



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Active Ageing							
Course Code		YSB521		Couse Level		Second Cycle (Master's Degree)			
ECTS Credit	5	Workload	130 ( <i>Hours</i> )	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		learning factors and components of healthy living							
Course Content		earning factors and components of healthy living							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion					
Name of Lecturer(s)									

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

### Recommended or Required Reading

1	basic medicine
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Week	Weekly Detailed Course Contents	
1	Theoretical	basic principles of active ageing
2	Theoretical	what is active ageing
3	Theoretical	healthy ageing
4	Theoretical	biological aging
5	Theoretical	psychosocial health
6	Theoretical	maintaining mental health
7	Theoretical	maintaining mental health
8	Theoretical	senior education
9	Theoretical	intergenerational communication
10	Theoretical	prevention of infection
11	Theoretical	sport and health
12	Theoretical	seniors and travel
13	Theoretical	health tourism
14	Theoretical	Prevent accidents
15	Theoretical	Eliminate harmful habits
16	Theoretical	creation of healthy environment
17	Theoretical	Creation of socio-cultural environments for the elderly
18	Theoretical	sustained contribution to production
19	Theoretical	respect to the elderly
20	Theoretical	social media and seniors
21	Theoretical	Communication problems of elderly
22	Theoretical	Seniors on the Internet
23	Theoretical	The importance of healthy food
24	Theoretical	healthy breath
25	Theoretical	sexual health and elderly
26	Theoretical	Healthy Sleep
27	Theoretical	Maintaining moral health
28	Theoretical	creative activities
29	Theoretical	Do it yourself activities
30	Theoretical	preparing food
31	Theoretical	handicraft activities



32	Theoretical	summary of active ageing
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**Workload Calculation**

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	2	7	2	18
Assignment	1	10	2	12
Individual Work	15	2	0	30
Midterm Examination	1	30	2	32
Final Examination	1	36	2	38
Total Workload (Hours)				130
[Total Workload (Hours) / 25*] = <b>ECTS</b>				5
*25 hour workload is accepted as 1 ECTS				

**Learning Outcomes**

1	aging process
2	factors effecting aging process
3	healthy aging componenets
4	healthy living
5	suggestions

**Programme Outcomes (Aging Health and Care Interdisciplinary Master)**

1	Fundamentals of elderly health
2	Basic care of the elderly
3	Basic health problems and management
4	Basic care problems and management
5	Fundamental principals of research

**Contribution of Learning Outcomes to Programme Outcomes** 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P1	3	3	3	3	3
P2	3	3	3	3	3
P3	3	3	3	3	3
P4	3	3	3	3	3
P5	3	4	3	3	3

