



## danube seniors' universities „dasun“

# Seniors' Academic Day

14 June 2011, Craiova, UCV, Room 321

### The Role of Arts In Developing Active Aging

This lecture will address the growing role that modern arts have in developing and maintaining an active and creative lifestyle at an older age. Arts can contribute in developing a physical, mental and spiritual fitness for seniors.

There will be covered many arts as music, painting, drawing dancing, poetry, theatre and so on, possibilities of collaboration between seniors and also intergenerational education.

### Health And Sport For Seniors: Contemporary Perspectives

According to many surveys, health is one of the most important topic for seniors. Especially in the states where the social services are not so well developed, information regarding healthy food, physical activities, the most common illnesses and the risk factors associated with these are of critical importance. In the lecture there will be presented the newest information regarding the best ways to protect and maintain seniors health through sport.

### New Learning Methods For Seniors

This lecture concentrates on the most important learning methods used by seniors combining the empirical surveys with the newest psychological and pedagogical perspectives regarding education at third age. There will be presented useful learning methods and instruments giving a special practical approach to concrete and practical problems from seniors' everyday life, especially using the computers and internet.

### Keynote Speakers

Corneliu Novac, PhD  
Associate Professor, University of Craiova

Expert in Arts Psychology and Psychology of Education

Marian Dragomir, PhD  
Dean of the Faculty of Physical Education and Sport, Professor, University of Craiova  
Expert in Sport and Physical Education, Sport Didactics

Vorel Ionel, PhD  
TSTD Director, Associate Professor, University of Craiova

Expert in Pedagogy and Applied Didactics

[www.dasun.eu](http://www.dasun.eu)



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