CSIT formation course ‘Physical activities for weak elderly people’

15 - 17 September, 2012 in Schielleiten, Austria

Dear friends,

It’s a pleasure for the CSIT Working group physical activity for seniors 55 + and ASKÖ to invite you to participate in a formation course 15 - 17 September, 2012 in Schielleiten, Austria.

Background and purpose to the formation course
Scientists have found out, that no matter how old or weak people have become, they are still trainable. This means that they are able to adapt and respond to physical training in a positive way – very much like any other age group. Participation in a regular exercise program is an effective way to reduce or prevent a number of functional declines associated with ageing.

For many reasons formation it’s a crucial choice for all offering activities for elderly people and especially for weak elderly. We have good experiences and knowledge in some of the member unions of CSIT and the formation course is a great opportunity to provide inspiration for new activities and to offer “tools” for making activities for the weak elderly.

Target group
Anyone, who would like to gain international inspiration as an organiser or instructor on physical activities for weak elderly people.

Language
The formation language is English, with partly translation to French and German.

Instructors
Instructors will come from CSIT member unions with knowledge and experience with Physical activities for weak elderly people.

Preliminary contents
Krolf, Chair-exercises, Outdoor activities for weak elderly people, Poi Gymnastics for weak elderly, Simple tests on the effect of light training, Crossboccia, Exercises at home and in the club, Suggestions for exercise in small groups, netball, Home-based exercise programme and community-based exercise programme.
**Preliminary program:**

15 September:  
Arrival in Vienna before 12.00 p.m.  
Transportation to the Castle Schielleiten (1 ½ hour by bus)  
Departure from Vienna Airport at 12.00 p.m.  
14.15-16.45: Krolf a mix of golf and kroket presented by DAI and ASKÖ, Crossboccia presented by ASKÖ.  
17.00-18.30: Netball presented by SATUS.  
Social evening program

16 September:  
8.30-10.30: Body expression and memory exercises to improve gestures, flexibility, balance, coordination...alone, in pairs and in groups presented by FSGT.  
10.45-12.30: Chair-exercises, Outdoor activities and Gymnastics for weak elderly presented by DAI.  
14.00-16.00: Exercises at home and in the club, Suggestions for exercises in small groups presented by ASKÖ.  
Home-based exercise program and community-based Exercise program: re-activation of weak elderly presented by UISP (practice).  
Evening: Evaluation of the weekend.  
Discussion on World Sports Games in Rio 2013.

17 September  
Morning: Departure from Schielleiten with bus to Vienna

**Information:**

Where: Castle Schielleiten National Sports and Recreation Centre  
[www.schielleiten.bsfz.at](http://www.schielleiten.bsfz.at)

Price per person:  
100 Euros in double room (2 nights)  
110 Euros in single room (2 nights)  
This total amount includes the formation course, accommodation for 2 nights, meals and transfer between Vienna Airport and Schielleiten!!

Registration: By **30 April** to Uschi Mortinger e-mail: u.mortinger@kbsi.at  
With copy to Palle Thomsen e-mail: thomsen@csit.tv

Final registration: By **1 June** together with payment

Information: Uschi Mortinger e-mail: u.mortinger@kbsi.at  
Palle Thomsen e-mail: thomsen@csit.tv
Acceptance
Since the number of places is limited to 20 persons it must be emphasised that we may limit the number of participants from each union. We will confirm your participation and inform about the final program and the payment after 12 April.

Welcome to the CSIT Formation Course 2012

Palle Thomsen / Uschi Mortinger
CSIT Vice President / ASKÖ and CSIT Working Group 55 +
Preliminary Registration form

CSIT formation course ‘Physical activities for weak elderly people’

15 -17 September, 2012 in Schielleiten, Austria

Union:

Contact person: Name:

e-mail:

Phone:

Fax:

Number of participants:

Date:

Responsible in the union:

Registration: By 30 April to Uschi Mortinger e-mail: u.mortinger@kabsi.at
With copy to Palle Thomsen e-mail: thomsen@csit.tv