



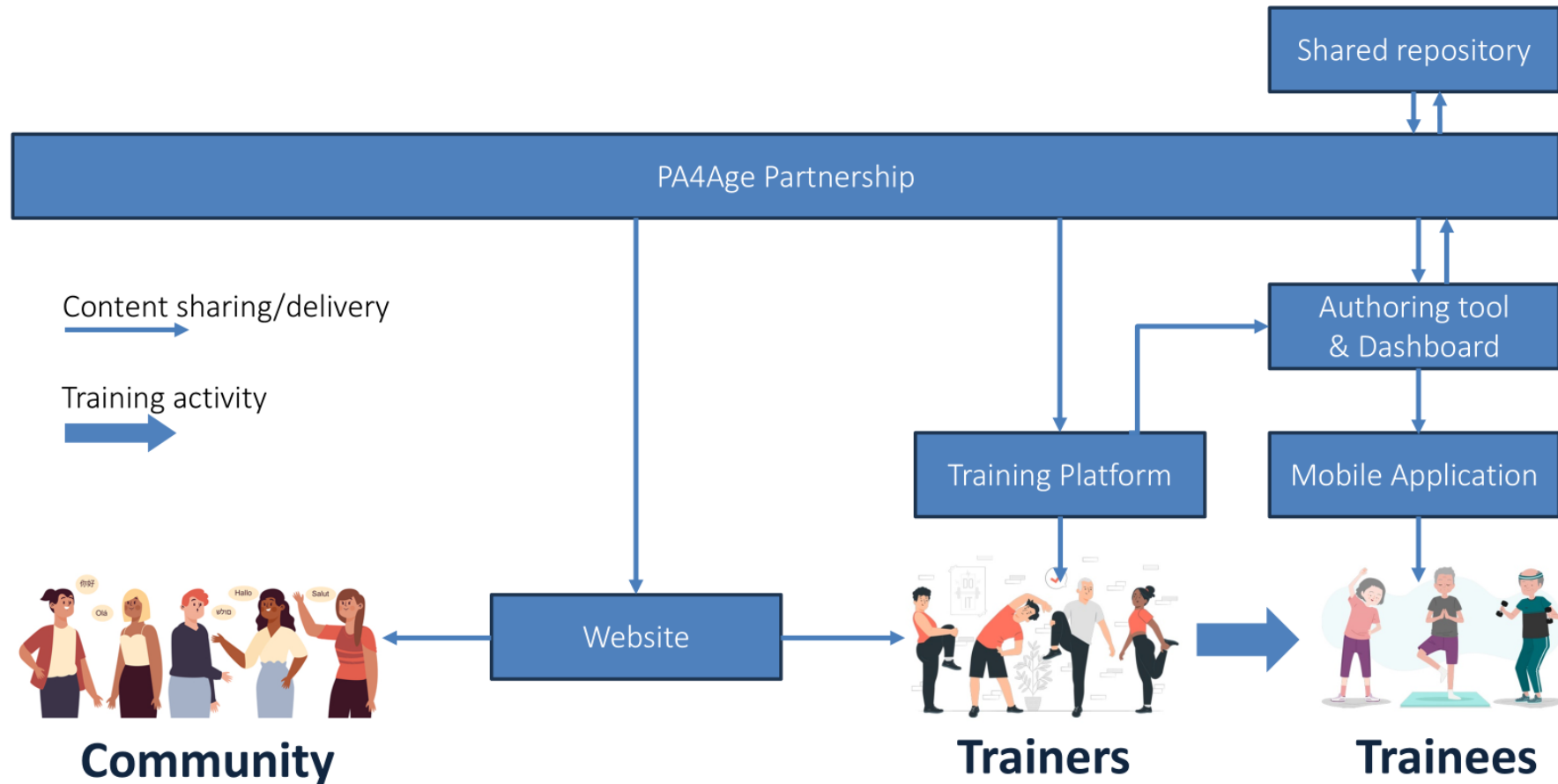
The PA4Age eLearning Platform

- Ilias Konstantinopoulos, PIKEI Partner, Financial Expert -

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of the European Union



The PA4Age project: applications & tools



PA4Age e-learning platform: objectives

- ✓ To deliver an online platform, based on MOOC principles
- ✓ Gather user's profile
- ✓ Allow the professional instructors to coach, monitor, and actively advise the users



PA4Age e-learning platform: specifications

Creating an e-learning platform for elderly individuals required careful consideration of their unique needs, preferences, and potential challenges.

