

International Symposium

**Aging and Physical Activity:
Exercise Programming, Evaluation
and Implementation**

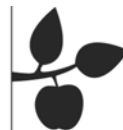
**Centre of Applied and Clinical Exercise Sciences (ACES),
Institute of Sports Science and Clinical Biomechanics,
Faculty of Health Sciences,
University of Southern Denmark**

Wednesday, May 18, 2005

In lecture hall 100 at Campus, Odense



DANSK SELSKAB FOR
FYSISK AKTIVITET OG SUNDHED



UNIVERSITY OF SOUTHERN DENMARK

We are honoured to have the unique opportunity to present the ten most prominent researchers within the research field of aging and physical activity. This symposium will provide each participant with new information about the importance of physical activity for healthy aging and especially regarding challenges and recommendations in designing, implementing, and evaluating exercise programs.

Lis Puggaard, Associate professor, PhD,
Head of ACES

Speakers:

Mogens Hørder, Professor, Dean of the Faculty of Health Sciences, University of Southern Denmark

Archie Young, PhD, Professor, Head of Geriatric Medicine Unit, University of Edinburgh, Scotland

Jack M. Guralnik, M.D., PhD, Chief of the Laboratory of Epidemiology, Demography and Biometry at the National Institute on Aging, Bethesda, USA

Kerstin Frändin, PhD, Associate Professor, Neurotec Department, Division of Physiotherapy, Karolinska Institute, Sweden

Sarianna Sipilä, PhD, Senior Researcher, Department of Health Sciences, University of Jyväskylä, Finland

Susie Dinan, Post Grad Dip. Senior Research Fellow, Department of Primary Population Sciences, Royal Free and University College London Medical School and the University of Derby, England

Ellen Freiburger, PhD, Dr., Institute of Sport Science and Sport, University of Erlangen-Nürnberg, Germany

Marijke Hopman-Rock, PhD MSc MA, Head of Department of Physical Activity and Health, Co-director of Body@Work Research Centre Physical Activity, Work and Health, TNO-VU University Medical Centre Amsterdam, TNO Quality of Life, Leiden, The Netherlands

Waneen Spirduso, Ed.D, Professor, Department of Kinesiology and Health Education, University of Texas, USA

Dawn Skelton, PhD, BSc (Hons), Senior Research Fellow, UCL Institute of Human Performance, Royal National Orthopaedic Hospital, Stanmore, England

Wojtek Chodzko-Zajko, PhD, Professor, Head of Department of Kinesiology, University of Illinois at Urbana-Champaign, USA

Program:

8.15		Registration and coffee
9.00	Mogens Hørder	Welcome
9.15	Archie Young	Physical capacity. Importance for everyday activities.
9.50	Jack M. Guralnik	The LIFE study. Exercise intervention in functionally limited but not yet disabled elderly persons.
10.25		Coffee break
10.55	Kerstin Frändin	Implementation: Design and preliminary results from the Stockholm Multi-Center Nursing-Home Study.
11.30	Sarianna Sipilä	Implementation: Muscle strength in old age: genetics, implications and training.
12.05	Susie Dinan	Optimal exercise for the older person: programming principles across the functional continuum.
12.40		Lunch at the Campus Restaurant
13.40	Ellen Freiberger	From a model to application - Antonovsky and the psychomotor dimension.
14.15	Marijke Hopman-Rock	Physical activity in the elderly: Dutch figures and interventions.
14.55	Waneen W. Spirduso	Cognitive influences on physical function and assessment.
15.30		Coffee break
16.00	Dawn Skelton	EU-project: "Active for life". The falls prevention program.
16.35	Wojtek Chodzko-Zajko	Increasing physical activity among adults age 50 and older.
17.10	Lis Puggaard	Concluding remarks and discussion
17.30		Close

General information:

- Time: 08.15 – 17.30
- Room: Lecture hall 100 at Campus, Odense ([click her to go to map](#))
- Address: University of Southern Denmark,
Campusvej 55, 5230 Odense M - Denmark
- Registration: Please register through our [web-site \(click here\)](#).

Deadline for registration is April 27, 2005.

Please note that the maximum number of participants is 150 and first registered enters first.

Registration Fee: DKK 850,-

Payment: Deadline for payment is April 27, 2005.

Please transfer the above amount to:

Danske Bank
Flakhaven 1
DK-5100 Odense C

Bank account: 3574 - 3574 42 86 45
IBAN code: DK8130003574428645
Swift code: DABADKKK

Important:

**Each payment must be marked with the following code:
10-154-15929 and Name of participant**

Cancellation: By cancellation before April 27, the registration fee will be refunded subtracted DKK. 100,-. Cancellations later than April 27 will receive no refunds.

Contact: For further information, please contact Sonja Vestergaard by e-mail: aging@health.sdu.dk .