



Syllabus for academic year: 2020/2021			
Training cycle: semester			
Description of the course			
Module/Course	Can we get older in good health?	Group of detailed education results	
		Group code	Group name
		B	Scientific basis of medicine
		G	Legal and organizing aspects of medicine
		D	Behavioural and social sciences with elements of professionalism
Faculty	Medicine		
Major	medicine		
Unit realizing the subject	Department of Geriatrics		
Specialties	not applicable		
Level of studies	Uniform magister studies X* 1 st degree studies <input type="checkbox"/> 2 nd degree studies <input type="checkbox"/> 3 rd degree studies <input type="checkbox"/> postgraduate studies <input type="checkbox"/>		
Form of studies	X full-time <input type="checkbox"/> part-time		
Year of studies	I- VI	Semester	<input type="checkbox"/> x Winter or <input type="checkbox"/> x Summer
Type of course	<input type="checkbox"/> obligatory <input type="checkbox"/> limited choice <input checked="" type="checkbox"/> x free choice / elective		
Course	<input type="checkbox"/> x major <input type="checkbox"/> basic		
Language of instruction	<input type="checkbox"/> Polish <input checked="" type="checkbox"/> X English <input type="checkbox"/> other		
* mark <input type="checkbox"/> with an X			
Number of hours			
Form of education			



	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)	Specialist Classes – magister studies (SCM)	Foreign language Course (FLC)	Physical Education obligatory (PE)	Vocational Practice (VP)	Self-Study (Student's own work)	E-learning (EL)
Winter Semester														
Direct (contact) education														
Online learning (synchronous)														16
Distance learning (asynchronous)														4
Summer Semester														
Direct (contact) education														
Online learning (synchronous)														16
Online learning (asynchronous)														4
TOTAL per year:														
Direct (contact) education														
Online learning (synchronous)														16
Online learning (asynchronous)														4
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 an elderly patient C4. Preparation of Health Decalogue and Decalogue of Healthy Aging														
Education result matrix for module/course in relation to verification methods of the intended education result and the type of class														
Number of course education result	Number of major education result	Student who completes the module/course knows/is able to							Methods of verification of intended education results (forming and summarising)	Form of didactic class <i>**enter the abbreviation</i>				
W 01	DW 3 GW5	Student knows and describes the dependence of health-promoting factors on particular stages of life affecting the well-being of the elderly							Brainstorm.	EL				



W 02	GW 13 GW 14	Student knows and describes elements conditioning health in a holistic definition	Presentation and final report	EL
W 03	DW 2	Student knows and uses data from sources (websites) of national, European and world information regarding health, epidemiology and threats		
W04	GW 15	Student knows how to draw conclusions from literature and source knowledge – work in a group		
W 05	GW 2	Student knows the principles of bioelectrical impedance for non-invasive measurement of body mass composition		
U 01	BU 14	Student can use the body mass composition analyzer		
U 02	DU 10-12	Student can draw conclusions and recommendations from the research.		
U 03		Student can develop pro-healthy recommendations and educate the patient.		
U 04	BU 11-12	Student can search for source data. Student is able to establish an adequate contact and cooperate		
<p>** L - lecture; SE - seminar; AC – auditorium classes; MC – major classes (non-clinical); CC – clinical classes; LC – laboratory classes; SCM – specialist classes (magister studies); CSC – classes in simulated conditions; FLC – foreign language course; PCP practical classes with patient; PE – physical education (obligatory); VP – vocational practice; SS – self-study, EL – E-learning .</p>				
<p>Please mark on scale 1-5 how the above effects place your classes in the following categories: communication of knowledge, skills or forming attitudes: Knowledge: +++++ Skills: +++++ Social competences: +++++</p>				
Student's amount of work (balance of ECTS points)				
Student's workload (class participation, activity, preparation, etc.)			Student Workload (h)	
1. Contact hours:				
2. Online learning hours (e-learning):			20	
3. Student's own work (self-study):			6	
Total student's workload			26	
ECTS points for module/course			1,0	
Comments				
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 the composition of our body mass – calculating the metabolic age, conclusions.
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>

Didactic resources requirements (e.g. laboratory, multimedia projector, other...)

Laptop / Ipod, Internet access, software that enables conversation

Preliminary conditions (minimum requirements to be met by the student before starting the module/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 module/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).

Grade:	Criteria (only for courses/modules ending with an examination)
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 Plus (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	Basic knowledge of aging in health.



(3.0)	
	Criteria (only for courses/modules ending with e credit)
Credit	Does not apply to the Faculty of Medicine

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List of persons conducting specific classes				
Full name	Degree/scientific or professional title	Discipline	Performed profession	Form of classes
Dr Joanna Żórawska	GP, MD, PhD	Geriatrics	Doctor	EL – e learning

Date of Syllabus development

20.05.2020 (aktualizacja
30.08.2020)

Syllabus developed by

Żórawska

Signature of Head of teaching unit

Uniwersytet Medyczny we Wrocławiu
KATEDRA I KLINIKA GERIATRII
kierownik

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Signature of Faculty Dean

Wrocław Medical University
Faculty of Medicine
Vice-Dean for Quality Studies
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