

TURKEY

CASE STUDY N° 9

PAPER A

MANISA NİHAL AKÇURA OTELCİLİK VE TURİZM MESLEK LİSESİ
MANISA
TURKEY



OBJECTIVES OF THE TRAINING COURSE

- Promoting use of sport activities and cognitive development of older adult men and women in Manisa and its suburb.
- By the help of sport improving their social relationships between other people.
- Regular exercise increases strength, endurance, and flexibility and as a result of increasing their self confidence.
- Promoting their knowledge how regular sport activities are important for their life.
- Prevention of immobility.
- Reduction in stress, anxiety and overall wellbeing

LEARNER PROFILE

Mostly retired people and older adult men and women living in Manisa and its suburb.

CONTEXT: SOCIAL / ECONOMIC / EMOTIONAL

Approximately ninety per cent of older people prefer to stay at home or parks and spend most of their time without any physical activity. Older people have traditionally had a low uptake of leisure facilities and services and low levels of involvement in physical activity and sport. So, our problem is increasing their encourage against immobility. We all know sport effectively reduce a person's biological age and experience his or her quality adjusted life expectancy. This is very important for their health. Reduced risk of coronary heart disease, stroke, type 2 diabetes and some cancers. So, what activities and programmes can be planed for older people attracting them to any physical activity programme ? For their financial resources, most of them have their retirement salary just a little amount don't have enough financial resources.

Emotional: Many of them always complaining about their health saying " My aches and pains will get worse". They are in a mood of embarrassment about how they will look when they exercise. They also mention that they wouldn't have any effect, it's too late, for their age.

ENVIRONMENT: PLACE / TIME

We still organise some courses about adult education for the purposes of sport such as, walking, trekking, Cycling, Walking up the stairs, Watering houseplants etc. But, some barriers we come face to face are Lack of interest, Cultural beliefs,fear,loneliness, previous experiences and so on...

Place: Nihal Akçura Otelcilik ve Turizm Meslek Lisesi , Adult Education Organisations, in Manisa.

Time: Our target group is mostly retired people. So we can implement activities any part of the day, even indoors or in the open air.

OBSTACLES: DIFFICULTIES MET

Many older people believe that exercise is no longer appropriate.

Embarrassment

Lack of interest/confidence

ILLUSTRATION

