

Pedro Aleixo

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Pedro Aleixo has been an Assistant Professor at Faculdade de Educação Física e Desporto, Universidade Lusófona, Lisboa, Portugal, for 9 years, teaching the Biomechanics and Fitness IV curricular units. He is also an Integrated Researcher of the Centro de Investigação em Desporto, Educação Física, Exercício e Saúde (CIDEFES), Lisboa, Portugal. On the other hand, he has maintained his activity as Personal Trainer since 1998. Aleixo focuses his activity on 3D human movement analysis and exercise in clinical and non-clinical populations. Exercise prescription based on improving movement quality has always been the structuring pillar of his conception regarding what he considers a correct exercise prescription for health. In this line of investigation, he supervised master and doctoral theses. In his leisure time he usually performs aerobic and strength exercises.

My Topics for the 23rd International Teaching Week:

- 1) An Exercise Program to Prevent Falls in the Elderly Based on Biomechanical Characteristics of Movement
- 2) Variables to Prescribe Training for Postural Stability and Joint Stability