

1. Course name: Training for older adults

2. Form of classes: Lectures, seminars

3. Form of credit: exam

4. Semester: winter

5. Number of hours: 20

6. Syllabus:

The aim of the course is to expand the scope of knowledge about functional assessment in older adults through education: ability to assess the condition of an older adult, ability to make a physiotherapeutic diagnosis, ability to assess the effectiveness of physiotherapeutic treatment in geriatric patient.

LECTURES (10 hours): implementation of content related to diagnostic systems used in geriatrics, principles of assessing the health and physical fitness and assessing the effectiveness of the procedure used in elderly patients

SEMINARS (10 hours): developing practical skills in assessing the functional status, conducting training in the older adults and assessing the effectiveness of training

7. Learning outcomes:

Knowledge: Student knows the principles of health assessment, planning, and conducting training for older adults.

Skills: Student can plan and implement training programs tailored to the needs of older adults and monitor their progress.

Social Competences: Student knows motivational techniques and can provide psychological support to their clients.

8. Qualifications: undergraduate, postgraduate

9. Organizational unit responsible for the Course: Institute of Clinical Rehabilitation

10. Instructor Information: Joanna Czesak, PhD, PT, e-mail:joanna.czesak@awf.krakow.pl

11. Terms and conditions for following the classes: clinical practice in groups of max. 6 students; seminars/lectures in groups of max. 12 students.

12. Number of ECTS points: 3

13. Number of seminars/ lectures online: lectures 10 hours (online)