Common key features and considerations:

- User friendly interface
- Clear navigation and structure
- Large buttons
- Interactive activities
- Accessibility features
- Assistance



PA4Age e-learning platform: specifications

Content

- Available in four languages: English, German, Italian, and Greek



**Welcome to the
Interactive Learning
Environment of
PA4Age-project!**

Visit the lectures here



**Willkommen in der
interaktiven
Lernumgebung des
PA4Age-Projekts!**

Besuchen Sie hier die Kurse



**Benvenuti nell'Area
Interattiva di
Apprendimento del
progetto-PA4Age!**

Visita le lezioni qui



**Καλωσορίσατε στο
Διαδραστικό
Μαθησιακό
Περιβάλλον του
PA4Age-έργου!**

Επισκεφθείτε τα μαθήματα εδώ

PA4Age e-learning platform: specifications

Content

- Five main sections (courses) with subtasks (lectures) and appendix



Interactive Learning Environment

A General framework for the promotion of physical activity in older age

Section A provides a general framework for the promotion of physical activity in older age. It examines the benefits of an active lifestyle for older adults and analyses its influence on relevant aspects like frailty, dependency, and clinical conditions. Further, it discusses its interrelation with other aspects of life, including contextual, social, and political factors and how they impact and shape the promotion of physical activity in third age.

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Interactive Learning Environment

B Basic concepts of physical activity and motivation

Section B provides an insight into the basic principles of physical activity and its impact on autonomous and healthy ageing. It displays different types and aspects of physical activity and their significance for developing or maintaining an active lifestyle. In addition, it examines the impact of various personal factors such as motivation and self-perception that facilitate or impede engagement in physical activity and provides mechanisms to overcome possible barriers.

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Interactive Learning Environment

C How to change behaviour and start be active

Section C examines the basic theory, principles and stages of behavior change models and strategies. It introduces different approaches to behavior change as well as the processes and mechanisms that shape behavior. Further, this section identifies and elaborates on useful techniques and interventions that can be applied when helping older adults engage in a more active lifestyle.

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Interactive Learning Environment

D Recommendations and guidelines for exercise and physical activity

Section D offers practical recommendations for helping older adults engage in physical activity, including components of exercise and related guidelines. It provides suggestions on how to plan exercises for older adults and analyses the preconditions and requirements for older adults to be physically active in a safe and customized way. It further elaborates on the implementation of technology during physical activity.

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Interactive Learning Environment

E Interactive

Section E offers interactive material, covering the provided content from Sections A – D. This includes practical exercise videos and a cross-section task that may be used for self-evaluation.

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Interactive Learning Environment

F Appendix

Section F includes information about the Moodle e-learning platform and the mobile application.

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PA4Age e-learning platform: specifications

Content

- E-learning material overview

Overview

PA4Age-project aims to the promotion of physical activity, as one of the most important components in the notion of active ageing, aiming to change older people's mindset by encouraging their participation to physical activity in any form and intensity, and under any physical condition, to improve their quality of life in physical, mental and social terms.

To achieve this objective the project aims to the education and training of:

1. Direct target group: Adults from various professional profiles, having relation to promotion of active ageing or social and health care of older people, to act as promoters of physical activity to older people population as it is:
 - (i) Physical educators working in gyms, active ageing organizations, physical activity clubs
 - (ii) Other social and health care related professionals (clinicians, social workers, physiotherapists, nurses)
 - (iii) Physical activity, culture organization members – tourism and recreational organizations and facilities
 - (iv) Adult and VET educators
2. Indirect target group: People in third age and their caregivers (irrelevantly of their health status and level of autonomy), that need to know more about including physical activity, into their daily routine, or need a motivation to abandon their passive or sedentary lifestyles.



PA4Age e-learning platform: specifications

Content

- Course description

Course Description

The course offers practical recommendations for helping older adults engage in physical activity, including components of exercise and related guidelines.

It provides suggestions on how to plan exercises for older adults and analyses the preconditions and requirements for older adults to be physically active in a safe and customized way.

It further elaborates on the implementation of technology during physical activity.



