

Courses Descriptions¹

List and curricular of the courses are being taught at CTAE for the 3A students at

Ukraine VIEM , DSUM , AMA -TNU

The course "**Computer is our assistant**" is made to enhance the computer literacy of students of the Centre of Education of the Third Age. It is aimed at building skills of finding, processing and systematization of information using modern computers and relevant, convenient and most sought-after programs. Content of the course "Computer is our assistant" is the basis of the competence of students in terms of information provision of everyday life.

The main goal of the course is to study the formation of the current level of audience information and computer culture, the acquisition of practical skills to work with modern computer technology and the use of information technology to solve various problems in their daily lives.

The main objectives of the course are: the generation of knowledge of basic categories of computer science and computer engineering, software and hardware information technologies; develop the ability to work in an environment of the operating system WINDOWS, use file managers, utilities and operations; theoretical and practical training of students of technology creation and processing of text documents in the editor MS WORD; create, edit and display presentations using the program MS Power Point; the use of the global network and information resources.

Upon completion of this course, students will:

know:

the basic concepts of computer science (information, communication, etc.); the general structure of the personal computer, the purpose and principles of its basic parts and peripherals; variety of software; purpose operating system and basic functions of the operating system for example Windows; the appointment and possible text editor MS Word; purpose and possibility of the global network Internet;

be able to:

¹ More detailed Courses description can be found in

Centre for third age education , D. Spulber ISBN 9788843090426 Carocci, Roma,

Teaching older adults D Spulber A. Siri N. Bragazzi, ISBN 9788843090396 Carocci, Roma,

use a computer and peripheral devices (keyboard, mouse, printer, monitor); organize effective conservation information; to carry out basic operations with files and directories (move, copy, rename, delete); use standard program Windows (Notepad, Calculator, Paint, WordPad); use the MS Word for the preparation of text documents; carry out the insert in MS Word document tables, formulas, drawings, documents and objects of other programs; archive and unzip files and folders; use anti-virus software to detect viruses and neutralization; proper use of the Internet network.

Teaching discipline provides the following forms of organization of educational process: workshops, consultations, interactive communication in small groups.

The course «**Internet for help**» or how to get into "network" of communication" is aimed at forming social skills through modern communication engine - computer, i-Pad, modern language acquisition loans, slang and special words used by different social groups in network resources – «Classmates», «VKontakte», «FaceBook» and others.

The main goal of the course «Google for help" or how to get into "network» communication" is the development of communicative competence of students to the level of free communication with the target social groups and the acquisition of skills to use communication tools for educational, cultural, entertainment and economic goals.

The main objectives of the course are:

formation of ideas about the modern system of communications and identify the needs of the audience;

setting goals and objectives for the proper search of various kinds of information (tips and recipes, the regulatory framework, fiction, entertainment);

acquire communication skills through modern programs and slang lexicon depending on the needs and capabilities of interlocutors;

expanding the range of information sources to effectively achieve the communicative goals without negative consequences.

The expected result for students. Upon completion of this course, students will:

know / understand:

terminology of the various aspects of communication and its targets;

main methods of increasing the effectiveness of communication.

be able to:

analyze and organize information from the communicative environment;

build an algorithm for constructing dialogue and technology challenges of establishing communication and effective choice of communication tools to address them;

The course provides the following forms of organization of educational process: the presentation of the lecture with the analysis of categorical apparatus, models and communication systems; visits to museums and exhibitions, participation in forums, chat rooms, live registration pages in a magazine or online simulations associated with the emergence of communication barriers and finding solutions to overcome them; extracurricular contact with various social groups to the development of practical skills obtained.

The course “English” will introduce the participants to the phonetic system of the English language and rules of reading, basic vocabulary units, set phrases and conversational formulas centered round the following topics: Meeting People, Family, My Home, Travelling, Shopping, Medicine, Lutsk and Ukraine, English-Speaking Countries.

The programme of the course also incorporates basic grammar required to interact in everyday situations. Furthermore, the learners will be offered information about history, culture, traditions and customs of the English-speaking countries as well as peculiarities of nonverbal communication with native speakers

The course "**Retirement benefits and social protection: the legal and financial aspect**" is aimed at improving the general legal literacy, competence and awareness of students of the University of the third age according to the pension system, the role and functions of banks in it, as well as banking products, aimed at providing financial security and Social Protection of the people of venerable age.

The main goal of the course "Retirement benefits and social protection: the legal and financial aspect" is to identify ways to improve the economic activity of students of the University of the Third Age through the intensification of the use of bank products and the formation of theoretical and practical knowledge in the field of legal regulation of pension and social protection of the venerable age.

The main objectives of the course are:

raising the general level of knowledge about banking reform and functioning of the system in the directions interesting to listeners;

orientation in the current legislation on matters of relevance to the people of venerable age;

raising awareness, implement legal education to help achieve positive change in the lives of people of venerable age by identifying and eliminating barriers to protect their rights, freedoms and legitimate interests.

Upon completion of this course, students will be able

work with reference and legal systems; orientate in the system of legislation and regulations governing the sphere of life of senior citizens and the banking system;
apply the legal knowledge in real-life situations;
defend their rights and legitimate interests in accordance with the Ukrainian legislation;
possess information regarding the social support the elderly, as well as the rules of succession, housing, civil and labor law, regulating vital functions of the older generation; especially the legal status of a working pensioner; types of economic fraud pensioners and ways to protect themselves from such crimes.

