

Prof. Yael Netz, PhD.

Zinman College for Physical Education and Sport Sciences

at the Wingate Institute, Israel



Prof. Yael Netz initiated Gerontology Studies at the Academic College at Wingate. She developed and instituted a program for physical activity in old age and also heads the area of specialty of Physical Activity and Health in Old Age. As part of her work she is in contact with organizations like ESHEL, which provides services for the elderly in Israel, and serves as a consultant for these organizations in matters of health and physical activity. Prof. Netz also serves as Secretary of EGREPA – the European Group of Research into Elderly and Physical Activity, and has been elected as the organization's President.

For many years Prof. Netz served as Head of the School of Physical Education and Sport at the College, and two years ago she established the College's Research Authority, which she heads.

Prof. Netz teaches undergraduate courses pertaining to the psychosocial aspects of aging and Master's degree courses in physical activity and psychological functioning, or physical activity and quality of life in old age. Prof. Netz has dozens of publications in refereed journals and appears regularly at international conferences, at times as the keynote speaker. Her areas of research interest are: Physical fitness and cognitive functioning in old age; the psychological effect of a single training session on the elderly; the effect of aerobic vs. resistance training on cognitive and/or affective functioning; physical activity patterns among the elderly and other age groups in the population; physical activity and psychological variables (depression, moods, response time, executive cognitive functions, concentration, and motivation for physical activity) in adult and old age.

ITW topic

CREATION OF A "TAILOR-MADE" EXERCISE FOR ELDERLY: A PROPER USE OF A BANK OF EXERCISES
