Subject	**Physical Activity in Cancer, Cardiovascular and Other Chronic Disorders**		
Type	Type	Semester	ECTS
	MANDATORY (M)	3	4
Lecturer	Prof. Assoc. Pranvera Ibrahimi, MD, PhD		
Aims and Objectives	The aim of the module is to enable students to understand and learn about current fundamental and applied research in the field of physical activity and exercise in cancer, cardiovascular (CVD) and other chronic disorders. The course is aimed at making the student become competent on the practical application of individually tailored exercise programs in patients suffering from various types of cancer, cardiovascular and other chronic diseases.		
Learning Outcomes	Upon completion of this module, students shall be able to: • Design and implement various types of modern basic and clinical research models in the area of physical activity and exercise effects in cancer treatment. • Design and implement various types of modern basic and clinical research models in exercise application in prevention and non- pharmacological treatment of CVD. • Practically apply acquired knowledge and implement individually tailored exercise programs in cancer patients. • Practically apply acquired knowledge and implement individually tailored exercise programs in the prevention and therapy of CVD. • Practically apply acquired knowledge and implement individually tailored and controlled exercise programs in diabetic population.		
Content	**Week**	**Topics**	
	Syllabus presentation		
	1	Introduction to Physical Activity and Chronic Diseases: An Overview	
	2	Etiopathogenesis of Cancer and Its Association with Lifestyle	
	3	Malignancy and Reduction in Physical Work Capacity	
	4	Physical and Psychosocial Responses to Exercise in Cancer Patients	
	5	Functional Testing of the Cardiorespiratory System in Cancer Patients	
	6	Exercise and Functional Recovery Post-Malignant Tissue Extraction	
	Mid-term exam – 1		
	7	Epidemiology, Causes, and Classification of Cardiovascular Diseases	
	8	Cardiovascular Biomarkers and Their Role in Physical Activity	
	9	Exercise Programs for CVD Prevention and Therapy	
	10	Diabetes: Causes, Classification, and Complications	
	11	Exercise Metabolism and Adaptive Changes in Diabetic Populations	
	12	Designing Individually Tailored Exercise Programs for Chronic Disease Management	
	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		45%
	b) Mid-term exam - 2		45%
ECTS Workload	**Activity**	**Weekly hours**	**Workload**
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	44
	Examination preparation	n/a	20

Literature	• Bushman, B., & American College of Sports Medicine. (2017). ACSM's Complete Guide to Fitness & Health, 2E. Human Kinetics. • Bouchard, C., Blair, S. N., & Haskell, W. L. (2012). Physical activity and health. Human Kinetics. • Batalli A, Henein M, Poniku A, Ibrahimi P, Pllana-Pruthi E, Elezi S, Shatri F, Abdyli G, Bajraktari A, Karahoda R, Selmani H, Bytyçi I, Bajraktari G. Management and clinical outcome of myocardial infarction in Kosovo: A cross-sectional study. • Bajraktari G, Elezi S, Bytyci I, Ibrahimi P, Abdyli G, Pllana-Pruthi E, Karahoda R, Batalli A, Poniku A, Shatri M, Gashi D, Bajraktari A, Shatri F, Henein MY; KOS-ACS Investigators. The Rationale and Design of the KOSovan Acute Coronary Syndrome (KOS-ACS) Registry.
Ethical standards	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.
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