

Syllabus 2020/2021			
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		
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"/> ξ Summer
Type of course	<input type="checkbox"/> obligatory <input type="checkbox"/> limited choice x <input type="checkbox"/> free choice / elective		
Course	x <input type="checkbox"/> major <input type="checkbox"/> basic		
Language of instruction	<input type="checkbox"/> Polish <input checked="" type="checkbox"/> English <input type="checkbox"/> other		
* mark <input type="checkbox"/> with an X			
Amount of hours			
Form of education			
Unit teaching the course	Lectures (L)	Seminars (SE)	Auditorium classes (AC)
	Major Classes – not clinical (MC)	Clinical Classes (CC)	Laboratory Classes (LC)
	(CSC)Classes in Simulated Conditions	Practical Classes with Patient (PCP)	(SCM)Specialist Classes – magister studies
	Foreign language Course (FLC)	Physical Education obligatory (PE)	Vocational Practice (VP)
	Self-Study (Student's own work)	E-learning (EL)	
Winter Semester			

		20												
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Summer Semester

		20												
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TOTAL per year:

		40												
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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

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>
W01	DW3 GW5	Student knows and describes the dependence of health-promoting factors on particular stages of life affecting the well-being of the elderly	Brainstorm. Presentation and final report	MC
W02	GW13 GW14	Student knows and describes elements conditioning health in a holistic definition		
W03	DW2	Student knows and uses data from sources (websites) of national, European and world information regarding health, epidemiology and threats		
W04	GW15	Student knows how to draw conclusions from literature and source knowledge – work in a group		
W05	GW2	Student knows the principles of bioelectrical impedance for non-invasive measurement of body mass composition		

U01	BU14	Student can use the body mass composition analyzer	Assessment of practical skills	MC
U02	DU 10-12	Student can draw conclusions and recommendations from the research		
U03		Student can develop pro-healthy recommendations and educate the patient.		
U04	BU 11-12	Student can search for source data. 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; 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 .

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: +++++

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

Student's workload (class participation, activity, preparation, etc.)	Student Workload (h)
1. Contact hours:	20
2. Student's own work (self-study):	6
Total student's workload	26
ECTS points for module/course	1
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 (list according to importance, no more than 3 items)

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...)
Seminar room, multimedia projector, body mass composition analyzer "Tanita"

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, criteria 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).
Each absence must be made up, including rector's days or dean's hours.

Grade:	Criteria for course
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. 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 simply presentation
Satisfactory (3.0)	Basic knowledge of aging in health.

Name of unit teaching course:	Department and Clinic of Geriatrics, Wrocław Medical University,
Address	ul. Curie – Skłodowskiej 66, 50-369 Wrocław,
Phone	+48 71 784 2428
E-mail	wl-31@umed.wroc.pl

Person responsible for course:	Joanna Zorawska, GP, MD, PhD
Phone	+4871 7842507
E-mail	joanna.zorawska@umed.wroc.pl

<i>List of persons conducting specific classes:</i>	<i>degree/scientific or professional title</i>	<i>Discipline</i>	<i>Performer profession</i>	<i>Form of classes</i>
Joanna Zorawska	GP, MD, PhD	Geriatrics	Doctor	Seminar

Date of Syllabus development

...20.05.2020

Dr n med Joanna Żorawska
lekarz medycyny
specjalista medycyny rodzinnej
7450338

Syllabus developed by

Joanna Żorawska.

Signature of Head of teaching unit

Signature of Faculty Dean

Wrocław Medical University
Faculty of Medicine
Vice-Dean
prof. dr hab. Małgorzata Sobieszczńska, PhD

Uniwersytet Medyczny we Wrocławiu
KATEDRA I KLINIKA GERIATRII
kierownik
prof. dr hab. Małgorzata Sobieszczńska

