

## Master's in High Performance Sport: Strength and Conditioning

Academic Year 2018-2019

### Module: Strength Training and Conditioning in the Elderly

Date & Time	Location	Professor & Theme
Thurs., 02/05/2019 10:00-14:00h	Pavilion 5, Classroom 14A	<b>Dr. Jorge Pérez Gómez (Univ. Extremadura)</b> <i>Exercise prescription for healthy aging and sports performance</i>
Fri., 03/05/2019 9:00-14:00h	Pavilion 5, Classroom 14A	<b>Dr. Germán Vicente (Univ. Zaragoza)</b> <i>Exercise prescription for a healthy fitness and body composition status</i>
Fri., 10/05/2019 16:00-18:00h	Pavilion 5, Classroom 16	<b>Dr. Ignacio Ara (Univ. Castilla-La Mancha)</b> <i>Effects of physical activity and training on body composition in people older: master athletes an example of successful aging</i>
Mon., 13/05/2019 9:00-13:00h	Pavilion 5, Classroom 1	<b>Dr. Antonio Paoli (Univ. Padova)</b> Mechanisms of atrophy and hypertrophy in the elderly: role of resistance training
Thurs., 16/05/2019 16:00-19:30h	Pavilion 5, Classroom 14B	<b>Dr. Domenico Cherubini (UCAM)</b> <i>High sports performance in the elderly</i>
Fri., 24/05/2019 9:00-13:00h	Pavilion 5, Classroom 14A	<b>Dr. Mikel Izquierdo (Univ. Navarra)</b> <i>Utilization of strength and endurance training for fitness and health: strategies to optimize concurrent adaptations</i>
<b>Friday, 31/05/2019 9:00-10:30h</b>	<b>Pavilion 5, Classroom 14A</b>	<b>Final Exam</b>