

Subject	Aging and the Elderly			
Type	Type	Semester	ECTS	
	MANDATORY (M)	2	4	
Lecturer	Dr. Linda Carkaxhiu			
Aims and Objectives	This course will provide an overview of issues related to aging, its main aspects and factors, and its relations to public health. It will review the demography and epidemiology of aging, discuss how aging is viewed in society today, including myths and stereotypes, and briefly review theories of aging. The course will also cover the concept of successful aging, implications of chronic illness and disability for public health, health promotion for elderly, and other topics central to public health in an aging society.			
Learning Outcomes	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> • Understand the aging process and the condition of the elderly in its various aspects and implications. • Describe basic demographic trends in the aging population. • Identify the components of aging, and the main behavioral, social and environmental factors that influence successful aging. • Explain the role of chronic diseases and disability in the lives of the elderly • Compare public health, aging network, and health care services for the elderly. 			
Content	Week	Topics		
	Syllabus presentation			
	1	Introduction to the course. Theories of aging.		
	2	Myths and stereotypes of aging. Demography and biology of aging.		
	3	Biology of aging. The burden of chronic illnesses and self-management.		
	4	Psychological and cognitive function at advanced ages. Sleep and advanced age		
	5	Mental disorders in older persons. Alzheimer's disease and care giving.		
	6	Cardiovascular function.		
	Mid-term seminar – 1			
	7	Pulmonary functions.		
	8	Gastrointestinal function.		
	9	Successful aging. Health behaviors and health promotion.		
	10	Physical development and decline. Physical activity interventions in the elderly.		
	11	Ethical issues and social aspects of health and aging		
12	Violence and abuse of the elderly. End-of-life care			
Mid-term seminar – 2				
Teaching/Learning Methods	Activity		Weight (%)	
	Lectures		40 %	
	Research		30 %	
	Independent learning		30 %	
Assessment Methods	Methods of assessment:			
	Participation		10 %	
	a) Mid-term seminar -1		20 %	
	b) Mid-term seminar - 2		20 %	
	Final Exam		50 %	
ECTS Workload	Activity	Weekly hours	Workload	
	Lectures	2	24	
	Lab	n/a	12	

	Independent learning	n/a	44
	Examination preparation	n/a	20
Literature	Taylor, A. W. (Ed.). (2021). <i>Physiology of exercise and healthy aging</i> . Human Kinetics. Frontera, W. R. (2018). Physical activity and rehabilitation in elderly. In <i>Rehabilitation medicine for elderly patients</i> (pp. 3-13). Springer, Cham.		
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.		
Contact	linda.carkaxhiu@ubt-uni.net		