The course title “Developmental Psychology” is developed to improve the psychological literacy of the CTAE participants, to ensure their personal development, to enhance communicative skills, adaptive mechanisms and stress resistance.

As stated in the syllabus, most classes will be dealing with practical aspects of studying developmental psychology, i.e. keeping a special diary for records of personal development dynamics assessed in introspection, various psychological tests, using the methods of fairytale therapy, art- and phototherapy, demonstration of motivational and educational films.

The course “Healthy Lifestyle” is elaborated to improve senior citizens’ well-being and health, prolong their active lifespan using remedial gymnastics and preventive physical training.

At classes the CTAE participants will acquire first aid skills, get knowledge about appropriate healthy diet, recommended calories intake and preferable products.

Yoga and fitness sessions will help them improve their physical well-being and stay fit and active.

Social and Legal Protection

The course is designed to promote legal awareness of the CTAE participants and give them a detailed description of their rights and obligations. Upon the course completion, the participants will be aware of the recent changes in housing, family and civil law as well as in other areas of law. The course includes legal advice, meetings with the representatives of social security bodies, pension fund and NGOs.

At classes the participants will learn about the professions people of an advanced age can master; they will also learn how to have their lost documents re-issued, how to receive money transfer from abroad; they will be informed about banking products for senior citizens, given updates on local government regulations concerning travel privileges and offered detailed explanation of changes in pensions legislation.

The course “Culture and Art” aims at presenting to the participants’ theoretical basis of art history and mastering such arts as painting, graphics, relief sculpture, ceramics, appliqué ornament, paperwork art.

Apart from lectures, the participants will have workshops on handmade crafts. The course may also include separate clubs and societies, for example Gardening Club, Choir, etc.

The study programme will also include visits to the theatre, the philharmonic society, museums, art galleries, exhibitions as well as organization of regional tours.

The course "**Health improvement and tourism**" is aimed at promoting a culture of tourism and recreation by involving students in the process of development of the tourist routes on a geographical space of his native land and tourist destinations, the development of ideas about the system of its components. Tourism activity stimulates the acquisition of skills, abilities and autonomy that satisfies the educational needs of students. Powerful and inexhaustible source of spirituality, morality, and culture of the modern human is his love for his native land and his valuable wealth, respect for the traditions of the country.

The main goal of the course is to systematize the study of representations of the possibilities of improvement tourism at any age and level of capacity, the formation of students' knowledge of the geographical socio-economic development of concepts and ideas about the forms-based improvement in the components of the geographical space of the native land and tourist attraction places.

The main objectives are:

formation and systematization of ideas about tourism and its multiplier effect;

familiarization with the basic forms of health and ways to achieve a harmonious relationship between society and nature;

the formation of desire to know the identity of their native land tourism and enrich local history information on its historical, geographical and ethno-cultural characteristics, as well as the tourism potential of the regions of Ukraine.

familiarization with international experience of the tourists category 55+.

Upon completion of this course, students will be able to:

actively use the skills required for preserving and improving living environment, achieve harmonious relationship between society and nature;

actively participate in the development of tourism in the components of the geographical space of the native land;

plan and carry out activities related to cultural tourism and recreation.

25% of the total course is classroom work and 75% is self-practice-study (guided tours, excursions, eco-tourism, development of walking routes in the format of the game design and travel, etc.)

The course is "**Yoga 55+**" is aimed at an audience that secures the deterioration of physical and psycho-emotional health, exacerbation of chronic diseases (asthma, bronchitis, allergies, diabetes, diseases of the spine, and many others), as well as wishing to have a healthy, beautiful and toned body, improve posture and strengthen the heart. The audience is invited to mastering simple exercises that require minor physical effort, but have a beneficial effect on the body, and are designed for people of all ages. The exercises do not harm even physically weak and frail.

The aim of the course "Yoga 55+" is the formation of students knowledge about healthy lifestyles, development and strengthening of practical skills of physical activity that contribute to active longevity.

The main objectives of the course are:

formation of ideas about healthy lifestyles;

familiarization with the basic components of active aging;

development of skills aimed at improving efficiency and memory, impact on the body, toning muscles and joint mobility.

The expected result for students.

Upon completion of this course, students will be able to:

use their ability on a regular basis to improve the skills of speed and power of breathing, enhance mental alertness and improve memory, have positive impact on body type, posture and active in the whole body, improve vision and hearing, stimulate cardiac activity, increase muscle tone and improve joint mobility, harmony and body flexibility;

perform basic types of exercises that promote active longevity.

The course provides the following forms of organization of educational process: seminar-discussion on the basic components of a healthy lifestyle and active longevity, basic presentation of the therapeutic effects of the exercises, workshops, consultations with specialists, social events. It also provides types of medical control (objective) and self-control (subjective) state of the students. Upon completion of the course is expected to organize the Forum of students and Health Relay (run - for the age group 55-60, walking trails - for the age group 60+).

In Russian Federation

SAMSTU , STPGU, VRSUS , KUBSU

Know yourself through drawing Expressive methods in art - a way of expression

After drawing - know yourself

Aesthetic perception - it is a conscious act that helps to select, distinguish seen: shape, line, space.