PA4Age e-learning platform: specifications

Content

- Sources, useful links and additional material are provided



PAGE

B3 Sources and useful links



FILE

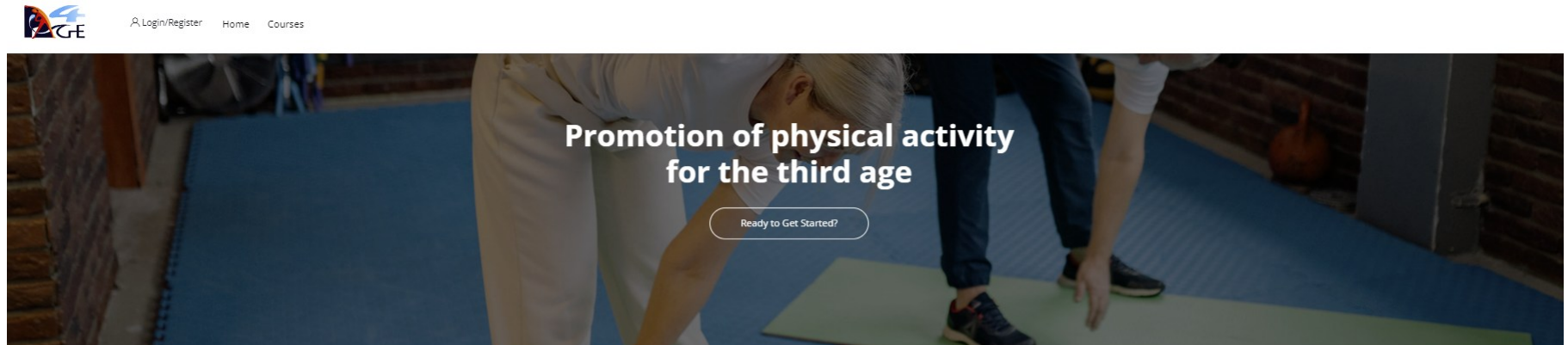
D3 Additional material



PA4Age e-learning platform: specifications

User friendly interface

- A simple and intuitive interface with large, easy-to-read fonts and clear navigation



| | | | |
|---|---|--|---|
|  <p>Welcome to the Interactive Learning Environment of PA4Age-project! Visit the lectures here</p> |  <p>Willkommen in der interaktiven Lernumgebung des PA4Age-Projekts! Besuchen Sie hier die Kurse</p> |  <p>Benvenuti nell'Area Interattiva di Apprendimento del progetto-PA4Age! Visita le lezioni qui</p> |  <p>Καλωσορίσατε στο Διαδραστικό Μαθησιακό Περιβάλλον του PA4Age-έργου! Επισκεφθείτε τα μαθήματα εδώ</p> |
|---|---|--|---|



PA4Age e-learning platform: specifications

Clear navigation and structure

- Straightforward navigation with a logical structure



The screenshot displays the PA4Age e-learning platform interface. At the top, there is a navigation bar with the PA4Age logo, a search icon, and links for 'Login/Register', 'Home', and 'Courses'. Below this is a blue header bar. The main content area features a course title 'Physical activity and frailty, chronic diseases, dependency' with a 'Mark as done' button. The course content is titled 'Benefits of physical activity' and includes a paragraph: 'Regular physical activity and/or exercise are known to have a great impact on our physical and mental health. Especially for people with chronic diseases or frailty, they can help gain substantial health benefits:'. This is followed by a bulleted list of benefits: 'Improve symptoms of chronic diseases e.g., balance and mobility issues or depression', 'Lower the level of frailty and decrease the risk of falling for people with frailty', 'Help maintain the ability to master daily tasks independently', 'Improve conditional physical abilities e.g., strength and flexibility, and balance', and 'Improve mental health in older adults e.g., for people struggling with depression or anxiety'. To the right of the text are several icons representing a person, a shopping cart, a person with a cane, and a person with a smile. At the bottom, there is a footer with the PA4Age logo, a copyright notice, and a navigation bar showing '4 / 10'.



