Course: Healthy Ageing — credits: 5

Course code	LSVX23HEALTHY
Name	Healthy Ageing
Study year	2025-2026
ECTS credits	5
Language	Dutch, with parts in English
Coordinator	A. de Haan
Modes of delivery	Guest lecture Lecture Tutorial
Assessments	Healthy Ageing - Other assessment

Learning outcomes

You know the social importance of healthy ageing and recognise which factors play a role in (maintaining) good health over the course of a lifetime (healthy ageing) in a given context in order to come to a relevant and well-founded problem analysis in a group.

You use reliable (internet) sources and scientific literature to draw up a problem analysis in a self-chosen context within the theme of Healthy Ageing on the basis of identified (risk) factors and to design an improvement plan based on this analysis to change these (risk) factors for a specific target group, and you present this analysis and the improvement plan to fellow students.

You use the Korthagen reflection model to assess whether the improvement plan has been properly implemented and describe and reflect on the (learning) process in a reflection report to gain insight into the effectiveness of the process and the learning outcome.

When completing the assignments during this module, you will make your own planning and, in collaboration with other students, ensure that the planning is carried out purposefully and efficiently by evaluating progress and making adjustments where necessary, communicating clearly and managing and fulfilling agreements.

Content

You will learn in this elective module the importance of the various factors that contribute to Healthy Ageing: healthy aging. Health is much more than just the absence of disease! This is evidenced by the factors that contribute greatly to Healthy Ageing, the "Big 5": Nutrition, Exercise, Sleep, Stress & Relaxation and Resilience & Social Interaction. Besides exploring these factors from a biological and social perspective, you will also work on a group assignment in which you will try to acquire a (virtual) subsidy for your Healthy Ageing idea. You will investigate how a certain lifestyle affects health and develop a possible solution to reduce the risks of health problems for a certain population or age group. Finally, you will also become acquainted with the Sustainable Development Goals of the United Nations (UN) (linked to Healthy Ageing) and show (and substantiate) in a reflection report where, in your opinion, the health benefits in particular lie in a Healthy Ageing lifestyle.

Included in programme(s)

Major Biology and Medical Research
Bio-Informatics
Chemistry
Major Medical Diagnostics
Chemical Engineering

School(s)

Institute for Life Science & Technology

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