

UNIVERSITY OF PHYSICAL EDUCATION IN KRAKOW

Gerontology

1. Course title: **Gerontology**
2. Type of the course: **theoretical classes**
3. Form of evaluation: presenting a team project on chosen topics in gerontology (given mark)
4. Recommended amount of hours: **20**
5. Semester: I (winter)
6. Syllabus:

Old age and health, lifestyle, stress. Psychological characteristics of elderly people, protecting the brain from aging. The role of the mind in the aging process. The importance of physical activity and intellectual performance in keeping elderly people in a good shape. Morphofunctional changes in the body systems due to aging: cardiovascular, respiratory, gastrointestinal, urinary. Methods of revitalization. Physical capacity of the elderly people. Indications and contraindications for physical activity of elderly people. Methodology of physical activity with the elderly. Practical classes - different forms of recreational activities recommended for elderly people.
7. Learning outcome:

Knowledge: Student knows what changes accompany the aging of the body.
Skills: Student is able to select the appropriate forms of recreation to the needs and capabilities of elderly people.
8. Studies: BA or MA
9. The unit implements the subject: **Department of Recreation and Biological Regeneration**
10. Instructor: **dr Anna Tyka**
11. Teaching conditions: group up to 24 students
12. Recommended credit points: **4**
13. Online classes possibility - 10 hours, if necessary.