

### For the register of educational programs

1	Name of the educational program	7M10131 "Gerontology"
2	Type of EP (current, new, innovative)	new
3	Purpose of EP	Training of qualified specialists with in-depth knowledge in the field of gerontology, aimed at improving the quality of life and health of elderly and senile people through comprehensive training that combines theoretical foundations and practical skills for professional activities in a developing country and socially significant field
4	Features of the EP (no, joint, two-degree)	no
5	Partner university	no
6	Learning outcomes (at least 8 LO)	<p>LO 1 – Be able to assess the health of the elderly and knows the biological, social and psychological aspects of human aging, its causes.</p> <p>LO 2-Is able to describe social phenomena and processes based on the analysis and synthesis of professional information, scientific theories, concepts and current approaches</p> <p>LO 3-Organize gerontological and geriatric care, evaluate measures to protect the health of elderly people;</p> <p>LO 4-Assess the impact of the environment on the health of elderly and senile people, suggest management methods im;</p> <p>LO 5 - Is able to systematically acquire new practical knowledge and skills used in professional activities in the field of gerontology. LO 6-Is able to evaluate the effectiveness of preventive programs, is able to determine the individual needs of elderly and senile people, taking into account the characteristics of their body</p> <p>LO 7-Is able to develop and implement projects, including management-oriented ones, based on data and is able to organize cooperation with health professionals and specialists in other fields, work in an interdisciplinary team, is able to communicate in the state and foreign languages;</p> <p>LO 8-Capable of using theory and technology based on evidence-based practice in the field of gerontology</p>
7	Form of study	Full time
8	Language of study	Kazakh, Russian, English
9	Amount of credits	1 year 60 credits
10	Awarded Academic degree (Master)	Master's degree of Healthcare in the educational program 7M10131 "Gerontology"
11	Accreditation EP (name of the accreditation body, duration of accreditation)	Not accredited

**Information about the following disciplines:**

#	Name of disciplines	Summary of the discipline	Cycle	Component	Credits	Formed learning outcomes (codes)							
						LO 1	LO 2	LO 3	LO 4	LO 5	LO 6	LO 7	LO 8
1	Foreign language (professional)	The course is aimed at mastering a foreign language, the necessary and sufficient level of communicative competence for solving social and communicative tasks in various areas of everyday, cultural, professional and scientific activities when communicating with foreign partners, as well as for further self-education.	BD	UC	2				++				+
2	Management psychology	The discipline contributes to the formation of ideas about modern trends in scientific management - a new scientific management paradigm, helps to navigate the main sections of this discipline: the psychological content of management activities, the individual management concept of the manager, the theoretical foundations of management interaction, the psychological features of the implementation of basic management functions, the psychology of the subject of management activity. It is aimed at acquiring the skills of psychological analysis of the relationship between organizational problems and the quality of the manager's implementation of his managerial functions	BD	UC	2		+				+	+	
3	Management	Introduction to management: basic concepts. Functions, principles,	BD	UC	2		++					+	

		and elements of the management process. Management systems: functions and organizational structures. Planning, SWOT analysis, and forecasting in management.											
	<b>Elective component</b>	<b>In accordance with the selected disciplines</b>											
4	Age-related features of organs and systems	The discipline covers the study of anatomical and physiological changes in the human body associated with the aging process. The program covers the analysis of the mechanisms of aging at the cellular and molecular levels, the impact of these changes on the functioning of various body systems, as well as discussion of strategies for maintaining health and activity in old age. Special attention is paid to the development and adaptation of nutritional and lifestyle recommendations, taking into account the needs of older people, in order to improve the quality of life and prevent alimentary-dependent diseases associated with age. The course prepares undergraduates for a deep understanding of aging processes and the formation of an integrated approach to caring for the health of older people.	BD	CC	4	+		+			+		

5	The Biology of aging	Discipline covers the biological aspects of the aging process, including the study of molecular, cellular and genetic mechanisms that contribute to age-related changes in the human body. The course program focuses on current scientific discoveries in the field of anti-aging strategies and the potential to prevent chronic diseases associated with aging. The course is aimed at training specialists who can apply the knowledge gained to promote healthy longevity and improve the quality of life of older people.	BD	CC	4	++						+		
	<b>Cycle of profile disciplines (PD)</b>													
6	Gerontopsychology	The discipline covers psychological aspects of aging and mechanisms of social adaptation of older people. The course covers the psychological changes associated with aging, including cognitive function, emotional well-being, and social interactions. Special attention is paid to strategies to support psychological health and improve the quality of life in old age, as well as methods of social integration and adaptation to changes associated with aging. The	PD	UC	6						+	+	+	+

		course prepares specialists to work effectively with older people, contributing to their social adaptation and psychological well-being.											
7	The Geriatrics	Discipline is a medical specialty dedicated to the study, diagnosis, and treatment of diseases related to the aging of the body. As part of the Master's degree in Gerontology, this course covers complex aspects of the health and well-being of older people, including the principles of prevention, management and rehabilitation of chronic conditions that often occur in old age. Undergraduates study multidisciplinary approaches to geriatric assessment and treatment planning aimed at maximizing the independence and quality of life of aging individuals.	PD	UC	4					+	+	+	+
8	Rehabilitation of elderly and senile patients	Within the framework of this discipline, undergraduates study the anatomical, physiological and psychological aspects of aging, the peculiarities of the course of diseases in the elderly, as well as rehabilitation methods and technologies adapted for this age category. An important place is occupied by mastering the skills of developing individualized rehabilitation programs, including physical exercises, occupational therapy, psychological support and social adaptation. The discipline is aimed at training specialists who	PD	CC	5					+	+	+	+

			are able to provide qualified assistance in improving the quality of life of older people, prolonging their activity and physical independence												
9	Module: Preventive gerontology	of Gerohygiene (features of care for elderly and senile people)	The Gerohygiene discipline focuses on the specifics of caring for elderly and senile people, emphasizing the importance of maintaining and promoting health, as well as preventing diseases among an aging population. The course covers a wide range of topics, including proper nutrition, physical activity, personal hygiene, fall prevention, and management of chronic diseases that are common in the elderly. Undergraduates will learn about methods of adapting housing conditions to ensure the safety and comfort of older people, as well as psychological support and social integration.	PD	CC	2						+	+	+	+
		Features of nutrition of elderly and senile people	The discipline considers the adaptation of nutritional needs associated with the aging process. The course focuses on the changes in metabolism, digestion, and nutrient absorption that occur with age, and suggests strategies for creating a balanced diet to maintain optimal health and well-being in old age. It addresses issues such as preventing malnutrition and dehydration, managing chronic diseases through diet, and the importance of maintaining adequate levels of physical activity.	PD	CC	3							+	+	+

