[Medicinski fakultet u Rijeci]

**Curriculum**
**2024/2025**

[Za kolegij]

# Physical Activity and Healthy Ageing

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|---|---|
| Study program: | **Medical Studies in English (R)** (elective)<br>[Sveučilišni integrirani prijediplomski i diplomski studij] |
| Department: | **[Katedra za socijalnu medicinu i epidemiologiju]** |
| Course coordinator: | **izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing.** |
| Year of study: | **1** |
| ECTS: | **1.5** |
| Incentive ECTS: | **0 (0.00%)** |
| Foreign language: | **No** |

## Course information:

The goal of the subject *Physical activity and healthy aging* is to encourage students to think about the importance of practicing physical activity as part of health promotion in the elderly. Aging is a normal physiological process of any living organism, and physical activity has a positive effect on disease prevention, health maintenance, and higher quality of life. According to research and demographic data, aging of the population is present in all developed countries, which consequently leads to an increase in the health needs of the population. Furthermore, the objective of the course is to uphold the theoretical and practical application of knowledge and research methods as well as measuring the effectiveness of physical activity focused on healthy aging.

*Course content :*

The course will present the physical activity as an important factor of healthy ageing. Course content includes physical activity as one of the segments of health promotion, especially in the elderly, the specific needs of an aging population, a personalized approach and classification of measuring the effectiveness of physical activity on quality of life of elderly people. During the course, students will critically evaluate the results obtained and link them with the way of life.

*Expected learning outcomes:*

At the end of the course students will be able to:

- Describe the specific needs of elderly

- Explain the importance of disease prevention and health promotion in the elderly

- Distinguish the type of physical activity for each age

- Propose measures for checking and monitoring the effectiveness of exercise

- Prepare exercises suited to the age and the individual person (personalized approach) and devise a way of monitoring the impact

- Connect the impact of physical activity with emotional progress (recognize the social component of the exercise group)

## List of assigned reading:


1. World Health Organization, World report on ageing and health. WHO Library Cataloguing-in-Publication Date: mISBN 978 92 4 156504 2, Geneva 2015.
2. Comunication from the European Commission – The demographic future of Europe – from challenge to opportunity. COM(2006) 571 final. Brussels: European Commission; 2006.


## List of optional reading:


1. The Swedish National Institute of Public Health Healthy Ageing– A Challenge for Europe R 2006:29 ISSN: 1651-8624
2. Urban Health Centres Europe- UHCE, dostupno na https://www.age-platform.eu/project/urban-health-centres-europe-uhce

## Curriculum:

**[Predavanja] list (with titles and explanation):**

**Aging of the population and challenges for the health system and society**

List and summarize the basic characteristics of the aging population and describe the impact on the health system

**Benefits of physical activity**

Describe benefits of physical activity

**Current research**

Describe the impotrance of research and intervention in the society

**Specific needs of the elderly; Health promotion and disease prevention in the elderly**

Explain the importance of disease prevention and health promotion in the elderly and describe the specific needs of elderly

**A personalized approach and classification of measuring the effectiveness of physical activity on the quality of life of the elderl**

Propose measures for checking and monitoring the effectiveness of exercise

**[Vježbe] list (with titles and explanation):**

**Methods of research and measurement of the effectiveness of physical activity of elderly peopl**

Implement and design ways to evaluate the effectiveness of physical activity on health (field work) through measurements and synthesize the results

**How to motivate people to participate in a physically active life- excercise**

Prepare exercises suited to the age and the individual person (personalized approach) and devise a way of monitoring the impact

**[Seminari] list (with titles and explanation):**

**scientific article- evidence-based on the impact of physical activity on physical ability**

Differentiate the type of physical activity for each age and impact on physical function

**scientific article- evidence-based on the impact of physical activity on cardivascular risks**

Connect the impact of physical activity with cardiovascular health

**scientific article- evidence-based on the impact of physical activity on quality of life**

Connect the impact of physical activity with emotional progress (recognize the social component of the exercise group)

## Student obligations:

Students are required to attend classes and participate in all planned activities

