

FEDERAL UNIVERSITY OF SÃO CARLOS FOUNDATION

GRADUATE PROGRAM IN PHYSIOTHERAPY – PPGFt/CCBS/R

COURSE CHARACTERIZATION FORM

**Graduate Program:** Physiotherapy

**Course Code:** FIT-219

**Credits:** 2

**Course Title:** Advanced Studies in Physiotherapy and Gerontology

**Start of Validity:** 2026 – 1st Semester

**Justification**

This course represents the evolution of a discipline specifically related to the faculty members' research lines. It addresses aspects related to assessment and intervention in the field of Physiotherapy in Gerontology, aiming to provide specialized training for graduate students conducting research in this area.

**Course Workload**

Theoretical Classes: 15 hours

Practical Classes: 0 hours

Exercises/Seminars: 15 hours

**Course Syllabus**

- In-depth discussion of evidence-based interventions aimed at health promotion, prevention, and rehabilitation in older adults experiencing active aging or presenting geriatric syndromes
- Analysis of innovative instruments for the assessment of older adults, as well as the study of the main clinical outcomes in the field
- Active aging
- Frailty
- Sarcopenia
- Dementia syndromes
- Falls

**Nature of the Course**

Specific to the Area of Concentration in Physiotherapy and Functional Performance.

**Main Bibliography**

Braz de Oliveira MP et al. Effectiveness of physical exercise at improving functional capacity in older adults living with Alzheimer's disease: a systematic review of randomized controlled trials. Disability and Rehabilitation, 2022.

Rossi PG et al. Effects of physical exercise on the cognition of older adults with frailty syndrome: a systematic review and meta-analysis of randomized trials. Archives of Gerontology and Geriatrics, 2021.

Izquierdo M et al. Global consensus on optimal exercise recommendations for enhancing healthy longevity in older adults (ICFSR). The Journal of Nutrition, Health and Aging, 2025.

World Health Organization. UN Decade of Healthy Ageing: Plan of Action 2021–2030. Geneva: WHO, 2020.

Montero-Odasso M et al. World guidelines for falls prevention and management for older adults: a global initiative. Age and Ageing, 2022.

### **Main Responsible Faculty**

Anielle Cristhine de Medeiros Takahashi – Permanent Faculty

Larissa Pires de Andrade de Souza – Permanent Faculty

### **Approval**

Approved at the 299th Ordinary Meeting of the PPGFt Graduate Program Committee on December 4, 2025.

São Carlos, December 4, 2025.

Prof. Dr. Paula Rezende Camargo

Vice-Chair of the PPGFt Graduate Program Committee – UFSCar