

Subject card

Subject name and code	Fundamentals of longevity, PG_00132881						
Field of study	Criminology						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	Bachelor's studies		Subject group				
Mode of study	full-time studies		Mode of delivery		e-learning		
Year of study	1		Language of instruction		Polish Polish		
Semester of study	1		ECTS credits		2.0		
Learning profile	academic		Assessment form		credit		
Conducting unit	Laboratory of Biochemical Analytics and Nanodiagnostics -> Department of Environmental Technology -> Faculty of Chemistry -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		prof. dr hab. Adam Lesner				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 30.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		0.0		20.0	50
Subject objectives	Familiarize the audience with the processes responsible for the aging process and discuss the risks associated with it. Presentation of sample strategies for delaying degradation processes through proper eating habits, prevention, and other aspects like self-control and prophylactics.						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
			1. Student is able to define key factor that influence the longevity. 2. Can define basic concepts in the field of dietetics and the etiology of lifestyle diseases. 3. Identifies and distinguishes between types of physical activity and healthy diets that are essential for good health.				
Subject contents	The process of aging and its regulation at the level of tissue cells and organisms. Examples of long-lived organisms. Methods that delay the aging process-review of selected examples. Nutritional pyramid. Therapeutic foods.						
Prerequisites and co-requisites							
Assessment methods and criteria	Subject passing criteria		Passing threshold		Percentage of the final grade		
	presentation of the selected subjects		51.0%		100.0%		
Recommended reading	Basic literature		Roger B Mcdonald, Biology of aging, PWN Warsaw 2022 , selected chapters				
	Supplementary literature		Selected scientific articles in the lecture area				
	eResources addresses						
Example issues/ example questions/ tasks being completed	1. ppt presentation independently prepared and delivered by the student on selected issues raised in the lecture.						

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