



STUDY GUIDE

POSITIVE AGING

Organised by

Polytechnic Institute of Viseu (IPV)





1. IDENTIFYING DATA.	
· Course Name.	<i>Positive Aging</i>
· Coordinating University.	Polytechnic University of Viseu (IPV)
· Partner Universities Involved.	-
· Course Field(s).	Psychology, Gerontology, Health, Sociology
· Related Study Programme.	Social Education Degree
· ISCED Code.	0031, 0188, 0921, 0988
· SDG.	3, 5, 10, 11
· Study Level.	<i>B, M</i>
· Number of ECTS credits allocated.	3
· Mode of Delivery.	Online live and Online self-study
· Language of Instruction.	English
· Course Dates.	First (fall) semester of the academic year 2024/2025
· Schedule of the course.	Asynchronous (25h): Between 4 October and 10 January Synchronous (10,5h): 4 October, 18 October, 8 November, 22 November, 6 December (2.30 pm – 4 pm CET) and 10 January (2pm – 5pm)
· Key Words.	Longevity, Population aging, Ageism, Age-friendly environments, Health promotion, Social participation, Cognitive stimulation, Well-being, Integrated care, Assistive Technologies
· Catchy Phrase.	“We added years to life, now it's time to add life to those years” said Freedman, quoting John F. Kennedy.
· Prerequisites and co-requisites.	B2 English Level; EUNICE Students.
· Number of EUNICE students that can attend the Course.	Until 30 – 2 to 3 representatives of each of the 10 universities.
· Course inscription procedure(s).	--

UNITS	
1.	Population aging and demographic dividend
2.	Challenges and opportunities of an aging society
3.	Models and Agendas for positive aging
4.	Defining our response to aging
LEARNING RESOURCES AND TOOLS.	
All resources and tools will be accessible in a timely manner from of the virtual learning environment in which it takes place training associated with the respective themes.	
PLANNED LEARNING ACTIVITIES AND TEACHING METHODS.	
The curricular unit encompasses the implementation of e-activities, which will be presented biweekly and by themes and carried out asynchronously (e.g., resource analysis, task development, participation in the Forum) and synchronously (taking place on the Zoom platform).	

7. ASSESSMENT METHODS, CRITERIA AND PERIOD.
The assessment of learning will be summative and considers the carrying out e-activities, which will be evaluated based on the criteria related with relevance of participations, deepening the topics under discussion, presents the desired information and is based on rigorous and scientifically valid information. The classification will be expressed on a scoring scale of 0-20 and completing the course requires a classification equal to or greater than 10 points. Each topic will be given weight in the total grade. All these information will be presented in evaluation contract in the beginning of the semester.
OBSERVATIONS.

8. BIBLIOGRAPHY AND TEACHING MATERIALS.
The professor will provide texts throughout the semester. Some recommended references: Araújo, L., Teixeira, L., Ribeiro, O., & Paul, C. (2021). Social Participation, Occupational Activities and Quality of Life in Older Europeans: A Focus on the Oldest Old. In F. Rojo-Pérez & G. Fernández-Mayoralas (eds.), <i>Handbook of Active Aging and Quality of Life. From Concepts to Applications</i> (pp. 537-547). Springer. Araújo, L., Teixeira, L., Afonso, R., & Ribeiro, O. (2021). To live or die? What to wish at one hundred and more years old. <i>Frontiers in Psychology</i> . doi: 10.3389/fpsyg.2021.726621 United Nations. (2023). <i>Leaving No One Behind In An Ageing World</i> . ISBN 978-92-1-130458-9 World Health Organization and United Nations. (2021). <i>Decade of Healthy Aging</i> . https://www.who.int/initiatives/decade-of-healthy-ageing



World Health Organization. (2021). *Ageism a Global Challenge*. ISBN: 978 92 4 001686 6

