patient. The elders are not often inclined to perform the physical activity proposed. The coach has to take into account that they could necessitate more motivation with respect to the younger and he/she should be ready to furnish it when needed.

Moreover, the coach has to be aware of the exercise that she/he promotes, considering that not all people could do the same activities or have the same physical characteristics.

In the end he/she has to be sensitive about needs of beneficiaries and to be available to watch over and care participants actively.

6 - Social tourism, valorization of the territory, and sport-physical activity

With respect to the theme of Social Tourism, we are talking about an educational approach, increasingly taken into consideration in Europe. Social tourism is an approach that sees travel and tourism as important tools for the well-being of people and communities, and for this purpose it promotes policies and actions that allow tourism to be enjoyed even for disadvantaged population. In 2017, according to Eurostat research, around 62.7% of the EU population aged 55 to 64 participated in tourism for personal purposes, while the percentage of older people (aged 65 and over) who participated in tourism was less than half (47.4%). The main reasons were related to health and economic aspects.

Social tourism, in addition to being in itself a very important approach, it is suitable with sport practices. Often, in fact, it is precisely in these privileged moments, outside the usual context and daily routine, that older people can overcome psychological, cultural and structural barriers, and experiment with sports activities.

An interesting element is about the importance of conjugating the sport with the valorization of the natural and cultural heritage of the territory.

The participation on sport activities inside green areas promotes the increase of environmental awareness, leading to the rediscovery of the cultural and natural heritage of the territories. Through the enhancement of local tourist attractions, it is possible to encourage social tourism and sports activities by older people. This will allow not only personal growth but also a strengthening of social bonds by improving participation and social inclusion.

Carrying out activities in city parks is a good practice since:

- It is a way for those who live in large cities to play outdoor sports with all the benefits that this entails
- it helps to enhance and keep alive those areas that, otherwise, would be abandoned and not used by the community.

- Organizing sightseeing tours to discover the monuments and places of interest of the city can be something more than a simple walk. The practice of walking in the elderly is strongly recommended on a physical level. Furthermore, organizing routes can lead to the rediscovery of the urban space and create a comfortable situation for the participants and an opportunity to socialize.

7 - How to involve Elderlies in sport and physical activities

One of the main problem because elderlies do not engage in physical activity is that they are not interested or do not want to do it alone.

Although these two issues are linked to broader discourses, such as a poor education on the importance of sports or the condition of loneliness in which many elderly people find themselves, on our side, we can act in different ways: more importantly, raising awareness of this practice.

It is important to create free courses at the municipal level, giving the possibility to those interested to participate in various activities.

Moreover, the social domain has to be taken into account: to create a friendly and open environment, to involve the participants, to consider the psychological as well as the physical one could give important benefits.

The monitors should actively follow the participants, since the elderly tend to be easily demotivated.

To keep the interest of the participants alive, an idea could be the granting of diplomas to motivate them to increase their attendance.

8- Group work on results of the experimentations

Timing	Exercise / Path/ Guidelines	Objectives
15 minutes	Ice Breaking exercise: To the choice of trainers/dynamizers	Ice breaking: - exercise for relaxation and beginning of the session.

1hour	Summarize and discuss the activities carried out during the implementation of training module with coaches, volunteers and beneficiaries. Adapt the experiments carried out, if necessary, to improve the implementation of the process for future sessions with those involved.	Promoting a physical activity with seniors that can be adapted to their needs. The participants consolidate knowledge about the benefits of exercise.
30 minutes	Schedule strategies for the continuation of the implementation of the exercise pool with the beneficiaries. eventually define strategies for the implementation of the training module in other groups of coaches, volunteers and seniors.	Conclusions about the implementation of the training module. implementation in other diverse groups.

Note: This session can be held in online or attendance.

9 – Conclusion

The aging process is characterized by a progressive decline of the physiological functions and a deterioration of the organism, visible by a dropping of the organism's state of health.

In today's society, the elderly are not considered a lot since they are too dependent on others and not self-sufficient. Furthermore, aging brings a series of psycho-physical changes to which the person must adapt and accept them.

Through sport, the individual has the opportunity to learn to control the body, to develop a sense of self-awareness as well as greater confidence in his own skills. Those are fundamental elements for the development of self-esteem and above all for the strengthening of a positive perception of oneself.