Picture is one of the sources of knowledge about the human psyche.

The reflection process of a man of the world, experience, imagination, fantasy is recorded in the figure.

Color is closely associated with the spiritual, psychological, emotional manifestations among all peoples in human life since ancient times to the present day.

expression

- Lessons for Beginners

First lesson

Line as a means of expression

- Golden section in practice

Fibonacci series

Second lesson

The author's development students figure based on previously studied items

Third lesson

The concept of color. The main figure and background. Combining patterns in the composition

- Know and discover yourself!

"Spot" and "line" are techniques when creating artistic images

Fourth lesson

Familiarity with the "spot" is the development of creative thinking. "Spot" it is an artistic device (element) in drawing and painting. Monotype. Frames for framing compositions.

- Artistic Methods

Hypsography, Painting by the spatula (pallet), Monotype, Printing Methods

Actual issues of insurance

This course provides an opportunity to obtain relevant knowledge on the organization of insurance activities in the Russian Federation, to clarify the features of life insurance programs, property and liability, to form an idea of the prospects for the development of domestic insurance. By selecting this program, you can:

- get skillful selection of quality insurance companies;
- master the methodological bases of calculations for various types of insurance contracts.

Batch processing software.

Financial literacy for pensioners

The financial system of the Russian Federation, its structure: centralized and decentralized finances, the place and role of households in the financial system, their relationship with financial markets.

Household budget: household incomes and expenditures, their planning, creation of an airbag.

Social rights and responsibilities of households

Banking operations and services for individuals. Yourself a bank broker - how to assess the reliability of the bank, how to compare bank interest and tariffs for services, how to save funds

The tax system of the Russian Federation: direct and indirect taxes, taxes for individuals, tax deductions, benefits for pensioners

Energy-efficient behavior of the population, energy saving in the house

State stimulation of energy-efficient and energy-saving household behavior: legislative framework, regional and municipal programs. Tariff policy, subsidies and compensation.

Modern energy-saving home heating systems, methods of thermal insulation, systems and lighting design.

Modern accounting devices and features of their service.

Interaction with homeowners associations and management companies in the field of energy efficiency and energy saving.

Formation of a culture of learning throughout the whole life

The formation of a culture of learning throughout life. World and domestic experience of including the older generation in the learning community, the development of non-formal education, the recognition of competences obtained outside the formal education system. Examples of 12 successful practices of developing learning cities marked by the 2015 UNESCO Prize.

The listeners get an idea of the development of the education system for the older generation in Russia and the world, and also, if desired, contacts with leaders and representatives of the institutions of the third age and public schools, public organizations working in this direction.

Exchange programs for students and teachers of the Institute of the Third Age of the St. Petersburg State University of Industrial Technologies and Design and partner universities of foreign countries

The Institute of the Third Age organizes exchange programs with foreign universities of the third age in Italy, Slovakia

In a Programme:

- visit to the universities of the third age, acquaintance with the students of the University of the third age;
- opportunity to attend classes at a university of the third age in accordance with the wishes;
- excursion program.

Creating a family archive

The archive structure, composition data, methods of structuring data, security basics.

Find information on living and deceased relatives: the social network (Russian and English), finding information in the archives: the archive of the Ministry of Defence, Church archives, the archives of military history, websites of organizations involved in the search work.

Creating and maintaining your own photo and video archives, backup data.

Program batch processing.

"Third age. Fundamentals of computer literacy"

The course "the Third age. Digital literacy" is aimed at improving computer literacy and the development of Internet communications students of the Center for education of the third age VRSUS . The course aims to develop skills of independent use of computer technology, finding information with the help of special services, processing, implementing Internet communications and basic office programs. The training course on "the Third age. Fundamentals of computer

literacy" will enable participants to ensure informational interaction with the environment in everyday life to solve various issues without leaving home and to use the electronic services of state and municipal institutions.

Course objectives:

1. To promote among the students of the third age skills of using computer technologies for successful social adaptation in the information environment;
2. Providing opportunities for participation in public and civil control, including control activities of the authorities in the information space;
3. The promotion of the possibility of obtaining state and municipal services using information and telecommunication Internet network;

Course objectives:

- to provide conditions for students of the third age who want to join the information technology and information services to the Internet.
- to ensure that students of the third age basic skills:
 - o safe work with your computer and the Internet;
 - o independent search for information in the Internet;
 - o communications on the Internet;
 - o building social communications through social networks;
 - o use of state and municipal information services, public Internet portals;
 - o perform common office tasks using standard office software: text and table editors, graphic editors.
- to strengthen intergenerational relations;
- to foster a culture of reverence for elders, caring, respect of elder generation, the desire to provide him with the necessary assistance and support.

Expected results:

- overcoming fear of the computer device;
- the ability to turn it on before class, to know where there are standard programs as they run;
- ability to work with files and folders in the Windows operating system environment;
- General understanding of the principles of the global information network the Internet;
- ability to use search Internet to search for necessary information, viewing, saving;
- giving the students an objective picture of the existing threats to information security;

- to develop a neat and meaningful behavior when surfing the Internet and working with Internet services;
- familiarity with antivirus software and a basic level of antivirus protection for home computers.
- development of basic communication skills for interaction via the Internet;
- practical skills of using Internet resources;
- familiar with modern technologies used in state and municipal management;
- development of skills with basic office software in volume of the user.

