

Subject	Physical Activity and Lifestyle in Ageing and the Elderly		
Type	Type	Semester	ECTS
	MANDATORY (M)	III	4
Lecturer	Prof. Assoc. Pranvera Ibrahim, MD, PhD		
Goals and objectives	This course explores the role of physical activity and lifestyle choices in promoting healthy aging in older adults. Emphasizing evidence-based practices, the course will examine physiological changes that occur with aging and how exercise can mitigate the decline in physical and mental health. Students will gain practical knowledge on designing appropriate exercise programs, understanding the complexities of aging, and promoting well-being in older populations.		
Learning outcomes	By the end of this course, students will: <ol style="list-style-type: none"> 1. Understand the physiological processes that contribute to aging. 2. Learn how physical activity influences age-related changes in body systems (musculoskeletal, cardiovascular, and neurological systems). 3. Develop knowledge on safe and effective exercise prescriptions for older adults. 4. Evaluate the role of nutrition and lifestyle factors in aging. 5. Analyze the psychological and social impacts of aging and physical activity. 6. Identify barriers to physical activity in elderly populations and propose strategies to overcome them. 		
Content	Java	Topics	
	1	Syllabus Presentation	
	2	Introduction to Aging and Physical Activity	
	3	The Musculoskeletal System and Aging	
	4	Cardiovascular and Respiratory Changes in Aging	
	5	Neurological Changes and Cognitive Function	
	6	Exercise Physiology in Older Adults	
	7	Designing Safe Exercise Programs for Older Adults	
	8	Mid-exam – 1	
	9	Nutrition and Its Role in Healthy Aging	
	10	Psychological Well-being and Aging	
	11	Preventing Falls and Injury in Older Adults	
	12	Physical Activity and Chronic Disease Management	
	13	Social and Environmental Factors Influencing Physical Activity	
	14	The Future of Physical Activity and Aging	
15	Mid-exam – 2		
Teaching/learning methods	Activity		Weight (%)
	Lectures		20%
	Laboratory		300%
	Research		20%
	Independent and group learning		30%
Methods of Evaluation	Methods of evaluation:		%
	Participation		10%
	a) Medium-term exam-1		30%
	b) Medium term exam - 2		30%
	Course design (developing a training program for a certain group with disabilities)		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			
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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