The PA4Age eLearning Platform

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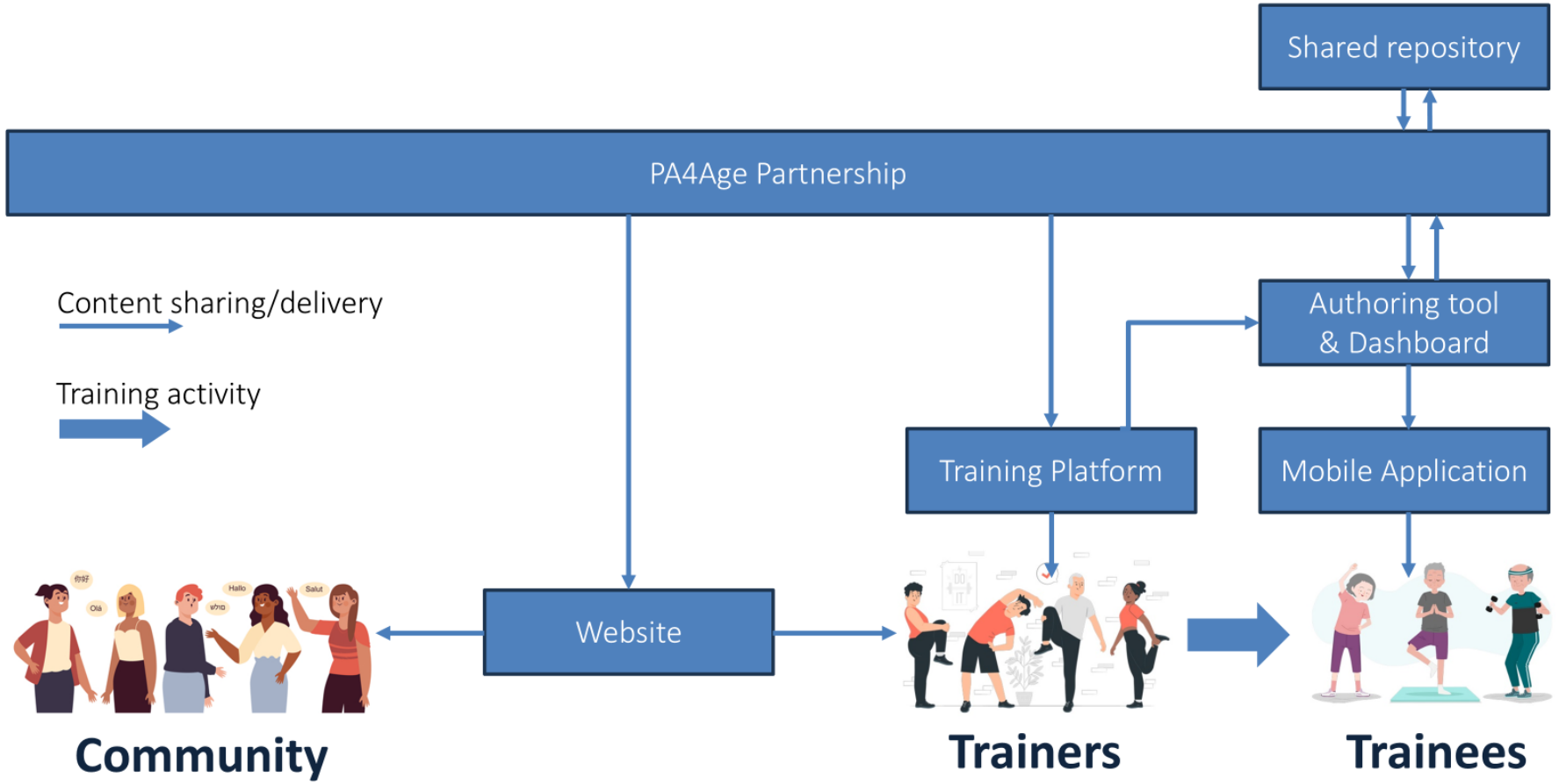
The PA4Age project: applications & tools



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

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.

