

# 1. Healthy Aging & Anti-Aging

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**Dates:** July 11 - 22, 2022

**Credits:** 3

**Language:** EMI

**Delivery:** blended online – synchronous and asynchronous

**Total Hours:** 56

**Tuition fees:** USD 300 ( Tuition waiver for AU partner universities )

**College Website:** <https://chs.asia.edu.tw/?locale=en>

During the summer months, Asia University is home to international students from around the world. Asia University's Summer Program provides a great opportunity to prepare you for that all-important next step--both academically and socially--paving the way for a successful college experience. By balancing academic studies with a rich menu of educational and social activities, you will have a learning experience that is truly transformative.

## About the Program

Students from around the world are invited to spend two weeks learning in Asia University. If accepted to the program, you will have the opportunity to learn at one of the most popular programs offered by the College of Medical and Health Sciences. Through this program, you will expand the knowledge and skills in aging-related topics such as lifestyle redesign, nutrition education, and mental health promotion.

## The Program Features

During your two weeks of study, you will attend class for six hours a day. A group of buddies, made of Asia University students, will be assigned to assist you throughout your whole study, giving you the perfect chance to explore Asia University. As an international student, you will enjoy a broad range of experience to balance your academic and spiritual development. By offering you well-conceived challenges -- together with support and encouragement in our exceptional program -- you will develop self-confidence and a desire to achieve excellence throughout your life.



## Curriculum for Healthy Aging & Anti-Aging

Course Title	Hours	Schedule
Opening Ceremony & Introduction to the Course	0.5	Other
Eating smart and healthy	6	Lecture
Aging gene and molecular biology	6	Lecture
Psychology of aging	6	Lecture
Population aging and health promotion	6	Lecture
Age-related vision loss and prevention	6	Lecture
Age-related hearing loss and speech-language loss prevention	6	Lecture
Health promotion activities for successful aging	6	Lecture
Device for Aging	6	Lecture
Anti-aging effects of exercise therapy and good sleep	6	Lecture
Final Exam & Closing Ceremony	1.5	Other
<b>Total</b>	<b>56</b>	

Module Components	Teaching hours	Remarks
Lecture	54	
Other	2	
Assignment Method	Percentage	Remarks
Attendance/Participation	60%	
Final Exam	40%	

