

# MASTERS AND MENTORS 2009

MEANINGS AND METHODS IN  
OLDER ADULTS' SPORTING ACTIVITIES

AUGUST 10TH – 11TH SIBELIUS HALL, LAHTI, FINLAND

[WWW.MASTERSMENTORS09.COM](http://WWW.MASTERSMENTORS09.COM)



Ikäinstituutti



LAHDEN AMMATTIKORKEAKOULU  
Lahti University of Applied Sciences



XVIII  
WORLD MASTERS  
ATHLETICS  
CHAMPIONSHIPS  
STADIA  
LAHTI FINLAND  
28 JULY - 8 AUGUST 2009



UNIVERSITY OF HELSINKI  
Palmenia Centre for Continuing Education

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Pajulahti  
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# MASTERS AND MENTORS | 2009

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Welcome to the first International  
Masters and Mentors 2009  
- Meanings and Methods in Older Adults'  
Sporting Activities Conference in Lahti!

The aim of the Conference is to bring together researchers, developers, professionals and other people who are interested in the interplay of ageing and exercise. The Conference is also suitable as further and advanced training for specialists, students and professionals and for anyone interested in the field.

The main themes of the Conference are ageing and sports – motivation, meanings and issues related to training. The keynote speakers of the Conference are Professor Bradley Young from the University of Ottawa, Professor Antti Karisto from the University of Helsinki, Dr Mirja Hirvensalo from the University of Jyväskylä, and Professor Jim Denison from the University of Alberta. The main focus of the Masters and Mentors 2009 Conference is on innovativeness which, for instance, is manifested in innovation sessions that present and develop good practices and innovations in association with the main themes.

The City of Lahti, located near the Helsinki metropolitan area, is a rapidly growing city with excellent traffic connections. Lahti is also a well-known city of different kinds of physical activities, sport and culture that has hosted a number of international sporting events. The Masters and Mentors 2009 Conference is organised in connection with the World Masters Athletics Championships Stadia 2009 in Lahti, and will begin immediately after the games have ended.

**We look forward to meeting you in Lahti!**



Tervetuloa Lahteen,  
Masters and Mentors 2009  
-konferenssiin  
10.-11. elokuuta 2009!

Tämän ensi kertaa järjestettävän konferenssin tavoitteena on koota yhteen ikääntymisestä ja liikunnasta eri tavoin kiinnostuneita tutkijoita, kehittäjiä, ammattilaisia ja muita toimijoita. Konferenssi sopii myös hyvän lisä- ja täydennuskoulutukseksi erilaisille asiantuntijoille, opiskelijoille ja ammattilaisille sekä kaikille asiasta kiinnostuneille.

Masters & Mentors 2009 järjestetään Veteraanien yleisurheilun MM-kisojen yhteydessä niin, että konferenssi jatkuu heti kisojen päätyttyä. Yhtenä teemana konferenssissa onkin ikääntyminen ja urheileminen, sen motiivit, merkitykset ja valmentautumisen kysymykset. Ikääntyminen ja toimintakyky, ikääntyminen ja vapaaehtoistoiminta, tuki ja palvelut sekä innovaatiot ja hyvät käytännöt liikunnan edistämiseksi muodostavat sosiokulttuuristen merkitysten ja filosofisten kysymysten kanssa konferenssin muut tieteellisten symposioiden teemat.

Pääpuhujiksi olemme saaneet professori Bradley Youngin Ottawan yliopistosta, joka on tutkinut laajasti veteraanuurheilijoita ja heidän harrastamisensa motiiveja. Professori Antti Karisto Helsingin yliopistosta puhuu liikunnan ja urheilun sosiokulttuurisesta ja alueellisesta merkityksestä ikääntyville ja koko yhteiskunnalle. Tohtori Mirja Hirvensalo Jyväskylän yliopistosta kertoo liikuntaneuvonnan vaikutuksista ikääntyville. Professori Jim Denison Albertan yliopistosta puhuu urheiluvallennuksen erityiskysymyksistä ikääntyneillä.

Konferenssin erityispiirteinä voidaan pitää sen innovatiivisuutta, joka toteutuu mm. innovaatioessioissa, joissa esitellään ja kehitellään hyviä käytäntöjä ja innovaatioita niin urheiluvallennukseen, luontoliikuntaan ja -matkailuun, urheilusta kirjoittamiseen ja liikunnan itseilmaisuuksiin sekä tietysti yritetään vastata kysymykseen, mikä ikääntyviä liikuttaa ja mitkä käytännöt toimivat. Tarkoituksena on rakentaa yhteistyötä tutkimukseen ja kehitykseen myös tulevaisuutta ajatellen. Konferenssi on myös osa Lahti Wellbeing Weeks -tapahtumaa, joka tullaan järjestämään tulevaisuudessa vuosittain.