★ ★ ★ ★ ★ (1)

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Interactive Learning Environment

F Appendix

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

★ ★ ★ ☆ ☆ (2)

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PA4Age e-learning platform: specifications

Content

- E-learning material overviwe

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

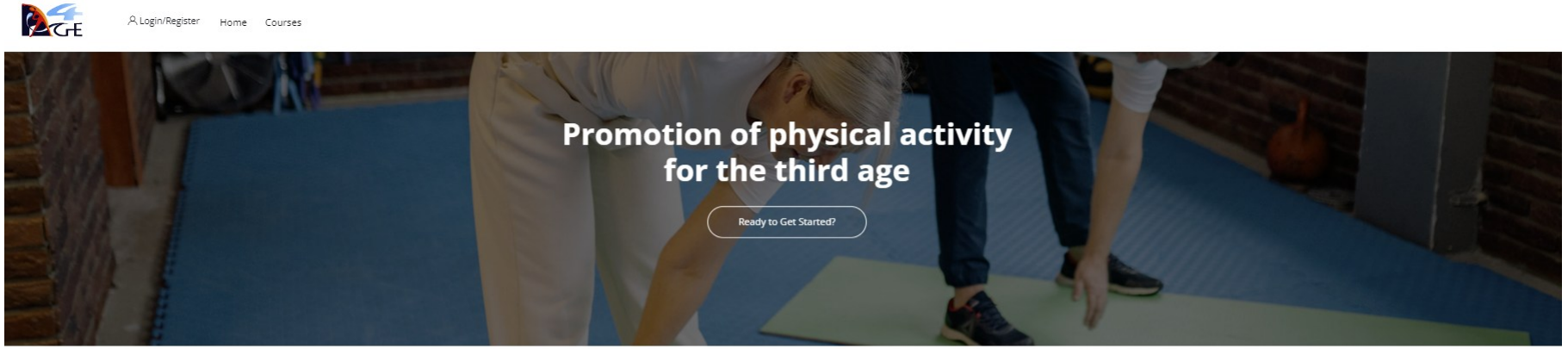
Content

- Sources, useful links and additional material are provided

PA4Age e-learning platform: specifications

User friendly interface

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



