

Name of science	<i>Gerontology. (4 ECTS)</i>
Subject/Module Code	
Semester(s) in which the subject is taught	6-semester
Responsible teacher	<i>Rakhimova.M</i>
Language of instruction	<i>Uzbek</i>
Connection to the curriculum	Optional
Learning hours (including contact hours, independent study)	Total hours – 120 Lecture hours – 30 Practical session hours – 30 Independent study hours – 60
ECTS	<i>4</i>
Prerequisites/Relationship to disciplines	Anatomy, Human Genetics, General Chemistry, Mathematics, Physics, Biology
Objectives/learning outcomes of the subject	<p>The purpose of teaching the subject is to form students' ideas about the elderly as the most numerous social group of the population, about their specific features, lifestyle, health status, various social structures developed to provide assistance and support to the elderly.</p> <p>The task of the subject is to give students knowledge about the social factors that determine the general and specifics of the organization of the vital activity of the elderly, which make up a significant part of modern Uzbek society and has its own specifics;</p> <ul style="list-style-type: none"> <li>• to form in students a holistic scientific worldview based on the principles of understanding and the need for an individual approach to organizing social work with the elderly population;</li> <li>• to teach modern technologies for implementing the main directions of the social sphere</li> </ul> <p>actions related to people of the "third age"</p> <ul style="list-style-type: none"> <li>• reveals the features of psychophysical, psychological, social development of the elderly and people of advanced age;</li> </ul>
Course content (topics)	<p>I. The main theoretical part (lectures).</p> <p>Topic 1. Social gerontology: concepts, content, subject of research, goals, objectives, methods and history of development.</p> <p>Topic 3. Main scientific directions</p> <p>Topic 4. Theories of social aging.</p> <p>Topic 5. Theories of psychological aging</p> <p>Topic 6. Aging (historical aspect)</p> <p>Topic 7. General evolutionary teachings about the essence, mechanisms and causes of aging.</p> <p>Topic 8. Social significance of medical problems of the elderly population.</p> <p>Topic 9. Social aspects of elderly care.</p> <p>Topic 10. Mental disorders of old age and old age, their treatment.</p> <p>Topic 11. Social protection of the elderly.</p> <p>Topic 12. Social work with the elderly and the elderly: characteristics,</p>

problems and prospects.

Topic 13. Ethical and moral problems of social work with the elderly population.

Topic 14. Old age (philosophically).

Topic 15. Social protection of the elderly: problems and prospects.

## II. Instructions and recommendations for laboratory exercises

Methodology of conducting laboratory exercises The structure of the laboratory exercise includes.

The preparation of the teacher for the laboratory exercise begins with the study of the initial documents (curriculum, thematic plan, etc.) and ends with the design of the lesson plan. The teacher should have an idea of the goals and objectives of the laboratory exercise, the amount of work that each student must perform.

The main methodological document of the teacher in preparing and conducting a laboratory exercise is methodological instructions.

How much time should you spend on checking homework?

- how much time should you spend on conducting a survey among students on the theory and what questions should you ask;
- what examples and tasks should be solved on the board in what sequence; what should you pay attention to in a particular task;
- how to arrange drawings and calculations for each task (test);
- who should be interviewed on the theory and who should be called to the council to solve problems;
- what tasks should be offered to solve on the spot without resorting to the council;
- what tasks should be offered to "strong" students;
- what tasks should be set for independent solution at home.

The purpose of laboratory exercises is to perceive the theory, acquire the skills to consciously apply it in educational and professional activities, and form the ability to confidently formulate one's own point of view.

The following topics are recommended for laboratory exercises:

1. Social aspects of the use of professional and labor potential of pensioners by age in various sectors of the state's economic structure.
2. Medical and social aspects of professional and labor rehabilitation of pre-retirement and retirement age.
3. The role of social work specialists in social and labor rehabilitation of the elderly and the elderly.
4. Social and gerontological policy in increasing the efficiency of professional activities of persons of retirement age.
5. The social significance of the use of residual labor capacity of the elderly and the elderly people.
6. The role of social service centers in the successful adaptation to retirement age.
7. Social adaptation to old age through leisure activities.
8. Programs for the activation and independence of the elderly and the elderly with limited mobility.
9. The current state and development prospects of social protection of the elderly population.
10. Historical aspects of social protection of the elderly and senior citizens.
11. Analysis of foreign experience in social protection of the elderly and senior citizens.
12. Legislative and legal framework of social protection of the elderly and

