Pensum for idræt – bacheloråret/overbygningen

Vintereksamen 2007 del
(de fag der afsluttes med eksamen i uge 44/45)
Indholdsfortegnelse

Fysisk aktivitet og ældre ......................................................................................................................3
Energiomsætning og metabolisk regulering ............................................................................................5
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Elderly in movement
– humanist study of ageing

Pensum 2007

Andersen, Bjarne et al. 2000: *The Elderly in Motion*. Odense: Odense University Press (48 pp.)


Öberg, Peter & Lars Tornstam 1999: ”Body image among men and women of different ages.” In: *Ageing and Society*, 19: 629-644 (16 pp.)


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Aging and Physical Activity - 2007

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Artikler til Physical Activity for the elderly: interdisciplinary approaches.


Kapitel 1-2-3 Spirduso

Artikler til kapitel 4 i Spirduso (Cardiovascular and Pulmonary Function)


Artikler til kapitel 5 i Spirduso (Muscle strength and power)


Artikler til kapitel 6, 7 og 8 i Spirduso (Balance, Posture and Locomotion; Behavioural speed; Motor coordination and Control)


Artikler til Why do we age so differently? (Kaare Kristensen)
13. Christensen K “Looking Old for Your Age”: Genetics and Mortality Epidemiology • Volume 15, Number 2, March 2004 251-252


Artikler til kapitel 11 og 12 i Spirduso + Exercise prescription.


Energiomsætning og metabolisk regulering

Oversigt, Energiomsætningen

1. Aerobic and anaerobic processes of energetics
   The Lung, Scientific Foundations, Lippincott and Raven, Kap. 140, 1997 kopi

Kulhydrater

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2. Control of glycolysis and glycogen metabolism.
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3. High intensity exercise and muscle glycogen availability in humans e-learn
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Fedt

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15. Essential amino acids and muscle protein recovery from resistance exercise
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Projektledelse

(4. udgave, 6. oplag), Børsens Forlag, København
Kapitel 1 - 15 (minus s. 333-339)

Jan Terje Karlsen & Petter Gottschalk (2005): Prosjektledelse – fra initiering til gevinstrealisering,
Universitetsforlaget, Oslo
Kapitel 1-7 & Kapitel 9
Launø & Rieper: Kapitel 5 – Forskningsprocessen – dataindsamlingsmetoder (fra Forskning om og med mennesker)

Lars Qvortrup: Kapitel 4 – viden i det hyperkomplekse samfund (fra: Det lærende samfund – hyperkomplexitet og viden)

Socialforskningsinstituttet: Kapitel 2 – Definition af den frivillige sektor i Danmark (Den frivillige sektor i Danmark – omfang og betydning)