PA4Age e-learning platform: specifications

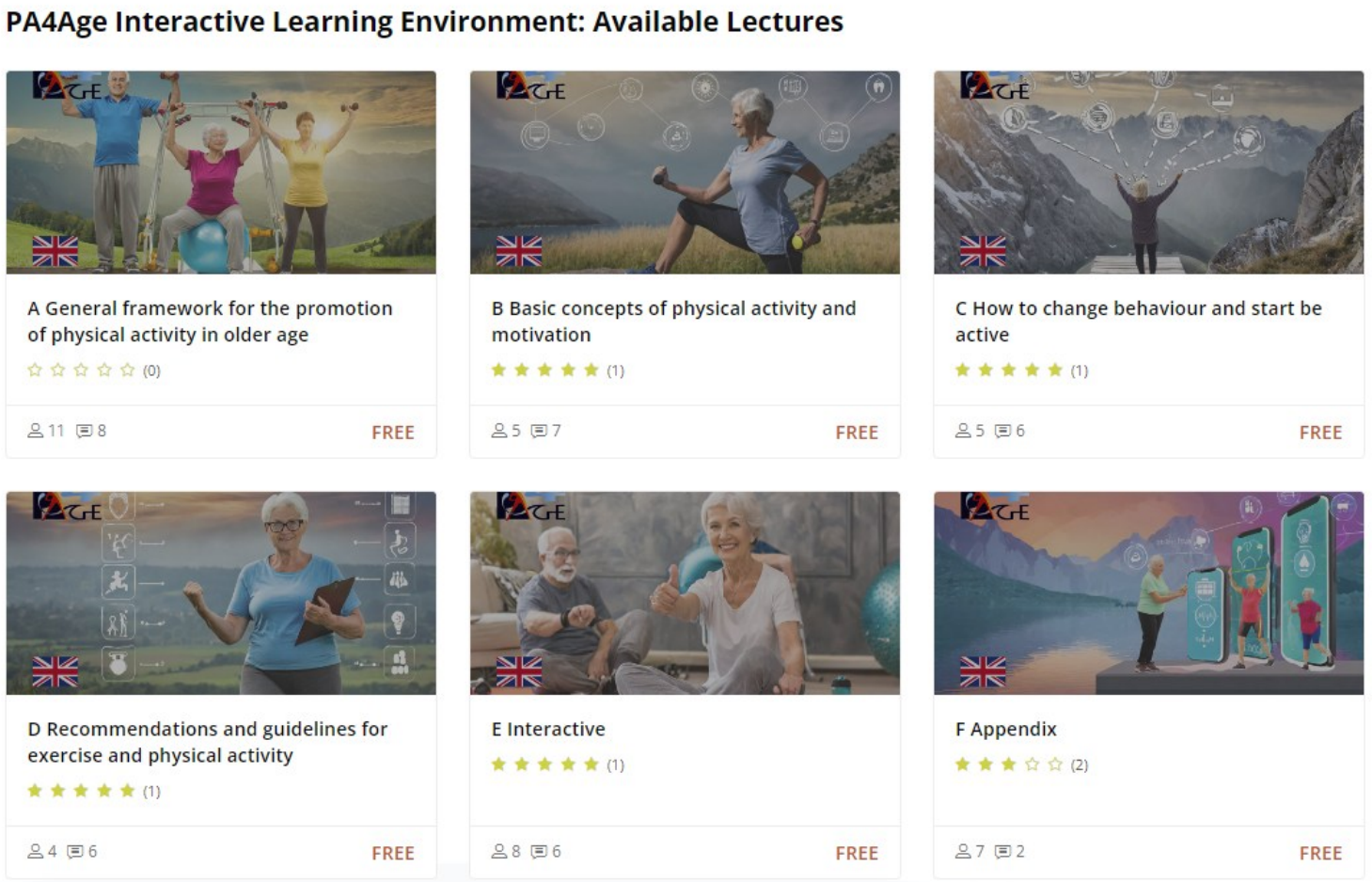
Clear navigation and structure

- Straightforward navigation with a logical structure

PA4Age e-learning platform: specifications

Clear navigation and structure

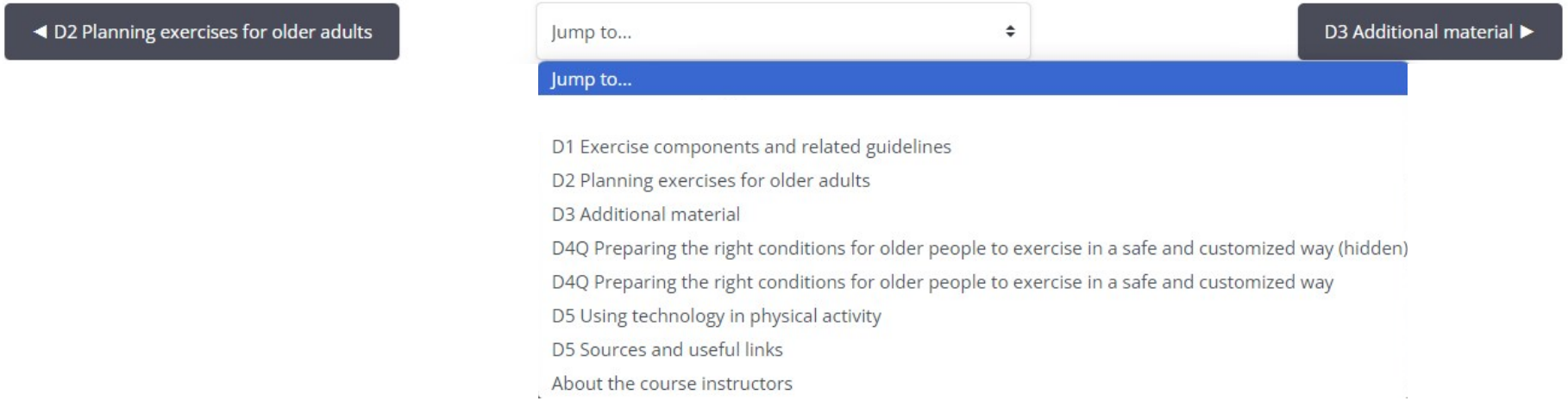
- Easy-to-locate contents



