University of Gdańsk

Subject card

Subject name and code	Fundamentals of longevity, PG_00132881		
Field of study	Criminology		
Date of commencement of studies	October 2025	Academic year of realisation of subject	2025/2026
Education level	Bachelor's studies	Subject group	
Mode of study	full-time studies	Mode of delivery	e-learning
Year of study	1	Language of instruction	Polish Polish
Semester of study	1	ECTS credits	2.0
Learning profile	academic	Assessment form	credit
Conducting unit	Laboratory of Biochemical Analytics and Nanodiagnostics -> Department of Environmental Technology -> Faculty of Chemistry -> Rector		
Name and surname of lecturer (lecturers)	Subject supervisor	prof. dr hab. Adam Lesner	
	Teachers		

Lesson types

Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
Number of study hours	30.0	0.0	0.0	0.0	0.0	30

E-learning hours included: 30.0

Learning activity and number of study hours

Learning activity	Participation in didactic classes included in study plan	Participation in consultation hours	Self-study	SUM
Number of study hours	30	0.0	20.0	50

Subject objectives

Familiarize the audience with the processes responsible for the aging process and discuss the risks associated with it. Presentation of sample strategies for delaying degradation processes through proper eating habits, prevention, and other aspects like self-control and prophylactics.

Learning outcomes

Course outcome	Subject outcome	Method of verification
	1. Student is able to define key factor that influence the longevity. 2. Can define basic concepts in the field of dietetics and the etiology of lifestyle diseases. 3. Identifies and distinguishes between types of physical activity and healthy diets that are essential for good health.	

Subject contents

The process of aging and its regulation at the level of tissue cells and organisms. Examples of long-lived organisms. Methods that delay the aging process-review of selected examples. Nutritional pyramid. Therapeutic foods.

Prerequisites and co-requisites

Assessment methods and criteria

Subject passing criteria	Passing threshold	Percentage of the final grade
presentation of the selected subjects	51.0%	100.0%

Recommended reading

Basic literature	Roger B Mcdonald, Biology of aging, PWN Warsaw 2022 , selected chapters
Supplementary literature	Selected scientific articles in the lecture area
eResources addresses	

Example issues/ example questions/ tasks being completed

1. ppt presentation independently prepared and delivered by the student on selected issues raised in the lecture.

Work placement	Not applicable

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