



European Campus
of City-Universities

GLADE - Literacy Lab	EC2U Virtual Institute for Good Health and Well-being (GLADE) -
Name of the module	SMART AGEING AND HEALTHY LIFE Summer School, first Edition.
Course title (L-lecture / W-workshop)	Promoting physical activity with wearables (L)
Course leader/Lecturer Academic title, first and last name Link to an updated CV (EN)	Assoc. prof. Tuija Leskinen tuija.leskinen@utu.fi
Language of instruction	English
Course description Maximum 100-120 words	Physical activity associates with healthy aging but majority of older adults are inactive. Therefore, we need more tools and strategies to promote physical activity. Wearable technology is a feasible way to give guidance and feedback of the daily physical activity. This lecture summarize the current knowledge on studies utilizing wearables to promote physical activity among older adults.
Tackled concepts 5 to 7 of the topics covered / lecture content	<ul style="list-style-type: none"> - Physical activity and healthy aging - Current physical activity guidelines for older adults - Advantages to promote physical activity with wearable technology - Experiences and results from physical activity interventions utilizing wearables - Activity tracker based physical activity intervention among recent retirees (study example)
Prerequisites	none
Learning methods / Instruction modes Lecture/workshop/practical application /field activity - interactive approach supported by academic articles, case studies, videos, class debates	lecture and interactive learning
Assignments class participation, problem-solving sessions, practical application, case study, group discussions, group assignments/presentations, posters	class participation
Evaluation	class participation and module final evaluation test
Bibliography/Course material Recommended reading	handouts

The above mentioned curricular activity is part of the EC2U - GLADE Virtual Institute - SMART AGEING AND HEALTHY LIFE Summer School, first Edition. In order for the participants to be able to sit the final evaluation test, they need a minimum of 70% presence at the curricular and extracurricular activities. A pass/fail grading

system is used in evaluating the participants, the decision on the awarding of the **3 ECTS** credits being based on their active participation in classes and on their successfully passing the module final evaluation.