PA4Age e-learning platform: specifications

Clear navigation and structure

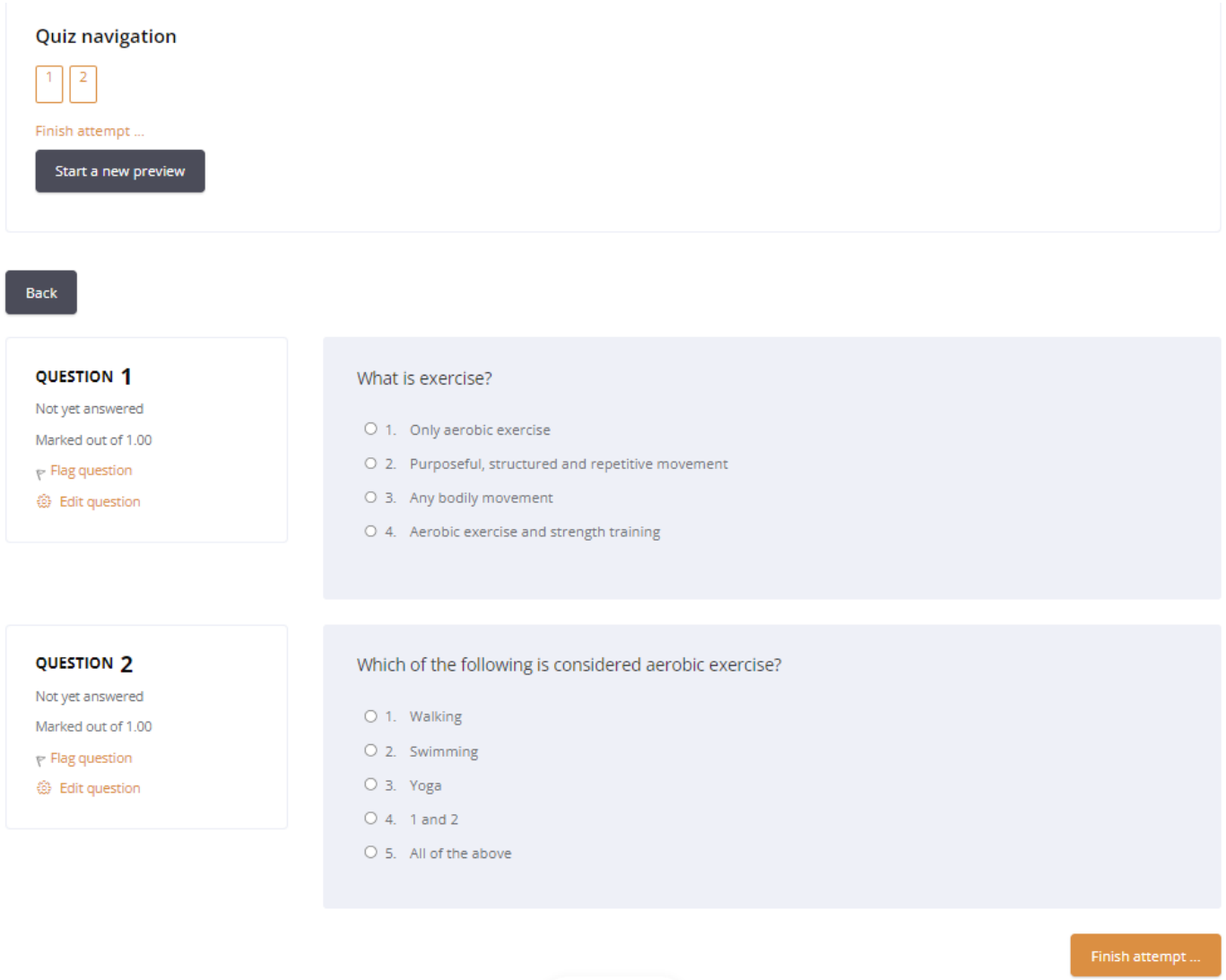
- Jump-to buttons



PA4Age e-learning platform: specifications

Interactive activities

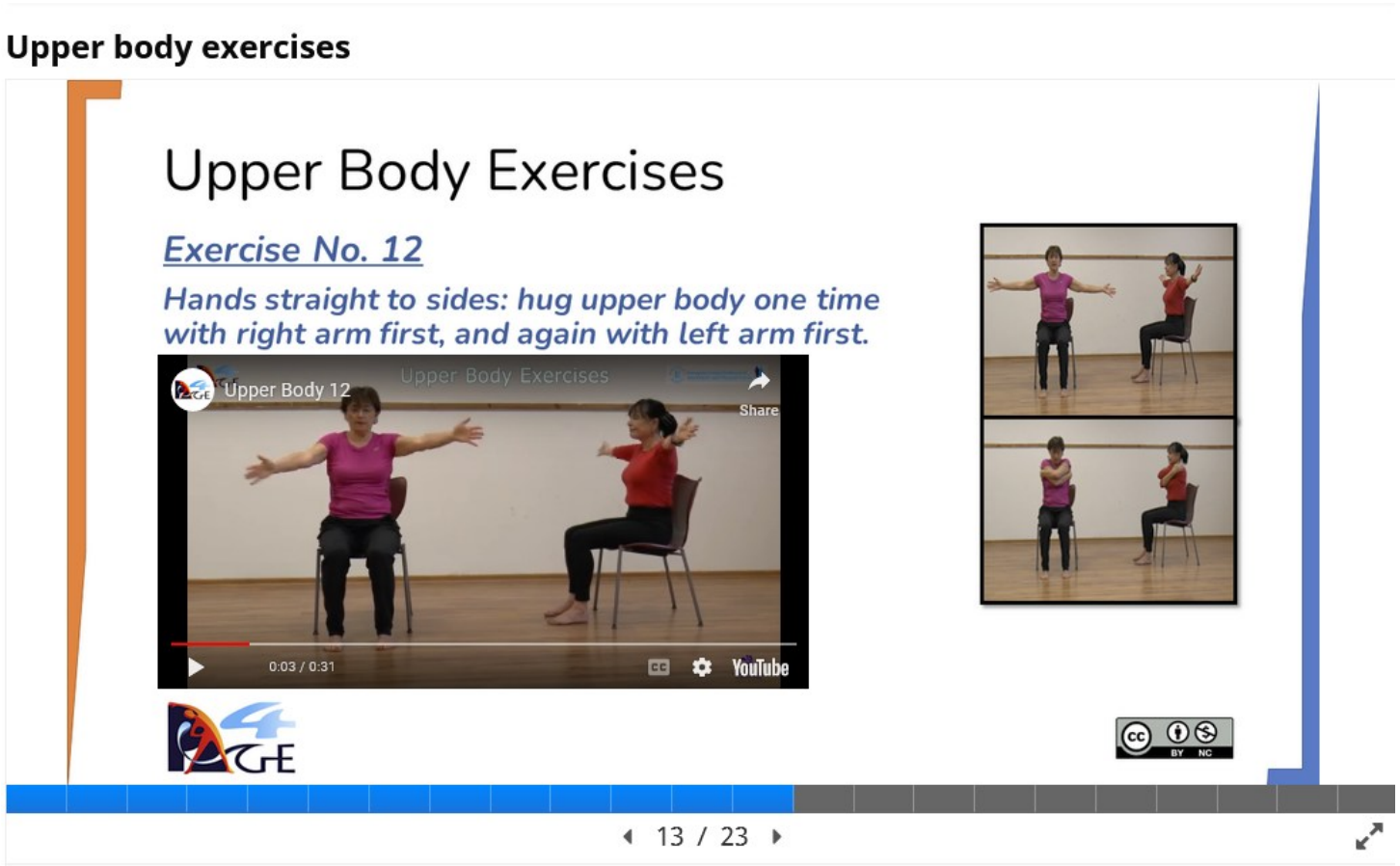
- Inclusion of interactive quizzes to engage users and enhance the learning experience



