

Appendix No.3 to Resolution No. 2303 of Senate of Wroclaw Medical University of 28 April 2021

Syllabus for academic year: 2021/2022														
Training cycle semester														
Description of the course Group of detailed education results														
3		Can we get older in good health?								oup nar ific bas	ne			
Course										G		Legal organi aspect medic	zing s of	
										D		Behar socia with e	vioural al scien elemer essiona	nces nts of
Faculty	Fac	ulty of	Medi	cine					-					
Major	me	dicine												
Level of studies	X uniform magister studies □ 1 st degree studies □ 2 nd degree studies □ 3 rd degree studies □ postgraduate studies													
Form of studies	X full-time □ part-time													
Year of studies		I-VI					Seme	ester:	er: □x winter or □x summer					
Type of course	□ obligatory □ limited choice □ x free choice / optional													
Language of study	ge of study ☐ Polish X English													
Number of hours Form of education														
					Form o) educ	ation							1
Windows		Lectures (L)	Seminars (SE)	Auditorium classes (AC)	Major Classes – not clinical (MC)	Clinical Classes (CC)	Laboratory Classes (LC)	Classes in Simulated Conditions (CSC)	Practical Classes with Patient (PCP)	Foreign language Course (FLC)	Physical Education (PE)	Vocational Practice (VP)	Directed Self-Study (DSS)	E-learning (EL)
Winter semester:														

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Department of					
Geriatrics					
(Dep. in charge of the course)					
Direct (contact) education ¹					4
Distance learning ²					1
Summer semester:	 •				
Department of					
Geriatrics					
(Dep. in charge of the course)					
Direct (contact) education					4
Distance learning					1
TOTAL per year:	 	!!			
Department of					
Geriatrics					
(Dep. in charge of the course)					
Direct (contact) education					4
Distance learning					1

Educational objectives (max. 6 items)

- C1. Teaching students a holistic approach to the old age health, illness, health promotion, illness prevention, mental and physical activity with all periods of our life, lifestyle and pro-healthy activity
- C2. Knowledge of factors determining the well-being of the elderly professional activity, non-professional activity, physical activity, nutrition, supplementation, medications
- C3. Acquisitions of skills by students to independently search for the most important information regarding work with and elderly patient
- C4. Preparation of Health Decalogue and Decalogue of Healthy Aging
- C5. Development social competences needed to practice the medical profession, in accordance with graduate's profile.

Education result for course in relation to verification methods of the intended education result and the type of class:

Number of detailed education result	Student who completes the course knows/is able to	Methods of verification of intended education results	Form of didactic class *enter the abbreviation
W1 W2	Student knows and describes the dependence of health-promoting factors on particular stages of life affecting the well-being of the elderly Student knows and describes elements conditioning health in a holistic definition	Brainstorm. Presentation and final report	EL
W3	Student knows and uses data from sources (websites) of national, European and world information regarding health, epidemiology and threats		
W4	Student knows how to draw conclusions from literature and source knowledge – work in a group		

¹ Education conducted with direct participation of university teachers or other academics

² Education with applied methods and techniques for distance learning

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W5	Student knows the principles of bioelectrical impedance for non-invasive measurement of body mass composition		
U1	Student can draw conclusions and recommendations from the research.		EL
U2	Student can develop pro-healthy recommendations and educate the	Assessment of	
U3	patient. Student can search for source data.	practical skills	
U4	Student is able to establish an adequate contact and cooperate		

^{*} L- lecture; SE- seminar; AC- auditorium classes; MC- major classes (non-clinical); CC- clinical classes; LC- laboratory classes; CSC- classes in simulated conditions; PCP- practical classes with patient; FLC- foreign language course; PE- physical education; VP-vocational practice; DSS- directed self-study; EL- E-learning

Student's amount of work (balance of ECTS points):

Student's workload	Student Workload
(class participation, activity, preparation, etc.)	
1. Number of hours of direct contact:	4
2. Number of hours of distance learning:	16
3. Number of hours of student's own work:	6
4. Number of hours of directed self-study	n/a
Total student's workload	26
ECTS points for course	1,0

Content of classes: (please enter topic words of specific classes divided into their didactic form and remember how it is translated to intended educational effects)

Seminars

- 1. Let's start from ourselves examining our lifestyle, behaviours,
- 2. Brainstorm does healthy old age begin in childhood?
- 3. Diseases prevention or health promotion what is more important in adulthood and in old age?
- 4. Senior in family.
- 5. Challenges of health system regarding the needs of elderly people.
- Outdated stereotypes about aging.
- 7. Obtaining information on Healthy Aging.
- 8. Establishing the Health Decalogue of Seniors.
- 9. Student's presentation.
- 10. Credit for course Discussion.

Basic literature

- 1. http://www.who.int/news-room/fact-sheets/detail/ageing-and-health
- 2. https://betterhealthwhileaging.net/how-to-promote-physical-health-for-healthy-aging/
- 3. http://www.healthinaging.org/aging-and-health-a-to-z/

Additional literature and other materials (no more than 3 items)

- 1. http://www.healthyageing.eu/
- 2. https://www.cdc.gov/aging/index.html

Preliminary conditions: (minimum requirements to be met by the student before starting the course) Basic knowledge regarding medical biology and human metabolism

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Conditions to receive credit for the course: (specify the form and conditions of receiving credit for classes included in the course, admission terms to final theoretical or practical examination, its form and requirements to be met by the student to pass it and criteria for specific grades)

Attention! Attendance can not be a condition for passing the course

Grade:	Criteria for courses ending with a grade ³
	Student easy discusses the subject of aging, health and patholog
	of aging, differences between aging and multimorbidity, indicate
Very Good (5.0)	factors that favor aging in health.
	Student prepares a chosen presentation.
	Student uses literature outside the list.
	Student easy discusses the subject of aging, health and patholog
	of aging, differences between aging and multimorbidity, indicate
Good Above (4.5)	factors that favor aging in health.
	Student prepares a chosen presentation.
	Student uses literature from the list only.
C = = 1 (4.0)	Student correctly uses the topic of course. He/she prepares
Good (4.0)	presentation; uses literature from the list only
5 11 6 1 10 (2.5)	Student correctly uses the topic of course. He/she prepares
Satisfactory Plus (3.5)	presentation
Satisfactory (3.0)	Basic knowledge of aging in health.
	Criteria (only for courses/modules ending with e credit)
Credit	Does not apply to the Faculty of Medicine

Department in charge of the course:	Department of Geriatrics
Department address:	
	Wroclaw Medical University, Curie – Skłodowskiej 66,
	50-369 Wrocław,
Telephone:	+48 71 784 24 28 ph./fax: +48 71 327 09 15
E-Mail:	joanna.zorawska@umed.wroc.pl

Person in charge for the	course: Dr n med	Dr n med Joanna Żórawska 717842428 Joanna.zorawska@umed.wroc.pl					
Telephone:	71784242						
E-Mail:	Joanna.zo						
List of persons conduct	ing specific classes:						
	Degree/scientific or			1			
Name and surname	professional title	Discipline	Performed profession	Form of classes			

³ The verification must cover all education results, which are realize in all form of classes within the course



Dean's signature

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Date of Syllabus development	
23.06.2021.	

Or n med Joanna Zórawska lejner medychol specjalista parpória rodzinnej 7450339 Syllabus developed by dr Joanna Żórawska

Signature of Head(s) of teaching unit(s)

Uniwersytet Medyczny we Wrocławiu KATEDRA I KLINIKA GERIATRII klerownik

prof. dr hab. Małgorzata Sobieszczańska

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