Teaching the course provides the following forms of organization of educational process: practical exercises, consultations, interactive communication.

The course involves 75% of the total course of classroom work and 25% independent.

Monitoring achievements of students: monitoring of progress in the form of verification of skills for independent performance of tasks by units of the course. The final control allows you to assess the success of the course as a whole.

"Fundamentals of visual literacy applied creativity"

The course "Fundamentals of visual literacy applied creativity" is aimed at development of creative abilities of students, development of fine motor skills, improve their emotional state.

The aim of the course is introducing students with the basics of visual literacy (the basics of composition, harmony of colors, making ornaments), development of their creative abilities through creative work of an applied nature.

Course objectives:

1. To develop in the trainees a sense of proportion, artistic taste, artistic skills in arts and crafts and painting.
2. To teach students to use the laws of composition and harmony of colors to create creative works.
3. To educate self-discipline, accuracy, curiosity, attention, responsibility, confidence in their abilities.
4. To facilitate the social adaptation of students through the acquisition of skills and development of skills in communication in the team.

As a result of studying the course, the student SHOULD:

Facts:

1. The laws of composition: symmetry, balance, asymmetry, center of the composition; the ratio of parts and whole. The unity of form and content. To learn basic principles of drawing ornaments: ornamental motif, sketches of ornament, rhythm, ornament, preparation of simple ornamental shapes: strip, round, square.
2. Get acquainted with the laws of color harmony.
3. The laws of styling household items.
4. The technique of painting Easter eggs.
5. The technique of painting a cutting Board or box.
6. The technique of decorative painting modern decorative still life art materials (acrylic, imitation stained glass, etc.).

To be able to:

1. Compose sheet.
2. To make the combination of textures and shapes.
3. To make harmonious combination of colors.
4. Stylize household items, plants and simple forms to create ornamental compositions and decorative still life.

To acquire:

1. To own skills of decorative painting household items.
2. Know the basics of decorative painting.

Form of classes:

individual;

group.

Learning tools:

1. Samples of creative exercises and tasks.
2. Examples of works in the technique of decorative painting.
3. Samples of painting of everyday objects.

The course involves 70% of the total course of classroom work and 30% independent.

Monitoring achievements of students:

1. The analysis is performed by students creative tasks.
2. Exhibition of works of students.

Workshops creative workshop Togliatti "**Granny's chest**"

– "**Slavic roots**"

Workshops creative workshop Togliatti "Granny's chest" is aimed at improving self-esteem, spiritual development of students through exposure to the rich spiritual heritage of Slavic culture.

The purpose of the workshops is to acquaint the students with the history of the Russian costume, Russian customs and traditions, spiritual development.

Objectives of workshops:

1. To teach the students the technique of pysanky, manufacturing of folk rag dolls.
2. To promote a sense of belonging to Russian culture.
3. To facilitate the social adaptation of students through the development of communication skills in a team and to build confidence in their abilities.

Expected result - the development of speech, fine motor skills, maintaining health of the cortex of the brain, strengthening memory, reasoning, attention and observation.

Means of learning: samples of finished products.

The course involves 90% of the total course of classroom work and 10% independent.

Monitoring achievements of students:

1. The analysis is performed by the students of the tasks.
2. Exhibition of works of students.

"I will know English! The Elementary Level"

"I will know English! The Elementary level" gives a General basic training and combines two approaches: traditional, learning grammar, learning reading, writing and communication, is aimed at developing speaking skills. The course is aimed at developing such skills as: the ability to understand and use familiar everyday expressions and very basic phrases needed for specific tasks; ability to introduce himself/herself and others and can ask and answer questions about place of residence, friends, property; ability to participate in simple conversations (on the themes of nature and weather, sports, Hobbies, culture, food, travel, work), if the other person talks slowly and clearly and is prepared to help.

The goal of teaching students practical proficiency in English.

Key tasks: formation at students of skills of different types of speech activity in English (listening, speaking, reading and writing) in the field of everyday communication and communication.

Expected result:

- overcoming the language barrier and fear of the foreign language and its speakers;
- formation at students of skills of everyday communication, reading, ability to understand and to perceive foreign speech and writing;
- integration of the older generation in the international community.

The course involves 67% of the total course of classroom work and 33% independent.

Monitoring achievements of students: current control is exercised at the end of each class.

Intermediate control allows to evaluate the level of development of each theme. The final control allows you to assess the success of the course as a whole.

"Elderly in the modern world: a way of life and development potential"

The course aims to provide delegates with the idea that old age is not an obstacle to the preservation and development of personality, its spiritual and physical health; a dignified old age depends largely on man's efforts at self-development throughout life and made them cultural level, understanding of the social nature of old age, the social implications of the aging society, the socio-economic conditions of life of older people, values old age, processes of re-socialization of the elderly.

The aim of the course is to develop the students knowledge and understanding of the aging process of the human body, the features of socio-psychological and spiritual development in old age, way of life, of vitality and development potential of the elderly.