PA4Age e-learning platform: specifications

Interactive activities

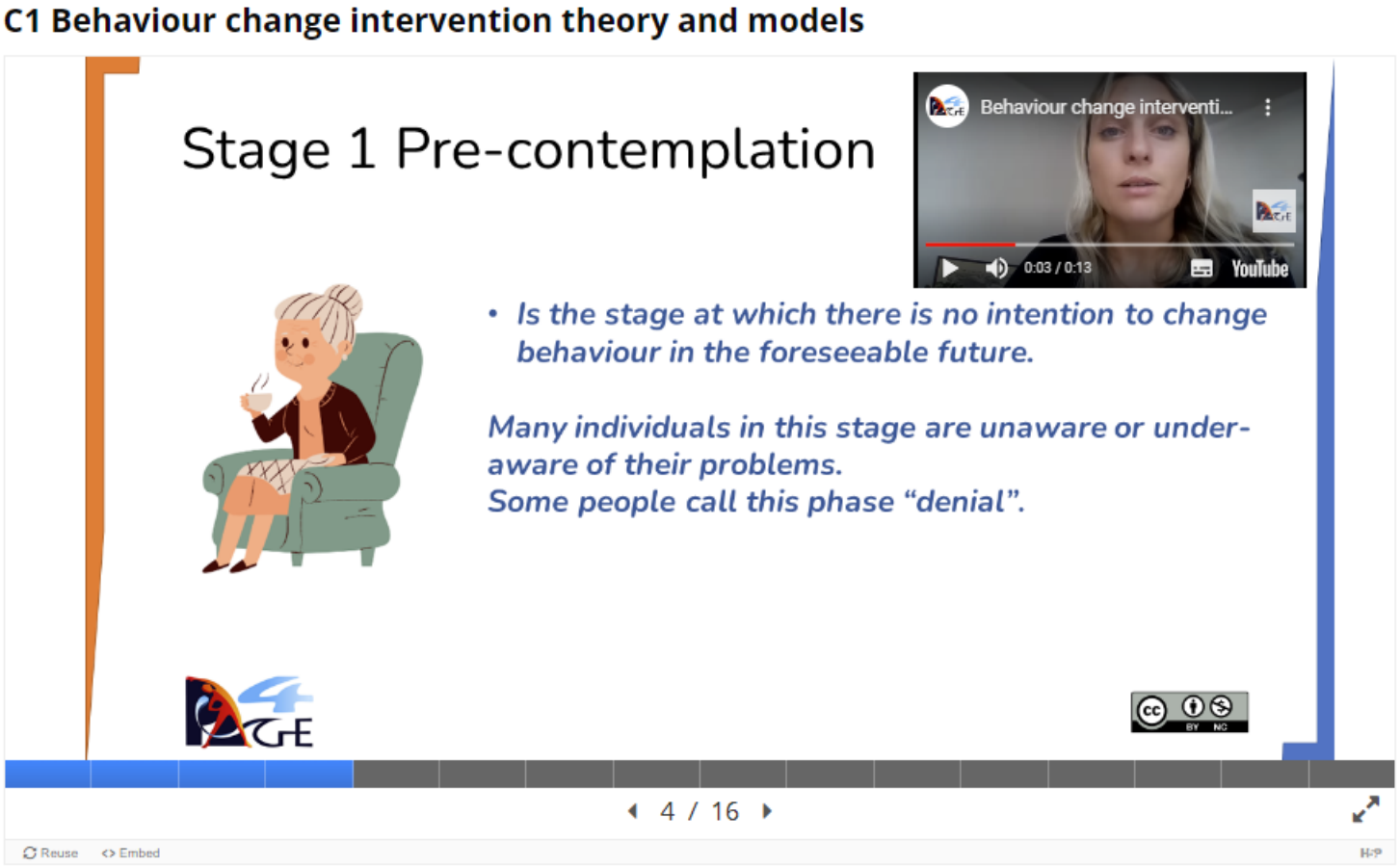
- Inclusion of interactive activities to engage users and enhance the learning experience



PA4Age e-learning platform: specifications

Interactive activities

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



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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