



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.	Assessment of practical skills	EL
U2	Student can develop pro-healthy recommendations and educate the patient.		
U3	Student can search for source data.		
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 (class participation, activity, preparation, etc.)	Student Workload
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.
6. Outdated stereotypes about aging.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



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
Very Good (5.0)	Student easily discusses the subject of aging, health and pathology of aging, differences between aging and multimorbidity, indicates factors that favor aging in health. Student prepares a chosen presentation. Student uses literature outside the list.
Good Above (4.5)	Student easily discusses the subject of aging, health and pathology of aging, differences between aging and multimorbidity, indicates factors that favor aging in health. Student prepares a chosen presentation. Student uses literature from the list only.
Good (4.0)	Student correctly uses the topic of course. He/she prepares presentation; uses literature from the list only
Satisfactory Plus (3.5)	Student correctly uses the topic of course. He/she prepares 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:	Wrocław 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 Joanna Żórawska			
Telephone:	717842428			
E-Mail:	Joanna.zorawska@umed.wroc.pl			
List of persons conducting specific classes:				
Name and surname	Degree/scientific or professional title	Discipline	Performed profession	Form of classes
Joanna Żórawska	GP, MD, PhD	Geriatrics	Doctor	EL

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



Date of Syllabus development
23.06.2021.

Dr n med Joanna Żóławska
lekarz medycyny
specjalista geriatrycznej
7450339

Syllabus developed by
dr Joanna Żóławska

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

Dean's signature

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Uniwersytet Medyczny we Wrocławiu
KATEDRA I KLINIKA GERIATRII
kierownik

prof. dr hab. Małgorzata Sobieszczkańska

