

Subject	Physical Activity in Growth and Aging		
Type	Type	Semester	ECTS
	MANDATORY (M)	V	4
Lecturer	Dr.Sc. Abedin Bahtiri		
Goals and objectives	To examine the role of physical activity in influencing growth, development, and aging, with a focus on understanding how movement and exercise impact physical, mental, and social well-being across the human lifespan		
Learning outcomes	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> ✓ Understand the physiological, psychological, and social changes associated with growth and aging. ✓ Evaluate the impact of physical activity on health and well-being during childhood, adolescence, adulthood, and old age. ✓ Design age-appropriate physical activity interventions to enhance health and functionality across the lifespan. ✓ Analyze the challenges and benefits of physical activity for specific populations, such as children, older adults, and individuals with chronic conditions. ✓ Critically examine research and case studies to develop evidence-based strategies for promoting lifelong physical activity. 		
Content	Java	Topics	
	1	Syllabus Presentation	
	2	Changes in physical capacity with aging	
	3	Role of exercise in mental health and cognitive function	
	4	Physical activity as a tool for stress management and emotional resilience	
	5	Neuroplasticity and cognitive decline prevention	
	6	Role of physical activity in social interaction and community engagement	
	7	Behavioral trends and barriers to activity at different ages	
	8	Mid-exam – 1	
	9	Cultural attitudes towards aging and activity	
	10	Principles of exercise prescription for different age groups	
	11	Modifying physical activity for individuals with chronic conditions or disabilities	
	12	Case studies: Successful physical activity programs	
	13	Overcoming barriers to physical activity (social, economic, and environmental)	
	14	Technology and innovations in promoting physical activity	
Teaching/learning methods	15	Mid-exam – 2	
	Activity		Weight (%)
	Lectures		30
	Laboratory		30
	Research		20
Methods of Evaluation	Independent and group learning		20
	Methods of evaluation:		%
	Participation		20
	a) Medium-term exam-1		20
	b) Medium term exam – 2		20
Sources	Course design (developing a training program for a certain group)		40
	Sources		Number
	Lectures		1
	Presentations		1
	Web of Science		1
	PubMed		1
ECTS Workload	Scopus		1
	Activity	Weekly hours	Workload
Lectures	2	24	

	Lab	1	12
	Course project	n/a	20
	Independent work	n/a	46
Literature	<ul style="list-style-type: none"> • Bouchard, C., Blair, S. N., & Haskell, W. L. (2018). Physical Activity and Health. • Jones, D. A., & Round, J. M. (2006). Human Adaptation to Physical Activity: Across the Lifespan. • Nelson, M. E., & Rejeski, W. J. (2014). Physical Activity and Public Health in Older Adults. 		
Ethical standards	This course follows the UBT College Code of Ethics, requiring all students to behave accordingly. Any instance of academic misconduct, including but not limited to fraud, plagiarism, or other forms of dishonesty, will lead to significant penalties like failure of specific assessment or the entire course, as well as further disciplinary measures in line with UBT College's academic integrity policies.		
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