PA4Age e-learning platform: specifications

Clear navigation and structure

- Easy-to-locate contents

PA4Age Interactive Learning Environment: Available Lectures



A General framework for the promotion of physical activity in older age

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FREE



B Basic concepts of physical activity and motivation

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👤 5 💬 7

FREE



C How to change behaviour and start be active

☆☆☆☆☆ (1)

👤 5 💬 6

FREE



D Recommendations and guidelines for exercise and physical activity

☆☆☆☆☆ (1)

👤 4 💬 6

FREE



E Interactive

☆☆☆☆☆ (1)

👤 8 💬 6

FREE



F Appendix

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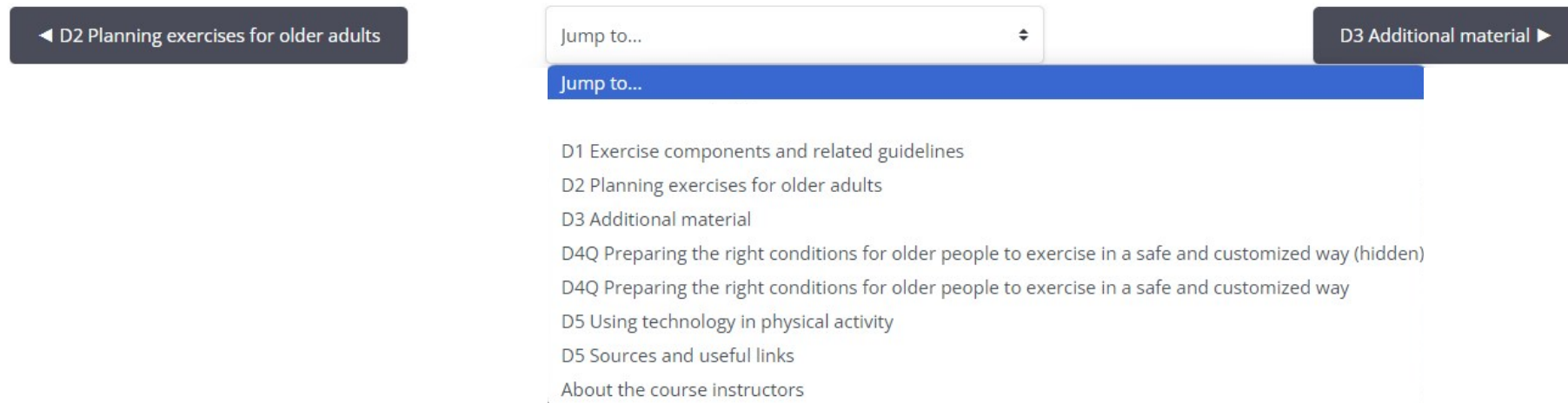
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PA4Age e-learning platform: specifications

Clear navigation and structure

- Jump-to buttons



PA4Age e-learning platform: specifications

Interactive activities

- Inclusion of interactive quizzes to engage users and enhance the learning experience

Quiz navigation

1 2

Finish attempt ...

Start a new preview

Back

QUESTION 1
Not yet answered
Marked out of 1.00
[Flag question](#)
[Edit question](#)

What is exercise?

- 1. Only aerobic exercise
- 2. Purposeful, structured and repetitive movement
- 3. Any bodily movement
- 4. Aerobic exercise and strength training

QUESTION 2
Not yet answered
Marked out of 1.00
[Flag question](#)
[Edit question](#)

Which of the following is considered aerobic exercise?

- 1. Walking
- 2. Swimming
- 3. Yoga
- 4. 1 and 2
- 5. All of the above

Finish attempt ...



PA4Age e-learning platform: specifications

Interactive activities

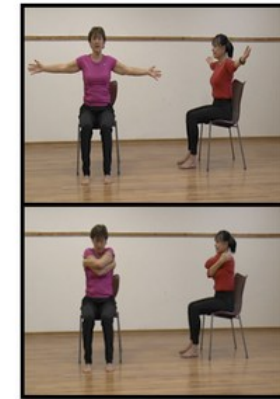
- Inclusion of interactive activities to engage users and enhance the learning experience

Upper body exercises

Upper Body Exercises

Exercise No. 12

Hands straight to sides: hug upper body one time with right arm first, and again with left arm first.




PA4Age e-learning platform: specifications

Interactive activities

- Inclusion of multimedia to engage users and enhance the learning experience




C1 Behaviour change intervention theory and models

Stage 1 Pre-contemplation



- *Is the stage at which there is no intention to change behaviour in the foreseeable future.*

*Many individuals in this stage are unaware or under-aware of their problems.
Some people call this phase “denial”.*



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Reuse Embed



PA4Age e-learning platform: specifications

Assistance

- Features for repeating or reviewing content as needed
- Engaging older people with the PA4Age online platform and mobile app can have numerous benefits, including enhanced communication, access to information, and opportunities for socialization





Thank you for your attention!

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