



**eHospital Pilot eLearning Courses:
Curriculum Web Template**

Course title	Significance of motion for maintaining good state of mind and self-dependence
Target group	Elderly people
Piloting period	January-March 2007
Place	Centralny Szpital Kliniczny w Łodzi

1. Target group definition

Patients of the Psycho-geriatric Ward and Psychiatric Clinic of the Central Clinic Hospital (Centralny Szpital Kliniczny – CSK): people at the elderly age (from about 60), suffering from different psychic disorders (e.g. psychotic, and mood disorders), without any clear health limitations

2. Aims

1. Realising the significance of physical activity for improving state of mind, raising agility, maintaining good health and self-dependence.
2. Teaching or deepening the awareness of oneself as the 'main creator of one's health', thus raising the consciousness of health control.
3. Building motivation to start regular kinetic activity.
4. Preparation to plan one's own kinetic activity (selection of the type of activities appropriately to individual needs and abilities, defining the goal).
5. Transferring knowledge on different useful forms of kinetic activity (e.g. breathing exercises, aerobic exercises).
6. Practical exercising different form of kinetic activity.
7. Relaxation teaching (Jacobson's muscle relaxation method).

3. Contents

1. Physical Exercises – Introduction
2. Role of the physical activity in elderly people life- case studies
3. Influence of the physical activity on the men's health and psychical comfort
4. Form of the physical activities
5. Rules of the safe physical activity
6. Why people do not exercises- doubts, reasons and attitudes
7. Using Relax Techniques
8. Relaxation of mussels
9. Birthing exercises as part of fight with stress
10. Relaxation training of Jacobson with modification of Morris

4. Learning forms, methodology, media



I. Mini-lectures

II. Active methods:

1. Brainstorm, snowball method
2. Group discussions
3. Case study
4. Calling experience
5. Self-description and self-evaluation
6. Visualisation

III. Kinetic and integration-kinetic activities.

IV. Using the internet:

1. Using (interactive) content material (e.g. case study)
2. Active presence on internet message boards related to the content
3. Test
4. Submitting one's own activity program to a given e-mail address

5. Exams/certificates

After the first half of the course participants will write a test checking to what extent they acquired the basic knowledge concerning kinetic activity, while at the end of the course, they will prepare an individual program of kinetic activity to realise on their own.

6. Snapshots from the course

7. Contact Person.

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