

Subject	Major Illnesses and exercise protocols		
Type	Type	Semester	ECTS
	MANDATORY (M)	2	4
Lecturer	Dr. Pranvera Ibrahim		
Aims and Objectives	The aim of the course is to enable students to understand and learn about the major illnesses and their various factors and aspects, including the relationship between sedentary lifestyle, mechanisms of chronic non-communicable diseases development, appropriate therapeutic procedures and intervention protocols. Moreover, students will acquire competence in the implementation of individually tailored and controlled programs of exercise protocols in the treatment of various illnesses.		
Learning Outcomes	<p>Upon completion of this course, students will:</p> <ul style="list-style-type: none"> • Have a general knowledge regarding major illnesses and their contributing factors. • Analyze and evaluate the effectiveness of exercise intervention protocols in major illnesses. • Apply the acquired knowledge to the implementation of the individually measured and controlled physical activity programs in order to maintain and improve health, and in the treatment of chronic non-communicable diseases. • Design and implement various types of modern basic and clinical research models regarding association between insufficient physical activity and morbidity. • Analyze and interpret research results. 		
Content	Week	Topics	
	1	Sylabi presentation	
	2	Chronic non-communicable diseases – a problem but also a challenge.	
	3	Definition and general characteristics of the chronic non-communicable diseases (NCD)	
	4	Healthy lifestyle: physical activity and healthy nutrition	
	5	Exercise and physical activity for a good health - Characteristics of aerobic exercise for maintaining and improving of health. - Features of strength exercise for maintaining and improving of health. - Characteristics of flexibility exercise for maintaining and improving health	
	6	Cardiovascular diseases and the positive impact of exercise	
	7	Mid-term exam – 1	
	8	Positive impact of exercise in diabetes	
	9	Cancer and the positive impact of exercise protocols in this disease	
	10	Dementia (Alzheimer disease) and the positive impact of exercise	
	11	Osteoporosis and bone health and the positive impact of exercise	
	12	Arthritis and joint health and the positive impact of exercise	
	13	The positive impact of exercise in weight management	
	14	The positive impact of exercise in depression and anxiety	
	15	Mid-term exam – 2	
Teaching/Learning Methods	Activity		Weight (%)
	Lectures		40%
	Lab		40%
	Research		10%
	Independent learning		10%
Assessment Methods	Methods of assessment:		%
	Participation		10%
	a) Mid-term exam -1		30%
	b) Mid-term exam - 2		30%
	Research essay		30%
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	24

	Lab	n/a	12
	Independent learning	n/a	44
	Examination preparation	n/a	20
Literature	<p>1. Bushman, B., & American College of Sports Medicine. (2017). ACSM's Complete Guide to Fitness & Health, 2E. Human Kinetics.</p> <p>2. Bouchard, C., Blair, S. N., & Haskell, W. L. (2012). Physical activity and health. Human Kinetics.</p> <p>3. Gibson, A. L., Wagner, D., & Heyward, V. (2018). Advanced Fitness Assessment and Exercise Prescription, 8E. Human kinetics.</p> <p>Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the Moodle platform.</p>		
Ethical standards	<p>This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.</p>		
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