Objectives of the course:

- 1) to acquaint students with the peculiarities of the modern socio-economic situation in Russia and socio-psychological problems of older persons;
- 2) to study principles of organization of medical social services for persons in older age groups;
- 3) show the role and place of elderly in modern society;
- 4) to reveal the theoretical and methodological foundations of social gerontology;
- 5) to give a clear view of biomedical, demographic, ethnographic and socio-hygienic issues of human aging;

6) show the problems of changing the structure of social activity and personality characteristics in old age;

7) to develop the students motivation to improve vitality and realization of socio-cultural development potential.

The expected result is a higher adaptation to age-related changes, overcoming the fear of aging.

The course involves 75% of the total course of classroom work and 25% independent.

Monitoring achievements of students: current control is exercised at the end of each class. The final control allows you to assess the success of the course as a whole.

"Rural tourism" (practice-oriented course)

Course "Rural tourism" is aimed at giving the students a new view of the villages as tourism destinations, interesting both culturally and religious, historical, demographic, economic perspectives, involving students in the process of development of tourist routes around the villages of the region of residence, attaching to the cultural-historical heritage objects in the fringes of society.

The aim of the course is giving the students a systematic knowledge about the basic concepts of rural tourism, the main objects of rural tourism in tourist regions.

Course objectives:

- acquisition of skills of independent planning of excursions;
- the formation of ideas about the place of rural tourism in global, national and regional tourism industry;
- formation of practical skills of work with information about objects of rural tourism.

The course involves 50% of the total course of classroom work and 50% out-of-class and independent (tourist trips, tours, eco-walks).

Monitoring of student achievement. The training is carried out several types of control: current and final. Current control is exercised at the end of each classroom training. The final control allows you to assess the success of the course as a whole.

"Tourist resources of the Samara region"

The aim of the course: the study of tourist resources of the Samara region and their use in the tourism industry.

Course objectives:

- to familiarize students with the theoretical aspects of tourism resources in the tourist industry;
- to apply theoretical knowledge in independent designing of tourist routes in the Samara region.

As a result of studying the course, the student will:

- to have an idea about the geographical features of the Samara region;
- know the natural-climatic, cultural-historical tourism, Ethnology, resources of the Samara region and be able to use the infrastructure of the Samara region.

The course involves 50% of the total course of classroom work and 50% out-of-class and independent (tourist trips, tours, eco-walks).

Monitoring of student achievement. The training is carried out several types of control: current and final. Current control is exercised at the end of each classroom training. The final control allows you to assess the success of the course as a whole.

"Life without conflict and stress people of the third age"

Module "Life without conflict and stress of the third age of people" aimed at forming a new model of personal behavior by involving older people in the educational process throughout life as a condition to ensure a successful transition to a society based on knowledge.

Objectives and tasks of the discipline

The aim of the development of the discipline "Life without conflict and stress people of the third generation" is the formation of the students' knowledge about the features and forms of occurrence of conflict, the nature of the psychological and professional stress; the methods of managing conflict and stress in people's communication of the third generation; increase in life satisfaction of elderly people.

Tasks:

- To generate diagnostic skills of immediate causes of the conflict;
- To generate methods of prevention, management and evaluation of the impact of conflict and stress in people's communication of the third generation;

- Psycho prophylaxis negative emotional states and their manifestations, promote reflection, increase self-esteem, expanding the scope and role repertoire, harmonization of relations with the social environment and improving life satisfaction of people of the third age.

Requirements to the level of mastery of content discipline

The discipline is aimed at building knowledge and skills:

- Use techniques of conscious criticism and prevent the negative consequences of conflicts;
- Own diagnostic methods to identify conflict of personalities;
- Analyze the information and determine the factors that cause conflict and stress;
- Apply the basic methods and techniques within the resolution of interpersonal and personal conflicts;
- Awareness of the participants of their personal characteristics and to optimize the relationship to itself;
- Awareness of the participants themselves in the interaction with other people and to optimize interpersonal relationships.

Contents of the discipline cover a range of issues related to the study of the nature of conflict, its sources and forms of manifestation, diagnosis and analysis of the effects of conflicts of constructive and destructive conflict, methods of prevention and resolution, problems of social interaction and choice into practice ways to overcome the conflict collisions. Particular attention is paid to the development of psychological capabilities of participants, their socio-perceptual and communication skills, understanding of the usual methods of communication errors in the interpersonal interaction of people of the third generation, the ability to analyze their own behavior and the behavior of the other person.

Teaching discipline provides the following forms of organization of educational process: lecture with the analysis of specific situations, game design, biographical method, interactive communication in small groups, workshops, group therapy, counseling.

The program includes the following disciplines checks: monitoring of progress in the form of test questions.

The program includes 6 lectures in Discipline, 6 practical lessons and independent work of students.

Module "Fundamentals of legal literacy for the elderly"

Goals and Objectives of the module

The goal is formation of theoretical and practical knowledge in the field of legal regulation of pension and social protection of venerable age and, consequently, improves the quality of life of

the elderly by removing legal illiteracy and to resolve the problems in the life of the older generation, while respecting their legitimate rights and interests.

Tasks is to raise the general level of knowledge and objective approach to the right of older people; learn to navigate in the existing Russian legislation on issues of relevance to people of venerable age; to improve their awareness, implement legal education to help achieve positive change in the lives of respectable age by identifying and eliminating barriers to protect their rights, freedoms and legitimate interests.

The content of the module includes the study of theoretical and practical material on topical issues for the elderly inheritance, land, housing, civil, labor law, protection of rights and legitimate interests, social security and medical care.

