



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)	RESPIRATORY MANAGEMENT
Course leader/Lecturer Academic title, first and last name Link to an updated CV (EN)	Lecturer PhD. Raluca Mihaela ONOSE Lecturer PhD. Iulian DUMITRU Lecturer PhD. Paul LUCACI Teaching Assistant Alexandru CITEA
Language of instruction	English
Course description Maximum 100-120 words	The course “Respiratory Management” will help the social worker gain knowledge and competences regarding the process of normal and pathological breathing. The participants will learn how to assess and apply different techniques and exercises in order to improve the quality of the breathing process.
Tackled concepts 5 to 7 of the topics covered / lecture content	Breathing assessment Breathing exercises Postural Drainage techniques Tai-chi Adapted physical activities after lung diseases (eg. Covid-19)
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 practical application, case studies
Assignments class participation, problem-solving sessions, practical application, case study, group discussions, group assignments/presentations, posters	Class participation, problem solving, sessions with practical applications
Evaluation	The participants will be evaluated at the final Social Impact Conference held at the end of the summer school.
Bibliography/Course material Recommended reading	Wyka, K.A. (2012) Foundations of Respiratory Care, USA. Donner, C.F (2005) Pulmonary Rehabilitation, USA American Association of Cardiovascular and Pulmonary (2011) Rehabilitation Guidelines for Pulmonary Rehabilitation Programs, Human Kinetics, USA.

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.