

Subject card

Subject name and code	Fundamentals of longevity, PG_00132881						
Field of study	Historical game design						
Date of commencement of studies	October 2024		Academic year of realisation of subject				
Education level	Bachelor's studies		Subject group		Obligatory subject group in the field of study Optional subject group		
Mode of study	full-time studies		Mode of delivery		e-learning		
Year of study	3		Language of instruction		Polish polish		
Semester of study	5		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
		Knowledge (The student knows and understands): • Main biological and cellular theories of aging, as well as mechanisms conditioning longevity • The impact of epigenetic factors, diet, sleep, circadian rhythm, and physical activity on healthspan [verification: Project Part 1 & 2]. • The differences between chronological and biological age, and modern biomarkers of aging Skills (The student is able to): • Critically analyze scientific literature and distinguish evidence-based medicine (EBM) longevity methods from pseudoscientific trends • Independently design a personalized, long-term health optimization (healthy aging) plan based on the analysis of biomedical indicators Social Competences (The student is ready to): • Consciously, responsibly, and autonomously make decisions regarding the management of their own health and lifestyle	[SU2] presentation/project/paper/report [SK2] presentation/project/paper/report
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.		
Work placement	Not applicable		

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