

DGI senior



Moving Age, 30. april 2015, Gent, Belgium

About DGI

For the year 2014

1,5 mio. members, 222.000 over 60 years old,

- 115.000 women
- 107.000 men

14 different regions

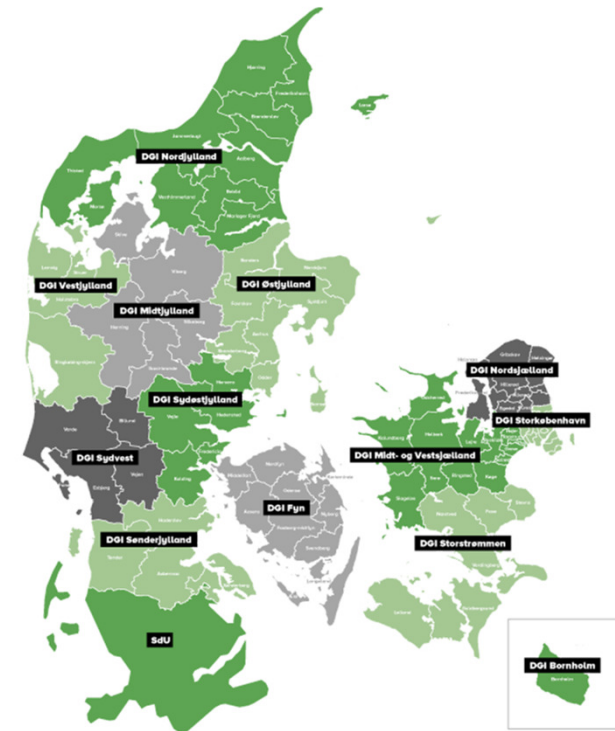
450 employes

6324 clubs all over the country

Working Group seniors

Project – “day-time-activity”

Analyzing group for seniors
vision 25-5075 (DIF & DGI)



Agenda

Exaples

30 lessons – basic education

Gymnastics & fitness – functionel training for seniors

Clubfitness – two steps

Swimming – three steps

Badminton – concept 60+

Short inspiration courses

Basic education senior training

30 lessons fysiologi, training theory and teaching methods combined with practical exercises

Contains

- General Age changes
- Basic training
- Plays and alternative ballgames
- Use of different easy fitness equipment
- Fundamental theory of exercise
- Role of the trainer
- Different small defects of the body
- Pedagogy and psychology of seniors

Gymnastics & Fitness

Functional training for seniors – 60 lessons

Qualified concept inspired by DTB "Pluspunkt Gesundheit"

"Sundhedsidræt"

60 lessons and exam at the end

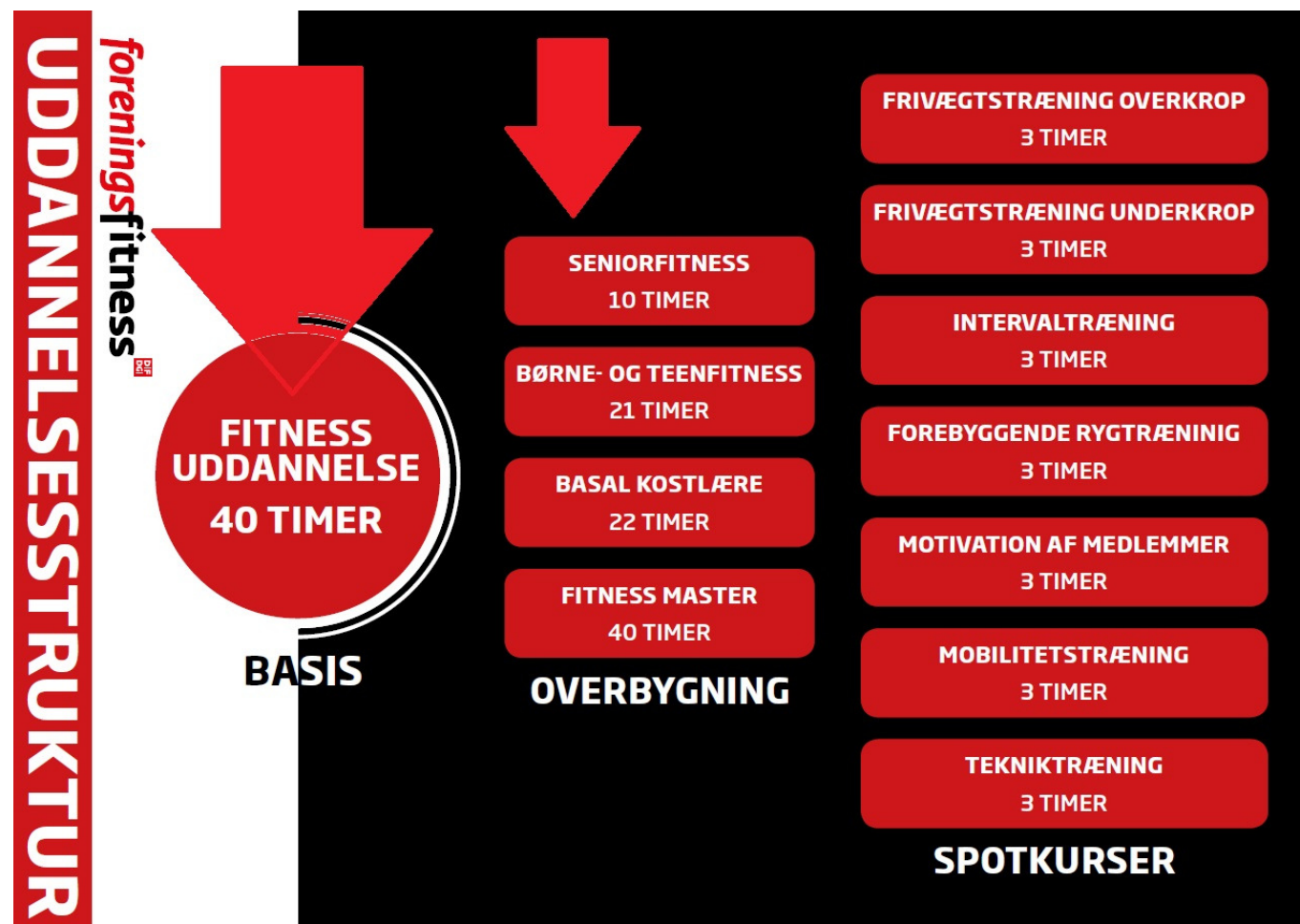
Also two other subjects in this program, though not specific to seniors:

