

## Diploma in Active Ageing

### 活齡文憑

#### Programme Structure

Students who have completed 10 compulsory subjects (30 credits) of study with satisfactory results will be awarded the “Diploma in Active Ageing”.

Subjects are categorized into three areas, namely 1) overview of ageing-related knowledge (OAK), 2) holistic health wellness (HHW) and 3) finance and re-employment (FRE).

Subject Title	Subject Area	Credit Value
Ideal Living Environment for the Ageing Society: From Theories to Design	OAK	3
Fundamentals of Psychology of Ageing	OAK	3
Social Policy and Services for the Elderly	OAK	3
Brain Health and Dementia Care	HHW	3
Holistic Health of Older Adults: Concepts and Practice of Wellness	HHW	3
Nutrition and Physical Fitness in Ageing	HHW	3
Traditional Chinese Medicinal Exercise and Herbs along Hiking Paths	HHW	3
Introduction to Personal Financial and Investment Planning	FRE	3
Life Review	FRE	3
Personal Effectiveness via Communication and Branding	FRE	3
<b>Total number of credits required</b>		<b>30</b>

#### Exit Award

Students who have completed any 3 subjects (9 credits) with satisfactory results may apply to exit the programme of study for an exit award of “Certificate in Active Ageing”.

## Recommended Progression Pattern

Students are recommended to take 2 subjects in each semester and 1 subject in each summer term in order to fulfil the study requirements within the 2-year normal duration of study.

<b>Year &amp; Semester</b>	<b>Subject Code and Title</b>
<b>Year 1 Semester 1</b>	Holistic Health of Older Adults: Concepts and Practice of Wellness
	Fundamentals of Psychology of Ageing
<b>Year 1 Semester 2</b>	Nutrition and Physical Fitness in Ageing
	Personal Effectiveness via Communication and Branding
<b>Year 1 Summer Term</b>	Ideal Living Environment for the Ageing Society: From Theories to Design
<b>Year 2 Semester 1</b>	Brain Health and Dementia Care
	Traditional Chinese Medicinal Exercise and Herbs along Hiking Paths
<b>Year 2 Semester 2</b>	Introduction to Personal Financial and Investment Planning
	Life Review
<b>Year 2 Summer Term</b>	Social Policy and Services for the Elderly

*Remark: The subject offering schedule is subject to change at the discretion of the School.*