Type   Semester   ECTS	Subject	Aging and the Elderly						
Lecturer  Dr. Linda Carkaxhiu  This course will provide an overview of issues related to aging, its main aspects and fact and its relations to public health. It will review the demography and epidemiology of a discuss how aging is viewed in society today, including myths and stereotypes, and be review theories of aging. The course will also cover the concept of successful a implications of chronic illness and disability for public health, health promotion for elderly, other topics central to public health in an aging society.  Upon completion of this module, students shall be able to:  • Understand the aging process and the condition of the elderly in its various as and implications.  • Describe basic demographic trends in the aging population.  • Identify the components of aging, and the main behavioral, social and environm factors that influence successful aging.  • Explain the role of chronic diseases and disability in the lives of the elderly.  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 a Psystomy functions.  8 Gastrointestinal 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  Activity Weight (%)  Assessment  Methods  Assessment  Methods  Activity Weight (hours)  Workload	Туре		Туре	Semester	ECTS			
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Content    Understand the aging process and the condition of the elderly in its various asy and implications.   Describe basic demographic trends in the aging population.   Identify the components of aging, and the main behavioral, social and environme 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.   Week		and its discuss review implica	relations to public health. It will s how aging is viewed in society theories of aging. The course tions of chronic illness and disab	I review the demography and epicy today, including myths and stered will also cover the concept of sility for public health, health promo	demiology of aging eotypes, and briefl successful aging			
Syllabus presentation		Upon c	Understand the aging process and implications.  Describe basic demographic tr Identify the components of agin factors that influence successf Explain the role of chronic disc	and the condition of the elderly in rends in the aging population. ng, and the main behavioral, socia ul aging. eases and disability in the lives of the	I and environmenta			
Introduction to the course. Theories of aging.	Content							
Biology of aging. The burden of chronic illnesses and self-management.  4 Psychological and cognitive function at advanced ages. Sleep and advanced a  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  Activity Weight (%)  1 Lectures 40 % Research 30 % Methods Participation 30 % Methods of assessment:  Participation 10 % Methods of assessment:  Participation 10 % Methods of assessment:  Participation 20 % Final Exam 50 %  ECTS Workload  Activity Weekly hours Workload								
Content    Psychological and cognitive function at advanced ages. Sleep and advanced a   Section		2	Myths and stereotypes of aging. Demography and biology of aging.					
Content    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		3	Biology of aging. The burden of chronic illnesses and self-management.					
Cardiovascular function.		4	Psychological and cognitive function at advanced ages. Sleep and advanced age					
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   Activity   Weight (%)   Lectures   40 %   Research   30 %   Independent learning   30 %   Methods of assessment:   Participation   a) Mid-term seminar - 1   20 %   b) Mid-term seminar - 2   20 %   Final Exam   50 %   ECTS Workload   Activity   Weekly hours   Workload		5	Mental disorders in older persons. Alzheimer's disease and care giving.					
Pulmonary functions.		6	Cardiovascular function.					
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     Weight (%)     Lectures   40 %   Research   30 %     Independent learning   30 %		Mid-term seminar – 1						
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								
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12   Violence and abuse of the elderly. End-of-life care								
Mid-term seminar – 2           Activity         Weight (%)           Teaching/Learning         40 %           Research         30 %           Independent learning         30 %           Methods of assessment:         Participation           Participation         10 %           a) Mid-term seminar -1         20 %           b) Mid-term seminar - 2         20 %           Final Exam         50 %           ECTS Workload         Activity         Weekly hours         Workload								
Teaching/Learnin g Methods         Lectures         40 %           Research         30 %           Independent learning         30 %           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								
Teaching/Learnin g Methods         Lectures         40 %           Research         30 %           Independent learning         30 %           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								
Independent learning   30 %								
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Participation			······································		30 %			
Methods         a) Mid-term seminar -1         20 %           b) Mid-term seminar - 2         20 %           Final Exam         50 %           ECTS Workload         Activity         Weekly hours         Workload					<u> </u>			
a) Mid-term seminar -1								
Final Exam 50 %  ECTS Workload Activity Weekly hours Workload								
ECTS Workload Activity Weekly hours Workload					<u> </u>			
Lectures 2 24	ECTS Workload							
Lab n/a 12			98					

	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.					
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