



FEDERAL UNIVERSITY OF SÃO CARLOS
CENTER OF BIOLOGICAL AND HEALTH SCIENCES
GRADUATE PROGRAM IN PHYSICAL THERAPY
Concentration: Physical Therapy and Functional Performance
Via Washington Luís, Km 235 – São Carlos, SP 13.565- 905
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**COURSE: FIT 581 - Topics in Innovations in the Evaluation and Physical Therapy
Intervention in Older Adults**

Credits: 6

Course Load: 90 hrs.

**Instructors: Larissa Pires de Andrade, Ph.D.
Anielle C M Takahashi, Ph.D.**

Course Overview:

Discuss the scientific evidence and recommendations on the most innovative evaluation and intervention methods in Gerontology. Reflect on possible applications to the students' research projects to promote scientific progress. The course is structured in seminars and class discussions. Students must present at least one seminar based on their research project or related subject.

Course Materials:

1. ANSAI, JULIANA HOTTA; FARCHE, ANA CLAUDIA SILVA; ROSSI, PAULO GIUSTI; **DE ANDRADE, LARISSA PIRES**; NAKAGAWA, THERESA HELISSA; TAKAHASHI, ANIELLE CRISTHINE DE MEDEIROS. Performance of Different Timed Up and Go Subtasks in Frailty Syndrome. Journal of Geriatric Physical Therapy, v. 1, p. 1, 2018.
2. BUTO, M.S.S.; Catai, A.M.; VASSIMON-BARROSO, V.; GOIS, M.O.; Porta, A.; **Takahashi, A.C.M.** Baroreflex sensitivity in frailty syndrome. Brazilian Journal of Medical and Biological Research (on line), v. 52, p. e8079, 2019.
3. CARNAVALE, BIANCA FERDIN; FIOGBÉ, ELIE; FARCHE, ANA CLAUDIA SILVA; CATAI, Aparecida Maria; PORTA, ALBERTO; **TAKAHASHI, Anielle Cristhine de Medeiros**. Complexity of knee extensor torque in patients with frailty syndrome: a cross-sectional study. Brazilian Journal of Physical Therapy, v. 24, p. 30-38, 2020
4. CEZAR, NATÁLIA OIRING DE CASTRO; APRAHAMIAN, IVAN; ANSAI, JULIANA HOTTA; DE OLIVEIRA, MARCOS PAULO BRAZ; DA SILVA, DANIELLE CHAGAS PEREIRA; GOMES, WILDJA DE LIMA; BARREIROS, BRUNA ANZOLIN; LANGELLI, TAMIRIS DE CÁSSIA OLIVA; **DE ANDRADE, LARISSA PIRES**. Feasibility of reducing frailty components in older adults with Alzheimer's dementia: a randomized controlled home-based exercise trial (AD-HOMEX). EXPERIMENTAL GERONTOLOGY, v. 150, p. 111390, 2021.

5. FIOGBÉ, ELIE; CARNAVALE, BIANCA FERDIN; **DE MEDEIROS TAKAHASHI, ANIELLE CRISTHINE** . Exercise training in older adults, what effects on muscle force control? A systematic review of randomized clinical trials. ARCHIVES OF GERONTOLOGY AND GERIATRICS, v. 83, p. 138-150, 2019.
6. MASSE, F. A.; ANSAI, J. H.; FIOGBE, E.; ROSSI, P. G.; VILARINHO, A. C.; TAKAHASHI, A. C. M.; **ANDRADE, L. P.** Progression of Gait Changes in Older Adults With Mild Cognitive Impairment. Journal of Geriatric Physical Therapy, v. Publish Ahead of Print, p. 119, 2021.
7. MUMIC DE MELO, LAURA; HOTTA ANSAI, JULIANA; GIUSTI ROSSI, PAULO; CARVALHO VALE, FRANCISCO ASSIS; CRISTHINE DE MEDEIROS TAKAHASHI, ANIELLE; **PIRES DE ANDRADE, LARISSA**. Performance of an Adapted Version of the Timed Up-and-Go Test in People with Cognitive Impairments. JOURNAL OF MOTOR BEHAVIOR, v. 1, p. 1-8, 2019.
8. ROSSI, P.G.; et al., Effects of physical exercise on the cognition of older adults with frailty syndrome: A systematic review and meta-analysis of randomized trials. ARCH GERONTOL GERIATR, 2021. 93: p. 104322. doi: 10.1016/j.archger.2020.104322