As a result of the material development of the module the student should:

be able to

work with reference and legal systems; orientate in the system of legislation and regulations governing the sphere of life of the older generation; apply the legal knowledge in real-life situations; defend their rights and legitimate interests in accordance to Russian legislation; analyze and evaluate the results and impact of actions (inactions) from a legal point of view.

know:

legal bases of social support the elderly, as well as the rules of succession, housing, civil and labor law, regulating vital functions of the older generation; especially the legal status of a working pensioner; types of fraud and how to protect themselves retired from such crimes.

master:

skills with the regulations; skills drafting legal documents; the basic concepts of law; legal terminology.

Teaching program includes the following forms of organization of educational process: lectures, consultations, workshops, seminars (training in small groups), e-learning, self-study, role plays, case studies and discussions.

"Medico-biological foundations of security"

Module "Biomedical security framework" aims at developing the third generation of skills to resist the negative factors affecting their life and health.

Objectives of the discipline

Formation of a healthy lifestyle of the older generation by improving the competence in the field of medical and biological foundations of life safety

Course Description

Theme of the lecture and the list of didactic units

Theme 1. Health as a key indicator of human activity. (lecture)

Approaches to the definition of "health" and "disease". Statistics of health, morbidity, fertility, longevity and mortality. Social and biological conditioning of health Physiological criteria for health. The Russian legislation on the protection of public health.

Theme 2. Assessment of human health

The structures and constants of the human body. (lecture). The basic system of the human body, particularly their functioning in old age. The concept of homeostasis. Types constants of the human body.

The rules of health, reflecting the functional state of the body - blood pressure, heart rate, respiratory rate, weight, hemoglobin, bilirubin, pH, blood glucose, cholesterol and others.

Theme 3. Terms of maintaining natural protective systems in the optimal state (lecture)

1. Protection of the body: skin, mucous membranes, the immune system; liver.
2. Natural stimulation of protective systems.

Theme 4. Managing (control) system of the human body. (lecture)

The nervous and endocrine systems of the body - structure and basic research methods; Effect of Biochemistry (hormones and neurotransmitters) on the health and psychological state. Conditions for maintaining the control systems of the body in good shape.

Theme 5. The value of good nutrition in the healthy lifestyle. (practical lesson) Modern theories of nutrition - the pros and cons.

Features of nutrients. Principles of rational and balanced diet, diet. Evaluation of the nutritional status of the organism. Drawing up the diet for the elderly.

Theme 6. Threats and risks of modern metropolis, how to prevent them. First aid in case of emergency. (practical lesson) The main negative factors of the modern city, adversely affecting human health and measures to prevent them

1. Actions First aid actions

As a result of the development of the module, students must know

- Anatomical and physiological features of the elderly and their impact on the health and psychological condition;
- Key indicators of the state of human health and the ways of their regulation.

gain

- The ability to safely and healthy life of an old man;
- The knowledge and skills of self-help and mutual aid in the event of threats and risks.

Teaching discipline provides the following forms of organization of educational process: lecture with the analysis of specific situations, biographical method, interactive communication in small groups, workshops, group therapy, counseling.

The program includes the following disciplines checks: monitoring of progress in the form of test questions.

Program subjects are 8 hours of lectures and 4 hours of practical lessons.

Course title - Fashion and design for 50+

Course content and schedule

12 hours-course 3 times a week with 4 Modules

Module 1 – Clothes Design for 50+ History, European and US experience, famous brands, famous designers. Comparative analysis of the peculiarities of the 50+ style. Entrepreneurial basics in the fashion industry.

Module 2 – Style for 50+ generation. Style models and characteristics. Development of the individuality and psychological aspects of the individuality. Characteristics of the different style behavior in the modern conditions.

Module 3 – Practical cases with representative of the design studios, private designers, textile factories, developing practical skills among the students for the design and fashion capacities.

Module 4 – presentation of the students essay/course-work (s) for other students and practitioners. Evaluation. Textile factories invite with the guest visits to the factories.

Course structure

Course tutors

Professors/teachers from Kuban State University as well as practitioners from Design studios, design workshops, textile factories (small and medium enterprises)

Course title:

Financial literacy

Course content and schedule:

12 hours-course 2 times a week with 4 Modules

Module 1 – Study of the banking basics. Types of the bank. Bank financial instruments. How to open bank account. How to operate with your pension model, types of the pension accounts in the banks. How to use credit cards. How to pay with credit cards. Security of the financial information. Bank pension assistance programs provided by the regional banks. The algorithm of the behavior in the case of the credit card lost. Electronic payments, electronic banking.

Module 2 – Study of the stock market basics. Brokering. Savings theory. Investments. How rational is your savings working? How to choose stock market model. Insurance and financial instruments.

Module 3 – Practical cases with representative of the banks and financial organizations

Module 4 – presentation of the students essay/course-work (s) for other students and practitioners. Evaluation. Banks and insurance companies invite with the guest visits or organize master classes for the special aspect of the financial system banking basics, ect.

Course structure:

Course tutors

Professors/teachers from Kuban State University as well as practitioners from banks, financial companies, insurance companies

Course title:

Computer literacy

Course content and schedule:

12 hours-course 3 times a week with 4 Modules

Module 1 – Study of the computer (programs) basics. Types of the computers and software. Computer IT systems, mobile smartphones usage basics, simplest data base usage

Module 2 – Study of the software of the smartphones and mobile tel. payments with telephones.

