Introduction 13

Part I. - Seniors

Seniors within population Běla Hátlová, Jana Šopíková, Iva Wedlichová	17
Physical activities and ageing Běla Hátlová, Tereza Louková	19
The role of experience in the activation of senior's lifestyle ${\it V\'aclav~Ho\"sek}$	21
Application of gymnastic literacy in support of movement therapy ${\it Vil\'ema~Novotn\'a,~Iveta~\'Sim\~unkov\'a}$	27
Part II Physical activities and their influence	
Physical activities and their influence on personality of seniors over 75 years Běla Hátlová, Tereza Louková , Milena Adámková Ségárd	35
Quality of life of senior citizens – assessment and intervention $$_{\it JiriMares}$$	47
$ Psychomotor \ examination \ and \ the \ assessment \ of \ the \ elderly \ {\it Elodie Martin, Jean-Michel Albaret} $	65
The benefits of physical activity on depression in elderly: a narrative summary of meta-analyses ${\it Davy Vancamp fort, Michel Probst}$	75
Part III Psychomotor therapy in dementia	
Introduction dementia Bela Hátlová, Iva Wedlichová	85
Psychomotoric Therapy mediate communication training for seniors with dementia Bėla Hátlová, Milena Adámková Ségárd, Jitka Suchá	93
The Aims of Psychomotor therapy within Patients Suffering from Dementia $_{B\check{e}la\ H\acute{a}tlov\acute{a},\ Jitka\ Such\acute{a}}$	103

Part IV. - Therapy practice

Presentation of the concept of Motogeragogics = Psychomotor development for old elder people	and 113
Thesi	Zak
The model of a Unit	Zak 119
Psychomotor therapy with seniors and people with dementia in ambulant care $_{\it Jitka~Such\acute{a},~B\`{e}la~H\acute{a}t}$	127 lová
Psychomotor Therapy in Dementia Jitka Suchā, Bēla Hātlovā, Milena Adámkovā Sēj	CD
References	153