Jan Amos Komeński
STATE UNIVERSITY
OF APPLIED SCIENCES
in Leszno

Funded by
the European Union

Course syllabus for Erasmus+ incoming students

Course Title	
Nutrition for Healthy Ageing Function, Independence and Supportive Services	
Academic Teacher	Adam M. Adamek, DrSc, MPH
E-mail	adam.adamek@ansleszno.pl
ECTS credits	5
Number of hours	120 h total | 30 contact + 90 self-study
Course code	INT-IZKFP-NHA-26
Course description	
First-cycle level; teaching language English B2. The course connects nutrition with function, independence and the living conditions of older people. Students explore protein, hydration, appetite, movement, social connections and meal enjoyment. They audit a service and design a small community initiative. They also assess how telecare and assistive technologies can support everyday life. Prerequisites: Basic health-science and physiology knowledge; English B2.	
Learning outcomes and course content	
LO1 Distinguishes chronological age, biological change and functional ability. LO2 Explains links between nutrition, movement, muscle and independence. LO3 Recognises risk indicators and eating barriers and identifies appropriate support. LO4 Audits a meal environment or service from an older person's perspective. LO5 Designs a small intervention with feasibility, accessibility and acceptance measures. LO6 Respects diverse needs, autonomy and voluntary participation and works across disciplines. Course content: Healthy ageing and function; Nutrition in later life; Protein, muscle and activity; Frailty and nutritional risk; Hydration, oral health and	

swallowing; Taste, smell and meal enjoyment; Cognitive change and support; Age-friendly services and environments; Supportive technology; Healthy Ageing Challenge.
Student workload and self-study description
Contact teaching 30 h; Reading 20 h; Case analysis 20 h; Intervention project 30 h; Audit 10 h; Assessment preparation 10 h. Assessment: Meal-service or environment audit 25%; Individual interdisciplinary case 25%; Healthy Ageing project 35%; Quizzes and reflection 15%.
Literature
ESPEN practical guideline Clinical nutrition and hydration in geriatrics 2022 https://pubmed.ncbi.nlm.nih.gov/35306388/ WHO UN Decade of Healthy Ageing https://www.who.int/initiatives/decade-of-healthy-ageing WHO Integrated care for older people ICOPE https://www.who.int/teams/maternal-newborn-child-adolescent-health-and-ageing/ageing-and-health/integrated-care-for-older-people-icope