



## Actividad física del instituto municipal de deportes de sevilla dirigida a la población adulta mayor [

2021

text (article)

Analítica

The increase in longevity and the decrease in the birth rate is producing a change in the population pyramid. The World Health Organisation (WHO) estimates that by 2050 there will be 395 million people over the age of 80 in the world. The municipalities, as the public administration closest to the citizens, play a fundamental role in offering services and physical activities (PA) aimed at providing improvements in the quality of life of the elderly. This paper analyses the offer of PA carried out by the sports centres (DC) directly managed by the Municipal Institute of Sports (IMD) of Seville City Council, based on the information provided by the entity on the services, activities, schedules and facilities of the IMD. The results have made it possible to determine the average weekly hourly availability rate per person offered by the IMD for the inhabitants of Seville (2 h 58 min), as well as the most popular activities offered, highlighting the classes given and the use of the swimming pools. The conclusions obtained indicate the existence of important differences between districts. It is also concluded that the offer would allow the elderly population of Seville to comply with the recommendations on health-oriented PA practice made by different international and national institutions

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**Editorial:** 2021

**Tipo Audiovisual:** Instituto Municipal de Deportes Actividad física Adultos Mayores Sevilla Municipal Institute of Sports Physical Activity Older Adults Seville

**Documento fuente:** Athlos: Revista internacional de ciencias sociales de la actividad física, el juego y el deporte, ISSN 2253-6604, N°. 22, 2021, pags. 83-115

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**Lengua:** Spanish

**Enlace a fuente de información:** Athlos: Revista internacional de ciencias sociales de la actividad física, el juego y el deporte, ISSN 2253-6604, N°. 22, 2021, pags. 83-115

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