Module 3 – Practical cases with electronic government issued by Russian government serving citizens basic services such as medical care, pension care, payments for the water, gas, supply www.gosuslugi.ru

Module 4 – presentation of the students essay/course-work (s) for other students and practitioners. Evaluation. Representatives of the local regional government in cooperation with IT companies presenting new IT based products for the third age people.

Course structure:**Course tutors**

Professors/teachers from Kuban State University as well as practitioners from IT companies

Course title:

Photography and Art

Course content and schedule:

12 hours-course 2 times a week with 3 Modules

Module 1 – Photo art basics. History and basic knowledges of the technical peculiarities of the photo art. Basics in move making and Movies editing.

Module 2 – Light and color effects. Compositions and decompositions in photo Art. Organization of the discussion about Art in the open air (excursions in the mouthing's and Black Sea).

Module 3 – Practical cases with representative of the Photo studios as well as professional photographers in the city of Krasnodar as well as other cities of the region

Module 4 – Presentations/Exhibition of the authors photo work at CTAE. Organizing presentations in regional galleries as well as in regional exhibition houses

Course structure:

Course consist of the 6 basic theoretical courses 3 practical skill-oriented activities and presentation

Course tutors

Student of CTAE MR. MichailSleptsov as well as Professors/teachers from Kuban State University.

Course title:

Make up and 50+ beauty

Course content and schedule

6 hours-course 3 times x 2 hours a week with 2 Modules

Module 1 – Beauty 50+, 50+ models, famous brands in make up for 50+, famous make uppers. The peculiarities of the 50+ style. Face lifting, face massage.

Module 2 – Practical cases on make up cover with peculiarities of the 50+. Style for 50+ generation. Style models and characteristics. Development of the individuality and psychological aspects of the individuality. Characteristics of the different style behavior in the modern conditions.

Course structure

Course consists of mainly practical opportunities to study the basics of the body, face care methods as well and to have practical skills in identifying personal correspondence in face beauty attributes such as lipstick, etc with specific peculiarities of the age 50+

Course tutors

Professors/teachers from Kuban State University as well as practitioners from make up and Beauty industry Design studios, design workshops, representatives of the distributors of the cosmetics, and body care attributes.

Course title:

Stewarding

Course content and schedule:

12 hours-course 2 times a week with 4 Modules

Module 1 – Stewarding basics. History and basic knowledges of the technical peculiarities of the stewarding, behavior in the activities in the crowded dimensions such as sport events in football, basketball, etc. Introduction to the first medical aid, hospitality, speech writing, etc.

Module 2 – Basics in the sport types and styles, rules of the command types of the sport (such as football, etc.). Meetings with sportsmen, sport TV representatives, round tables discussions

Module 3 – Practical cases with representative of sport events and professional sport association, governmental authorities in Krasnodar city as well as other cities of the region.

Module 4 – developing mini-programs in such fields like agro-tourism for the tourists arriving to Krasnodar to participate in the sport or other events.

Course structure:

Course consist of the 4 basic theoretical courses 3 practical skill-oriented activities and presentations

Course tutors

Representatives of the local regional football clubs as well as basketball clubs and local Sport associations, professors/teachers from Kuban State University.

Course title:

Baby-seaters 50+

Course content and schedule:

8 hours-course 2 times a week with 3 Modules

Module 1 –Child care basics. Basic knowledges of the child psychology, child care, first aid methods.

Module 2 – Cooking, children games, children education methods.

Module 3 – Practical cases with playgrounds, children entertainment methods.

Course structure:

Course consist of the 4 basic theoretical courses 3 practical skill-oriented activities and presentation

Course tutors

Professors/teachers from Kuban State University, practitioners from the kindergartens, schools of the region

As for Azerbaijan Center For Third Age Education the courses were organized by this way

AZERBAIJAN INTERNATIONAL EDUCATION CENTER, QAFQAZ UNIVERSITY

THIRD AGE EDUCATION CENTRE, COURSE SYLLABUS

I. General Information about the Course

Name of the course: **General English**

Total hours: 60

II. Required course books and literature

Main course book: American Headway 2 Second Edition by John and Liz Soars

Additional literature: Oxford Dictionary of English Hardcover – 19 Aug 2010 and English Grammar in Use Book with Answers: A Self-Study Reference and Practice by Raymond Murphy

Course description: (Brief information about the course, which courses it associates with, the

aims of the course. The course outline, and its outcomes)

This course is designed to provide you a familiarity with the language focus on grammar, clear vocabulary syllabus, integrated skills work - gives you lessons that really work in class. With the new Second Edition you get fully-revised material, the completely new Advanced level, and an exciting new generation of digital support - the online Teacher Resource Center, Test Generator CD-ROMs, and more. American Headway's balanced methodology combines the best of traditional approaches - solid grammar and practice, vocabulary development etc - and newer approaches, such as communicative role-play and personalization. Authors Liz and John Soars have developed a set of principles which "... is a summary of all we believe when writing and teaching." Now, American Headway Second Edition adds a new generation of digital support to that classic methodology. Top of the list of new resources is the Teacher Resource Center. It's a password-protected bank of online resources which includes images, animated grammar PowerpointRG slides, video, worksheets, and more. With a fast-find browser function, it's quick and easy for you prepare lessons your way. American Headway Second Edition also includes a new emphasis on testing to help students prepare for standardized international exams such as the TOEFLRG iBT. This includes new Spotlight on testing lessons in the Workbook and access to a complimentary online practice test via the Student Multi-ROM.