**Exam (exam taking, description of the written/oral/practical part of the exam, point distribution, grading criteria):**

Student activity will be monitored during the course (in tutorials and seminars), continuous progress will be made, and for the final exam the students will prepare the essay on the given topic

**Other notes (related to the course) important for students:**

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## COURSE HOURS 2024/2025

Physical Activity and Healthy Ageing

| **[Predavanja]**<br>(Place and time or group) | **[Vježbe]**<br>(Place and time or group) | **[Seminari]**<br>(Place and time or group) |
|---|---|---|
| **26.05.2025** | | |
| Aging of the population and challenges for the health system and society:<br>• [ONLINE] (17:00 - 19:15) [335]<br>  ○ PAaHA<br><br>Benefits of physical activity:<br>• [ONLINE] (17:00 - 19:15) [335]<br>  ○ PAaHA<br><br>Current research:<br>• [ONLINE] (17:00 - 19:15) [335]<br>  ○ PAaHA | | |
| izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335] | | |
| **27.05.2025** | | |
| Specific needs of the elderly; Health promotion and disease prevention in the elderly:<br>• [ONLINE] (17:00 - 19:00) [335]<br>  ○ PAaHA<br><br>A personalized approach and classification of measuring the effectiveness of physical activity on the quality of life of the elderl:<br>• [ONLINE] (17:00 - 19:00) [335]<br>  ○ PAaHA | | |
| izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335] | | |
| **28.05.2025** | | |
| | Methods of research and measurement of the effectiveness of physical activity of elderly peopl:<br>• [ONLINE] (17:00 - 20:00) [1495]<br>  ○ PAaHA<br><br>How to motivate people to participate in a physically active life- excercise:<br>• [ONLINE] (17:00 - 20:00) [1495]<br>  ○ PAaHA | |
| dr.sc. Marinović Glavić Mihaela, mag. sanit.ing. [1495] | | |
| **06.06.2025** | | |
| | | scientific article- evidence-based on the impact of physical activity on cardivascular risks:<br>• [ONLINE] (16:00 - 20:00) [1495]<br>  ○ PAaHA |
| dr.sc. Marinović Glavić Mihaela, mag. sanit.ing. [1495] | | |
| **09.06.2025** | | |

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|---|---|---|
| | | scientific article- evidence-based on the impact of physical activity on physical ability:<br>• [ONLINE] (16:00 - 20:00) [1495]<br>  ◦ PAaHA |
| dr.sc. Marinović Glavić Mihaela, mag. sanit.ing. [1495] | | |
| **23.06.2025** | | |
| | | scientific article- evidence-based on the impact of physical activity on quality of life:<br>• [ONLINE] (16:00 - 20:00) [335]<br>  ◦ PAaHA |
| izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335] | | |

### List of lectures, seminars and practicals:

| [PREDAVANJA] (TOPIC) | Number of hours | Location |
|---|---|---|
| Aging of the population and challenges for the health system and society | 1 | [ONLINE] |
| Benefits of physical activity | 1 | [ONLINE] |
| Current research | 1 | [ONLINE] |
| Specific needs of the elderly; Health promotion and disease prevention in the elderly | 1 | [ONLINE] |
| A personalized approach and classification of measuring the effectiveness of physical activity on the quality of life of the elderl | 1 | [ONLINE] |

| [VJEŽBE] (TOPIC) | Number of hours | Location |
|---|---|---|
| Methods of research and measurement of the effectiveness of physical activity of elderly peopl | 3 | [ONLINE] |
| How to motivate people to participate in a physically active life- excercise | 2 | [ONLINE] |

| [SEMINARI] (TOPIC) | Number of hours | Location |
|---|---|---|
| scientific article- evidence-based on the impact of physical activity on physical ability | 5 | [ONLINE] |
| scientific article- evidence-based on the impact of physical activity on cardivascular risks | 5 | [ONLINE] |
| scientific article- evidence-based on the impact of physical activity on quality of life | 5 | [ONLINE] |

### EXAM DATES (final exam):