

61876 - Ageing, health and quality of life

Syllabus Information

Academic year: 2024/25

Subject: 61876 - Ageing, health and quality of life

Faculty / School: 301 - Facultad de Ciencias Sociales y Humanas

Degree: 557 - Master's in General Sanitary Psychology
654 - Master's in General Sanitary Psychology

ECTS: 3.0

Year: 1

Semester: Second semester

Subject type: Optional

Module:

1. General information

The main objective of this subject is to help students acquire the knowledge to meet the needs of psychological intervention posed by the elderly in their conception of normative aging without pathology. They will be able, through the application of the main psychological evaluation techniques and instruments, to detect needs, to intervene and to design and apply the corresponding prevention and intervention programs.

2. Learning results

- The student knows and identifies the different components that explain the psychological nature of the different disorders of human behavior.
- The student knows how to make a critical reading of a scientific publication according to the parameters of methodological rigor.
- The student knows how to formulate objectives and working hypotheses of a research.
- The student knows how to collect the necessary information according to the objectives and hypotheses of a research.
- The student knows how to critically evaluate and interpret the information collected in accordance with the objectives and hypotheses of a research.
- The student is capable of proposing solutions and/or improvements in the health field based on the research carried out.
- The student is able to reach conclusions in a critical and argued way according to the objectives and hypotheses stated in a research.
- The student is able to carry out activities of promotion and education for individual and community psychological health.
- The student knows how to select the most suitable program according to the detected needs and demand.
- The student knows how to plan and manage the different programs selected.
- The student is able to carry out activities of promotion and education for individual and community psychological health planned in the programs.

3. Syllabus

1. Introduction to aging
 - a. Biological approach
 - b. Psychological approach
 - c. Social approach: myths and stereotypes
2. Evaluation in old age
 - a. Comprehensive geriatric assessment
 - b. Formal and informal caregivers
 - c. Elder abuse
3. Intervention in old age
 - a. Promoting active aging
 - b. The challenges of aging

4. Academic activities

3 ECTS x 25h of work = 75h

Type 1 activities (theory): 15 h

Type 2 activities (practical): 15 h

Autonomous work (teaching assignments and case solving): 41 h

Assessment tests: 4 hours.

5. Assessment system

For the assessment of the subject, students must choose between two options at the beginning of the term:

1. Continuous assessment: Attendance and participation in the theoretical and practical sessions and completion of the activities established by the faculty.

Criterion: mastery of the theoretical and operational concepts of the subject + participation in the theoretical and practical sessions and reflection on the learning process

Instrument: weekly activities and deliveries + tests

2. Final exam: it will consist of a theoretical-practical exam with an essay question from one of the blocks, where theoretical concepts will be assessed along with their practical application.

Criterion: mastery of the theoretical and operative contents of the matter.

Instrument: theoretical-practical exam.

In any case, the student is entitled to a global assessment of the subject in which they may opt for the maximum grade (up to 10 points).

6. Sustainable Development Goals

3 - Good Health & Well-Being

4 - Quality Education

5 - Gender Equality