



GENERALITAT
VALENCIANA



BANCO DE
PATENTES



VNIVERSITAT
DE VALÈNCIA

TRAINING PROGRAM TO IMPROVE THE PHYSICAL AND COGNITIVE ABILITIES OF GREATER PEOPLE

INVENTION DESCRIPTION

The invention consists on a mixed training program (cognitive, neuromuscular and bioenergetics), based in 9 years of applied research and a wide scientific support. Its application has significant improvements on the physical and cognitive function, and on the quality of life of the elderly people. The methodology of neuromotor training that sustains it, functional and cognitive at the same time, has been developed by researchers of the *Universitat de València* for elderly people of 65 years with or without pathology; and for master athletes of any athletic discipline. His application can be expanded to people of lower age, if they share similar needs that the elderly people.

This group pursues to specialize in a population sector whose years involve some difficulties that can reduce their quality of life, but also can be improved by physical activity programs, especially by functional programs focused on the body-mind binomial.

The involutives processes affect the motor skills so it is fundamental to preserve some basic domains to curb the deterioration and keep motor literacy, that is to say, to preserve the psychomotricity and

psychosocial competence. The methodology is based on a multicompetent program that emerges from the quality of the step improvement and the postural control in enriched surroundings for cognitive stimulation. The triple orientation that guides their proposals allows to improve the neuromuscular capacity (strength, balance and maintenance of healthy articular ranks), together with the executive function and the cardiorespiratory aptitude. In conclusion: to improve the response plasticity and the adaptive capacity, with repercussion on a better self-esteem, sociability and quality of life.

EFAM-UV achieves the competitive advantage in the market thanks to the evaluation of the users at the beginning and at the end of the training process, the preparation and presentation of functional valuation reports and specialized training programs. One of the characteristics that differentiates to EFAM-UV of the competition is the qualification of their technicians, since they are graduated in Sport Sciences and Physical Education, they have been referees and they must have studied the Master in training optimization in elderly people, where the technicians complete his training in the third age field.

BUSINESS APPLICATION SECTORS

The invention has applications in diverse sectors: publics as well as privates. It must be highlighted, among others, the following ones:

- City councils, day-care centers and retirement homes: Implantation of the methodology for the improvement of the user.
- Sports services: Improvement of the athletic performance of the master athlete.
- Medical-health sector: Prescription of the methodology such as no pharmacological tool and prevention of the cost associated with falls.

TECHNICAL ADVANTAGES AND BUSINESS PROFITS

The main advantages provided by the invention are:

- Saving of time and economic resources.
- Cardiovascular and cognitive improvements from the health postural and osteoarticular care.
- Socialization and work in group focusing the tasks on individual requests.
- On a long-term basis optimization of minimum impact motor proposal.



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DEVELOPMENT STATUS OF TECHNOLOGY

The methodology has been validated at the level of laboratory, and in the present, it is developing in different municipalities of the Valencian Community.

INTELLECTUAL PROPERTY RIGHTS

The methodology is protected by intellectual property right.

SOUGHT COLABORATION

- License agreement of use or commercialization
- Outsourcing agreement with another company.

RELATED IMAGES



Image 1: Training with elderly people



Image 2: Training with Fitball

CONTACT

Research and Innovation Service
Universitat de València
Avda. Blasco Ibáñez, 13, level 2
46010, Valencia
Tel: 96 386 40 44
Email: otri@uv.es
Web: <http://www.uv.es/serinves>