

Medicinski fakultet u Rijeci

**IZVEDBENI NASTAVNI PLAN  
2023/2024**

Za kolegij

**Physical Activity and Healthy Ageing**

Studij:	<b>Medical Studies in English (R)</b> (izborni) Sveučilišni integrirani prijediplomski i diplomski studij
Katedra:	<b>Katedra za socijalnu medicinu i epidemiologiju</b>
Nositelj kolegija:	<b>izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing.</b>
Godina studija:	<b>1</b>
ECTS:	<b>1.50</b>
Stimulativni ECTS:	<b>0.00 (0.00%)</b>
Strani jezik:	<b>Ne</b>

## Podaci o kolegiju:

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)

## Popis obvezne ispitne literature:

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. Communication from the European Commission - The demographic future of Europe - from challenge to opportunity. COM(2006) 571 final. Brussels: European Commission; 2006.

## Popis dopunske literature:

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>

## **Nastavni plan:**

### **Predavanja popis (s naslovima i pojašnjenjem):**

#### **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 importance 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 elderly**

Propose measures for checking and monitoring the effectiveness of exercise

### **Vježbe popis (s naslovima i pojašnjenjem):**

#### **Methods of research and measurement of the effectiveness of physical activity of elderly people**

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- exercise**

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

### **Seminari popis (s naslovima i pojašnjenjem):**

#### **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 cardiovascular 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)

## **Obveze studenata:**

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

**Ispit (način polaganja ispita, opis pisanog/usmenog/praktičnog dijela ispita, način bodovanja, kriterij ocjenjivanja):**

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

**Ostale napomene (vezane uz kolegij) važne za studente:**

-

## SATNICA IZVOĐENJA NASTAVE 2023/2024

Physical Activity and Healthy Ageing

<b>Predavanja</b> (mjesto i vrijeme / grupa)	<b>Vježbe</b> (mjesto i vrijeme / grupa)	<b>Seminari</b> (mjesto i vrijeme / grupa)
<b>13.05.2024</b>		
Aging of the population and challenges for the health system and society: <ul style="list-style-type: none"><li>• P08 (15:30 - 17:00) [335]<ul style="list-style-type: none"><li>◦ PAaHA</li></ul></li></ul> Benefits of physical activity: <ul style="list-style-type: none"><li>• P08 (15:30 - 17:00) [335]<ul style="list-style-type: none"><li>◦ PAaHA</li></ul></li></ul> Current research: <ul style="list-style-type: none"><li>• P08 (15:30 - 17:00) [335]<ul style="list-style-type: none"><li>◦ PAaHA</li></ul></li></ul>		
izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335]		
<b>15.05.2024</b>		
	Methods of research and measurement of the effectiveness of physical activity of elderly peopl: <ul style="list-style-type: none"><li>• ONLINE (15:30 - 19:15) [335]<ul style="list-style-type: none"><li>◦ PAaHA</li></ul></li></ul> How to motivate people to participate in a physically active life- exercise: <ul style="list-style-type: none"><li>• ONLINE (15:30 - 19:15) [335]<ul style="list-style-type: none"><li>◦ PAaHA</li></ul></li></ul>	
izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335]		
<b>20.05.2024</b>		
Specific needs of the elderly; Health promotion and disease prevention in the elderly: <ul style="list-style-type: none"><li>• ONLINE (16:00 - 18:00) [335]<ul style="list-style-type: none"><li>◦ PAaHA</li></ul></li></ul> A personalized approach and classification of measuring the effectiveness of physical activity on the quality of life of the elderl: <ul style="list-style-type: none"><li>• ONLINE (16:00 - 18:00) [335]<ul style="list-style-type: none"><li>◦ PAaHA</li></ul></li></ul>		
izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335]		
<b>27.05.2024</b>		
		scientific article- evidence-based on the impact of physical activity on physical ability: <ul style="list-style-type: none"><li>• P08 (15:45 - 19:30) [1495]<ul style="list-style-type: none"><li>◦ PAaHA</li></ul></li></ul>
Marinović Glavić Mihaela [1495]		
<b>03.06.2024</b>		

		scientific article- evidence-based on the impact of physical activity on cardiovascular risks: <ul style="list-style-type: none"> <li>• P08 (15:45 - 19:30) [335] <ul style="list-style-type: none"> <li>◦ PAaHA</li> </ul> </li> </ul>
izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335]		
<b>10.06.2024</b>		
		scientific article- evidence-based on the impact of physical activity on quality of life: <ul style="list-style-type: none"> <li>• P08 (15:45 - 19:30) [334] <ul style="list-style-type: none"> <li>◦ PAaHA</li> </ul> </li> </ul>
Juraga Denis, mag. sanit. ing. [334]		

### Popis predavanja, seminara i vježbi:

<b>PREDAVANJA (TEMA)</b>	<b>Broj sati</b>	<b>Mjesto održavanja</b>
Aging of the population and challenges for the health system and society	1	P08
Benefits of physical activity	1	P08
Current research	1	P08
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

<b>VJEŽBE (TEMA)</b>	<b>Broj sati</b>	<b>Mjesto održavanja</b>
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

<b>SEMINARI (TEMA)</b>	<b>Broj sati</b>	<b>Mjesto održavanja</b>
scientific article- evidence-based on the impact of physical activity on physical ability	5	P08
scientific article- evidence-based on the impact of physical activity on cardiovascular risks	5	P08
scientific article- evidence-based on the impact of physical activity on quality of life	5	P08

### ISPITNI TERMINI (završni ispit):

---