	<p>senior citizens: basic laws, resolutions, rules and regulations for the period from 1991 to 2016.</p> <p>13. Rights and guarantees of older persons. Legal rights of the elderly population in the field of civil, family and other relations.</p> <p>14. Historical aspects of social security of the elderly and senior citizens.</p> <p>15. Analysis of the concepts of pension reform in the socio-economic period.</p> <p>III. Independent education and independent work.</p> <p>Competence in independent education serves students' independent self-development, increasing the effectiveness of professional activities. Students will perform independent work on their own mobile device, in the traditional form under the guidance of a teacher, and in the electronic form under the guidance of a teacher.</p> <p>Recommended topics for independent study:</p> <ol style="list-style-type: none"> <li>1. Social gerontology: concepts, content, main areas of scientific research.</li> <li>2. The concept and tasks of gerontology as a science.</li> <li>3. Aging as a basic biological and social process,</li> <li>4. Basic concepts and categories: old age, senility, longevity, short life, immortality, death.</li> <li>5. Calendar, biological age.</li> <li>6. Social age.</li> <li>7. Characteristics of aging: natural,</li> </ol>
Exam form	<p>It is important to assess the theoretical and practical knowledge of students during current, intermediate and final control in the subject.</p> <ol style="list-style-type: none"> <li>1. Current control is aimed at assessing the activity shown by students during the lesson, their practical skills and ability to use software. The student's mastery of the course topics, as well as constructive interpretation and analysis of the educational material, development of module-specific skills, acquisition of practical skills (in terms of quality and the specified quantity) and competencies, solving problem situations aimed at applying professional practical skills, teamwork, preparation of presentations, etc. The student's activity in daily lessons is assessed through the preparation of. Forms of current control: <p>activity in lessons, preparation of educational materials, work with sources within the subject, use of educational technologies, teamwork, preparation of presentations, test.</p> <li>2. Intermediate control. During the semester, lectures are held once, based on the number of hours of study. Intermediate control is evaluated with 20 points on a 100-point system. Students who score 60% of the points allocated for intermediate and current control are allowed to take the final control.</li> <li>3. Final control.</li> </li></ol> <p>Final control is carried out at the end of the course and is aimed at assessing the general knowledge and skills of students.</p> <p>The final type of control is carried out at the end of the semester to determine the level of mastery of the student's theoretical knowledge and practical skills in the relevant subject. The final control test contains 25 questions, and the answers to each question are evaluated with a maximum of 2 points.</p> <p>Complete mastery of theoretical and methodological concepts on the topic, correctly reflect the results of the analysis, be able to independently think about the processes being studied, and complete tasks in current and intermediate forms of assessment, as well as tasks for final assessment.</p> <p>The student must have passed the current control, intermediate control and independent learning assignments and the final control in the relevant subject within the specified period.</p> <p>A student who has not passed the current control, intermediate control and</p>

	<p>independent learning assignments, as well as who has scored points in the range of “0-29.9” for these assignments and types of control, will not be included in the final type of control.</p> <p>Also, a student who has missed 25 or more percent of the classroom hours allocated to the subject without an excuse will be expelled from this subject, will not be admitted to the final exam and will be considered not to have acquired the relevant credits in this subject.</p> <p>A student who has not passed the final exam or has not passed the final exam and has scored points in the range of “0-29.9” for this type of exam is considered an academic debtor.</p>
Educational outcomes and exam requirements	<p><i>Complete mastery of theoretical and methodological concepts on the subject, correct reflection of the results of the analysis, independent thinking about the processes being studied, and completion of assignments in current and intermediate forms of assessment, as well as assignments for final assessment.</i></p> <p><i>The student must have passed the current control, intermediate control and independent learning assignments in the relevant subject within the established period.</i></p> <p><i>A student who has not passed the current control, intermediate control and independent learning assignments, as well as who has scored points in the range of “0-29.9” for these assignments and types of control, will not be included in the final type of control.</i></p> <p><i>Also, a student who has missed 25 or more percent of the classroom hours allocated to the subject without an excuse will be expelled from this subject, will not be admitted to the final exam and will be considered not to have mastered the relevant credits in this subject.</i></p> <p><i>A student who has not passed the final exam or who has not passed the final exam and has scored between "0-29.9" for this type of exam is considered to be in academic debt.</i></p>
Recommended readings	<ol style="list-style-type: none"> <li>1. B. Aleksandrovich. Gerontology. M.G.U. Lomonosov. 60-103bb.</li> <li>2. A. Vorobev. Clinical Gerontology. Vol. 28. 2022y.30-6-60bb.</li> <li>3. Olga Alexandrovna Gerontology. 2019.55-100 pp.</li> </ol> <p><a href="https://unilibrary.uz/">https://unilibrary.uz/</a></p> <p><a href="http://www.ziyouz.uz">www.ziyouz.uz</a></p>