

Modul designation	Elective Healthy Aging
Semester in which the module is taught	7th Semester of Academic/Bachelor Stage
Person responsible for the module	<ol style="list-style-type: none"> 1. Santun Bhekti Rahimah, dr., M.Kes. 2. Mirasari Putri,dr.,PhD. 3. Widayanti,dr,MKes 4. Uci Ary Lantika,dr.,MKes 5. Rizky Suganda,dr.,MKes.
Language	Bilingual (Indonesia & English)
Relation to curriculum	Compulsory
Teaching methods	Lecture
Workload	<p>Total workload : 14 weeks</p> <p>Contact hours : Lecture 2 hours/meeting</p>
Credit points	3 ECTS (2 SKS)
Required & recommended prerequisites for joining the module	-
Module Objective	<p>At the end of course, students will be able to:</p> <ol style="list-style-type: none"> 1. Explain concepts and theories related to the aging process (C2) 2. Explain the physiological process of aging. (C2) 3. Explain the process of vascular degeneration due to the aging process and how to prevent it (C2) 4. Explain muscle and bone health in the elderly (C2) 5. Determine the type of antioxidant in cases of aging (C3) 6. Explain the use of stem cells in the aging process (C2) 7. Implement Islamic values in responding to the aging process (C3) 8. Explain the psychological effects of aging. (C2) 9. Explain the role of nutrition in the aging process (C2) 10. Explain nutrigenomics in the aging process (C2) 11. Explain nutrition and brain health (C2) 12. Explaining undernutrition in the elderly (C2) 13. Explain the elderly population and its development (C2) 14. Analyzing the quality of life of the elderly (C4)
Content	The Elective Nutrition and Aging Medicine module is designed to

	provide the special knowledge desired by students. In this module, topics are related to the development of technology in the medical field in preventing premature aging and the relationship between nutrition and health.
Examination forms	Written Test Examination
Study and examination requirements	System Pass Criteria : minimum written test score 55.5 (C)
Reading list	<ol style="list-style-type: none"> 1. Krause-Food and Nutrition Therapy 2. Harper-biochemistry 3. Ganong, 25th ed 4. Shruti sing & Sunita Mishra. Aging and nutrition: a Review article 5. Tsz Ning Mak, Sandra C. The role of nutrition in active and healthy aging. European commisiion-joint research centre institutte for health and consumer protection 6. Connie watkin bales, Julie L.Locher Edward S. Handbook of clinical nutrition and aging third edition.humana press 7. Krause. Food and nutrition therapy 8. Zhang Z et al. Evaluation of blood biomarker associated with risk of malnutrition in older adults: systematic review and metaanalysis.Nutrients.9(8): 829. 9. Jerome Sarris & Jon Wardle. Clinical naturopathy: an evidence based guideline to practice.Elseiver.