**Lämpimästi tervetuloa Lahteen!**

# Programme

## August 9th Sunday Sokos Hotel Seurahuone

- 18.00 - 18.30** Meetings of symposiums and innovation session chairs
- 18.30 - 19.00** Meetings of symposiums and innovation session chairs and presentators
- 19.00 - 21.00** Get together – cocktails  
(Please remember to register for get together when registering for conference.)

## August 10th Monday Sibelius Hall

Chair Arto Tiihonen, PhD, Line Manager,  
The Age Institute (Chair of Scientific Committee)

- 9.00 - 9.30** Opening ceremony and speech  
Arto Tiihonen PhD, Line Manager,  
The Age Institute (Chair of the Scientific Committee)  
Ilkka Viljanen, Member of Finnish Parliament  
(Chair of the Organizing Committee)  
**Official Welcoming Speech**  
Raija Mattila,  
Counsellor for Cultural Affairs, Ministry of Education
- 9.30 - 10.00** Keynote Speech  
Sports and Urban Culture - Reflections from Lahti  
Professor Antti Karisto  
Department of Social Policy, University of Helsinki
- 10.00 - 10.30** Coffee
- 10.30 - 12.30** Symposia 1-2  
Age & Functional Capacities  
Social and Cultural Meanings
- 12.30 - 13.30** Lunch

Chair Adjunct Professor, D.Sc. (Tech.) Helinä Melkas,  
Lappeenranta University of Technology, Lahti School of Innovation

- 13.30 - 14.30** Keynote Speech  
Psycho-social Perspectives on commitment,  
Maintenance and Performance in Masters Sport  
Professor Bradley W. Young  
School of Human Kinetics, University of Ottawa
- 14.30 - 15.15** Coffee
- 15.15 - 17.00** Innovation session  
All innovation session presentations  
(main language English, partially in Finnish)  
Chair Tapani Frantsi, D.Sc. (Econ)
- 19.00 - 22.00** Conference Dinner at Sibelius Hall  
(Please remember to register for dinner when registering for conference.)

## August 11th Tuesday Sibelius Hall

Chair Adjunct Professor, D.Sc. (Tech.) Helinä Melkas,  
Lappeenranta University of Technology, Lahti School of Innovation

- 9.00 - 9.05** Opening speech
- 9.05 - 9.45** Keynote Speech  
Counselling Older Adults to Sport Activities  
Mirja Hirvensalo, PhD  
Department of Sport Sciences and  
Finnish Centre for Interdisciplinary  
Gerontology, University of Jyväskylä
- 9.45 - 12.00** Symposia 3-4  
Innovations in Promoting Sporting Activities  
Support & Services
- 12.00 - 13.00** Lunch
- Chair Arto Tiihonen PhD, Line Manager,  
The Age Institute (Chair of the Scientific Committee)
- 13.00 - 14.00** Keynote Speech  
Planning, Practice and Performance in Sport:  
Coaching Athletes through the Ages  
Professor Jim Denison  
Faculty of Physical Education and Recreation,  
University of Alberta
- 14.00 - 15.40** Concluding Innovation session  
(Coffee and refreshments during the  
program available)  
Discussions, Summaries and panel  
Keynote Speakers, Chairmen, Others  
Chair Tapani Frantsi, D.Sc. (Econ)
- 15.40 - 16.00** Closing Ceremony  
Chair Arto Tiihonen and Chair Ilkka Viljanen
- 17.30 -** Farewell party/Social programmes

## August 12th Wednesday

### Post congress tours

Registration and information will be open every day during the conference (open daily one (1) hour before the programme starts and to the end of daily programme.

Lahti Science and Business Park Ltd reserves the right for changes in programme.