- Cardio training
- Back training



Club fitness education structure

40 lessons basic + 10 lessons seniorfitness + different ad on short inspiration courses

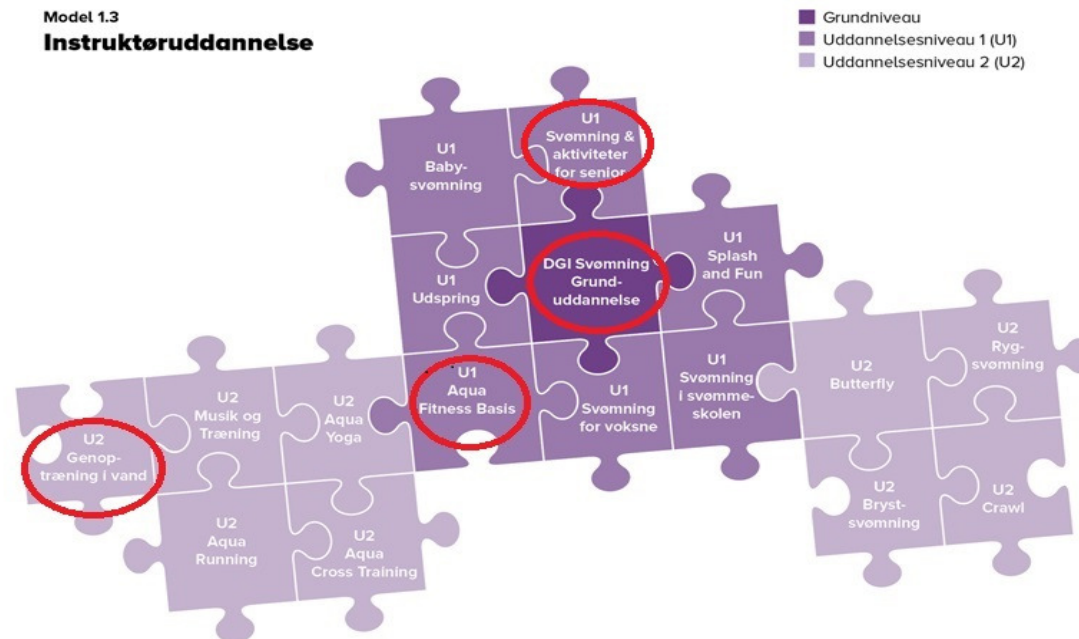


DGI Swimming education program

- Instructor education – three steps
 - Basic – 19 lessons,
 - U1 senior 15 lessons or Fitness Basis 13 lessons
 - U2 rehabilitation 9 lessons

Model 1.3

Instruktøruddannelse



Badminton – inspiration 60+

This is a concept and DGI offers the clubs to introduce the activity and teach the organizers how to organize the activity



60 +badminton

Short inspiration courses

These courses have 3-7 hours duration (80 different each year)

- Gymnastics
- Swimming – Aqua fitness
- Krocket
- Bowls
- Badminton
- Petanque
- Yoga
- Pilates
- Folkdances
- Qigong