The topics and their brief descriptions

Topic №1 Getting to know you. Grammar: Tenses and questions.

Brief description: This unit has examples of the present Simple and Present Continuous, the Past Simple and two future forms

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №2 Getting to know you. Grammar: Tenses and questions.

Brief description: This unit has examples of the present Simple and Present Continuous, the Past Simple and two future forms

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №3. Listening and Speaking – best friends

Brief description: Have you got many friends? Why do you like them? What do you do together? Here is someone talking about her best friend.

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №4. Listening and Speaking – best friends

Brief description: Have you got many friends? Why do you like them? What do you do together?

Here is someone talking about her best friend.

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №5 Consolidation topics 1-4

Topic №6. Vocabulary and Pronunciation – using a bilingual dictionary

Brief description: How to pronounce vocabulary in American English, How to pronounce vocabulary in British English

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №7. Vocabulary and Pronunciation – using a bilingual dictionary

Brief description: How to pronounce vocabulary in American English, How to pronounce vocabulary in British English

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №8. Consolidation topics 6-7

Topic №9.

The way we live. Grammar: present tenses. Vocabulary: collection in daily life

Brief description: This unit has examples of the Present Continuous and vocabularies used in daily life

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №10.

The way we live. Grammar: present tenses. Vocabulary: collection in daily life

Brief description: This unit has examples of the Present Continuous and vocabularies used in daily life

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №11. American Headway 2. Unit 2. Vocabulary and Speaking – daily life

Brief description: Tales of two Cities. Reading activities – Korea-Chile

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №12. Consolidation topics 9-11

Topic №13. Tales of two Cities. Reading activities.

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №14. American Headway 2. Unit 2. Listening and speaking / A/24/7 society

Brief description: Discussing the question in groups. What is a 24/7 society? Which Jobs need people to work at night?

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №.15. Consolidation topics 13-14

Topic №.16. American Headway 2 Unit 3. What happened next? Grammar past tenses/vocabulary: Adverbs

Brief description: past tenses and adverbs. Time expressions in English

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №.17. American Headway 2 Unit 3. What happened next? Grammar past tenses/vocabulary: Adverbs

Brief description: past tenses and adverbs. Time expressions in English

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №.18 American Headway 2. Unit 3. The thief, his mother and 2 billion dollars

Brief description: discussing the story Stephane Breitwiser. Grammar rules in the story

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic № 19. American Headway 2. Unit 3. Listening and reading – the name's Bond, James Bond

Brief description: Listening and Reading activities based on the text James Bond

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №.20. Consolidation topics 16-19

Topic № 21. American Headway 2. Unit 3. Listening and reading – the name's Bond, James Bond

Brief description: Listening and Reading activities based on the text James Bond

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №.22. Headway 2. Unit 4. The Marketplace/ Grammar: much/many/some/any/a few/ little/a lot of articles/ vocabulary: shopping. Everyday English: prices

Brief description: explanation of the grammar- much/many/some/any/a few/ little/a lot of articles/ vocabulary: shopping. Everyday English: prices and their usage in sentences

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №.23. Headway 2. Unit 4. The Marketplace/ Grammar: much/many/some/any/a few/ little/a lot of articles/ vocabulary: shopping. Everyday English: prices

Brief description: explanation of the grammar- much/many/some/any/a few/ little/a lot of articles/ vocabulary: shopping. Everyday English: prices and their usage in sentences

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №.24. Consolidation topics 21-23

Topic №.25. American Headway 2. Grammar Spot / Practice- Discussing grammar

Brief description: countable and uncountable nouns / exercises

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №.26. American Headway 2. Grammar Spot / Practice- Discussing grammar

Brief description: countable and uncountable nouns / exercises

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №.27. American headway 2. Unit 4. Reading and Speaking: Markets around the world

Brief description: Vocabulary used in markets, differences between shopping mall and a market? Reading articles about Markets around the world

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №.28 Consolidation topics 25-27

Topic №.29. American Headway 2. Unit 4. Vocabulary, Listening and Speaking - Shopping

Brief description: Vocabulary used in shopping. Compare your ideas related to the shopping. Group works

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Topic №.30. Headway 2 Unit 5. What do you want to do? Grammar verb patterns

Brief description: Grammar rules – future tense. Usage of everyday English Expressions

Reading material: American Headway 2, The World's Most Trusted English Course Second Edition by John and Liz Soars

Students enrolment

	2015	2016
Kuban State University	23	63
Samara State Technical University	30	89
Saint-Petersburg State University of Industrial Technologies and Design	47	123
Volga Region State University of Service	15	43
Donetsk State University of Management	8	27
Academy of Municipal Administration (AMA) Tavria National University named by V.I. Vernadskyy (TNU)	0	28
Volyn Institute for Economics and Management	73	230
Qafqaz University	8	12
Baku Eurasian University	10	26
TOTAL	214	641