## Symposia and Innovation Session Abstract Titles and Presenting Authors:

- Benefits and Drawbacks of Physical Exercise in Older People, M. Kallinen
- Effects of 8 Week of Nordic Walking on Physical Fitness in the Japanese Elderly, T. Kawamura
- Research on LSD Running Combining Taijiquan for Healthy Ageing, C. Liangyi
- Association of Functional Capacity with Health-Related Behaviour among the Urban Home-Dwelling Older Adults, T. Sulander
- Functional Capacity among Unemployed People, P. Pohjolainen
- Managing Preventive Health and Social Service Networks: A Case Study of Elderly Care in Finland and Japan, T. Järvensivu
- Changes in Physical Activity in the 16-Year Follow-up Study among the Elderly, P. Mäkilä
- The Role of Home Care Nurses in Physical Activation of Elderly People, H. Helldan
- Healthy Lifestyles-Barriers for Older People, S. Lozano Rey
- Building a Common Concept for Health-Promoting Sports in Päijät-Häme Region, Finland, S. Parjanen
- An Alternative Form of Exercise for over 55 Year Olds, A. Sarje
- Ageing People as Innovators in Health Promotion Services, H. Melkas
- Effect of Physical Activity Counseling, M. Hirvensalo
- Self-Hypnosis in Sport, V. Malkin
- Physical Activity during Life Span of Older Adults in Finland, T. Zacheus
- Senior Citizens in Luxembourg: From Active Walking to Tai Chi as from Community to National Sport's Day Activities in a Multicultural Environment, J-C. Leners
- Motion and Co Creation, A. Pässilä
- Reading a Training Diary through Theories, A. Tiihonen
- Miehen terveyden pelikentät, A. Tiihonen (in Finnish)
- Remote Welfare System on the Simple Principle Using Internet Environment, H. Wakamatsu
- The Model of Instructor Training for the Exercise of Older Adults, M. Säpyskä-Nordberg
- Rock Your Body, I. Väänänen
- Psychology Management in Sport, V. Malkin



## Scientific Committee

- Chairman Ph.D. Arto Tiihonen, the Age Institute
- Professor Tommi Vasankari, UKK - Institute
- Professor Antti Karisto, University of Helsinki - Department of Social Policy
- Ph.D. Raisa Valve, University of Helsinki - Palmenia Centre for Continuing Education, Lahti Unit
- Professor Vesa Harmaakorpi, Lappeenranta University of Technology, Lahti Unit
- Adjunct Professor, D.Sc. (Tech.) Helinä Melkas, Lappeenranta University of Technology, Lahti School of Innovation
- Ph.D. Ilkka Väänänen, Lahti University of Applied Sciences - Innovation Centre
- Ph.D. Liisa Suhonen, Lahti, University of Applied Sciences - Faculty of Social and Health Care
- Professor Seppo Sarna, University of Helsinki - Department of Public Health
- Ph.D. Timo Vuorimaa, Sport Institute of Finland, Vierumäki
- Research and Development Manager, Doctor Kari Puronaho, Sport Institute of Finland, Vierumäki
- Senior Researcher, Ph.D. Arto Mutanen, Lappeenranta University of Technology, Lahti Unit
- Doctor of Medical Science and specialist doctor of P.E. Olli J. Heinonen, Sport Institute of Finland, Vierumäki
- Ph.D., CEO Lasse Mikkelsen, Pajulahti Sports Center
- Ph.D. Mirja Hirvensalo, Department of Sport Sciences and Finnish Centre for Interdisciplinary Gerontology, University of Jyväskylä

## Organizing Committee

- Chairman, Member of Parliament and Chairman of Lahti City Council Ilkka Viljanen
- Regional Development Manager Juha Hertsi, The Regional Council of Päijät-Häme
- Development Manager Sari Hänninen, Lahti Science and Business Park
- Assistant Satu Pihlajaniemi, Lahti Science and Business Park
- Sales Manager Jaana Mylläri, Lahti Travel
- Educational Manager Jukka Oresto, Lahti University of Applied Sciences - Faculty of Tourism and Hospitality
- Regional Manager Arto Virtanen, Päijät-Hämeen liikunta ja urheilu
- General Secretary Virpi Hurri, World Masters Athletics Statia Championships 2009 Lahti
- General Secretary Senja Jouttimäki, The Lahti University Consortium
- Ph.D., CEO Lasse Mikkelsen, Pajulahti Sports Center
- Physical therapist Helena Launiemi, City of Lahti, exercise activity
- Managing Director Anja Hakkarainen, Tavicon (professional congress organizer)

## Registration fees

Conference fees	Registration fee
■ Delegate, 2 day fee (10.-11.8. and get together on 9.8.)	200 EUR
■ Delegate, 1 day fee (only 10.8. or 11.8.)	100 EUR
■ Students and pensioners	50 EUR

Please register using the online form:  
[www.mastersmentors09.com](http://www.mastersmentors09.com)

We have an online registration system operated by TAVI Congress Bureau. All reservations (incl. social programme and hotel) should be made on the same registration form, also the programme that in include in the registration fee. If you have any questions concerning the registration form or procedure, please contact TAVI Congress Bureau at [MMconf09@tavicon.fi](mailto:MMconf09@tavicon.fi) or +358 3 233 0450.

## Practical arrangements

### TAVI Congress Bureau

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## Conference organizer, Sponsoring Opportunities, Press

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- Ministry of Education