Title:	**FUNDAMENTALS OF GERONTOLOGY**
Lecture hours:	30
Study period: (summer/winter)	summer
Number of credits:	4 ECTS
Assessment methods:	Written work on selected topics based on lectures and readings
Language of instruction:	English
Prerequisites:	None
Course content:	• Introduction to gerontology and prevention of age-related health problems. • Menopause and late-onset hypogonadism. Distinguishing age-related changes from disease • Healthy ageing and quality of life. The role of nutrition and physical activity. • Biological ageing of organs and systems, and modifiable factors. • Nutritional needs and common nutrition problems in older adults. • Major geriatric syndromes and neurodegenerative diseases. • Comprehensive geriatric assessment. • Unintentional weight loss, malnutrition and dysphagia. • Sarcopenia and sarcopenic obesity.
Learning outcomes:	On successful completion of the course, students will be able to: • Explain basic concepts in gerontology and prevention of age-related health problems. • Explain how nutrition and physical activity contribute to healthy ageing. • Describe age-related changes in major organs and systems. • Describe distinctive features of common diseases and geriatric syndromes. • Identify common nutrition problems.
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Literature:	1. Rockwood, K., Hubbard, R. E., & Clegg, A. P. (2025). Brocklehurst's Textbook of Geriatric Medicine and Gerontology (9th ed.). Elsevier. Selected chapters. 2. World Health Organization. (2015). World Report on Ageing and Health. ISBN 9789241565042. 3. Volkert, D., et al. (2022). ESPEN practical guideline: Clinical nutrition and hydration in geriatrics. Clinical Nutrition, 41(4), 958–989. https://doi.org/10.1016/j.clnu.2022.01.024 4. Donini, L. M., et al. (2022). Definition and diagnostic criteria for sarcopenic obesity: ESPEN and EASO consensus statement. https://pubmed.ncbi.nlm.nih.gov/35227529/