



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)	Smart Ageing
Course leader/Lecturer Academic title, first and last name Link to an updated CV (EN)	Lecturer PhD Iulian Dumitru
Language of instruction	English
Course description Maximum 100-120 words	<p>This course will offer the students a basic applicative knowledge about the management of active and healthy ageing through specific physical exercises approach.</p> <p>This course will compound of a specific exercises design with the main aim to improve the whole functionality of the body, regain the vigor in physical duties, independence in everyday activities and a better and healthier lifestyle.</p>
Tackled concepts 5 to 7 of the topics covered / lecture content	<ul style="list-style-type: none"> • cardiorespiratory conditioning for elderly • neuromuscular exercises programs utilized in restrengthening the body and preventing the effects of osteopenia and osteoporosis • core muscle training for a better balance management and prevention of falling
Prerequisites	none
Learning methods / Instruction modes Lecture/workshop/practical application /field activity - interactive approach supported by academic articles, case studies, videos, class debates	Practical approach (exercises and design)
Assignments class participation, problem-solving sessions, practical application, case study, group discussions, group assignments/presentations, posters	<ul style="list-style-type: none"> • Class attending • Practical knowledge of basic exercises application and design
Evaluation	Presenting a short individual/group project at Social Impact Conference at the final of summer school
Bibliography/Course material Recommended reading	<ul style="list-style-type: none"> • World Health Organization. (2018). Global action plan on physical activity 2018–2030: more active people for a healthier world. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO. • Panton, L. B., Loney, B. S. (2004). Exercise for Older Adults. Health Care Provider Edition. Florida: The Florida State Univeristy. College of Medicine. Department of Geriatrics. • European Commission. (2012). Special Eurobarometer 378: Active Ageing. REPORT. Conducted by TNS Opinion & Social at the request of Directorate-General for Employment, Social Affairs and Inclusion. Survey co-ordinated by Directorate-General Communication.

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.