



## Acción motriz y adulto mayor: aproximaciones teórico-prácticas desde la psicomotricidad [

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text (article)

Analítica

Talking about motor action implies to address multiple forms of movement, "sometimes aware, sometimes unaware", in any case and for what concerns here, this authentic parlebasiana posture goes beyond the limits of what generally its conceive, on one side, and, on the other side covers several sectors such as the physical exercise for the health oriented to senior citizens, or other dimensions, as stated by Hernández y Rodríguez (2009, 20), generically "...The praxiology implies disciplinarily the Anthropology, Sociology, Psychology, Physiology, among others...". So, refer to the complexity with the one that the motor action intervenes in the terrain of the systematic physical activity oriented specifically to senior citizens, or other manifestations that belong to the disciplinary field in discussion, infers, in one way among many, an integrity that changes the development of a person as an individual. Forces, so, reducing the absolute notion to Psychomotricity, an aspect the dedicates its attention to the subject -uniqueand emphasizes the importance of the experience and the corporal awareness of the personal interaction with the surrounding (Menéndez, 1989)

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