Course Syllabus

Code - Course Title	**YAB124 - Successful Aging**
Course Type	II. SEMESTER
Laboratory + Practice	2+0
ECTS	**3.0**
Language of Instruction	Türkçe
Course Type	Area Elective Courses
Course Instructor(s)	DR. ÖĞR. ÜYESİ ESİN ŞENER

Mode of Delivery	Face to face
Prerequisites	There is no prequisites for the course
Courses Recomended	There is no recomended course
Recommended Resources	Bacanlı, H., Terzi, Ş. (2012). Yetişkinlik ve Yaşlılık Gelişimi ve Psikolojisi. Açılım Yayınevi
Work Placement	There is no work placement for the course

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		Introduction to Adulthood and Old Age	
Week - 2		Life Span Development Approach	
Week - 3		Successful Aging: Definition and Characteristics -1	
Week - 4		Successful Aging: Definition and Characteristics -2	
Week - 5		Successful Aging and Nutrition	
Week - 6		Successful Aging and Physical Activity	
Week - 7		Successful Aging and Technology Using	
Week - 8		Successful Aging and Life Long Education	
Week - 9		Successful Aging and Cognitive Development	
Week - 10		Successful Aging and Personality	
Week - 11		Successful Aging and Socio-emotional Development	
Week - 12		Practices to Support Successful Aging -1	
Week - 13		Practices to Support Successful Aging -2	
Week - 14		Practices to Support Successful Aging -3	

Learning Outcomes

#	Learning Outcome
1	Defines the concepts of aging, lifelong development, and successful aging.
2	Analyzes current theoretical approaches aimed at explaining adulthood and aging.
3	Explains and comprehends the importance of daily life practices (healthy nutrition, physical activity, technology use, etc.) that support successful aging.
4	Evaluates cognitive, psychological, and social changes in late adulthood.
5	Gains a professional vision and a holistic perspective on current interventions and practices supporting successful aging.

Sustainable Development Goals

No content has been provided.

Course Theme

No content has been provided.

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	0	0	0
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	0	0	0
Ödevler	0	0	0
Proje - Rapor - Sunum Hazırlama	0	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	0	0	0
Final Sınavı Hazırlığı (sınav süresi dahil)	0	0	0
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	0	0	0
Staj Uygulaması	0	0	0
		Calculated ECTS	**0**

Assessment Method and Passing Requirements

No content has been provided.