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| **Naziv predmeta** |  |
| **Kod** | MFMI… | Godina studija | 1, 2, 3, 4. |
| **Nositelj/i predmeta** | Prof. Maja Valić | Bodovna vrijednost (ECTS) |      2 |
| Suradnici | Prof. Zoran ĐogašIzv. prof. Renata Pecotić | Način izvođenja nastave (broj sati u semestru) | P | S | V | T |  |
| 10 | 8 | 7 | 25 |
| Status predmeta |      Izborni | Postotak primjene e-učenja  | 0%0 |
| **OPIS PREDMETA** |
| Ciljevi predmeta | Temeljna edukacija iz područja medicine spavanja ovisno o dobi |
| Uvjeti za upis predmeta i ulazne kompetencije potrebne za predmet |  Nema uvjeta |
| Očekivani ishodi učenja na razini predmeta (4-10 ishoda učenja)  | * Objasniti mehanizam regulacije spavanja i budnosti
* Opisati i objasniti karakteristike spavanja u djece, odraslih i starijih osoba
* Opisati, analizirati, i diskutirati kliničke karakteristike najučestalijih poremećaja spavanja.
* Objasniti i kritički interpretirati upitnike koji se koriste u analizi poremećaja spavanja
* Opisati, objasniti i analizirati korisne savjete za poboljšanje spavanja u prvoj godini života, u predškolske djece , adolescenata, odraslih i starijih
 |
| Sadržaj predmeta detaljno razrađen prema satnici nastave  | Predavanja (12 sati)1. Uvod u medicinu spavanja (2)
2. Regulacija spavanja i budnosti (2)
3. Starenje i spavanje (2)
4. Spavanje u beba i male djece (2)
5. Spavanje u adolescenata (2)
6. Spavanje u starijih (2)

Seminari (6 sati)1. Poremećaji spavanja i normalne varijacije spavanja (3h)
2. Zdravo spavanje (3h)

Vježbe (7 sati)1. Upitnici o spavanju (2)
2. Prikazi slučajeva (2)
3. Strategije za promoviranje dobrih navika spavanja (3)
 |
| Vrste izvođenja nastave: | ☐ predavanja☐ seminari i radionice ☐ vježbe ☐ *on line* u cijelosti☐ mješovito e-učenje☐ terenska nastava | ☐ samostalni zadaci ☐ multimedija ☐ laboratorij☐mentorski rad☐       (ostalo upisati) |
|
| Obveze studenata | Nazočnost na nastavi 80% predavanja, 90% seminari i 100% vježbe |
| Praćenje rada studenata *(upisati udio u ECTS bodovima za svaku aktivnost tako da ukupni broj ECTS bodova odgovara bodovnoj vrijednosti predmeta):* | Pohađanje nastave | 0,5 |  |       |  |       |
| Seminarski rad | 0,5 |  |       |       (Ostalo upisati) |       |
| Pismeni ispit | 1 |  |       |       (Ostalo upisati) |       |
|  |       |  |       |       (Ostalo upisati) |       |
|  |       |  |       |       (Ostalo upisati) |       |
| Ocjenjivanje i vrjednovanje rada studenata tijekom nastave i na završnom ispitu | Pisani ispit |
| Obvezna literatura (dostupna u knjižnici i putem ostalih medija) | **Naslov** | **Broj primjeraka u knjižnici** | **Dostupnost putem ostalih medija** |
| - Purves D, et al. Neuroznanost, 5. izdanje, Medicinska naklada (odabrana poglavlja) |       |  |
| Dopunska literatura  | * Bassetti C, Dogas Z and Peigneux P. Sleep Medicine Textbook. European Sleep Research Society. Regensberg 2014. (selected chapters)
* National Sleep Foundation <https://sleepfoundation.org>
* Nastavnički materijali
 |
| Načini praćenja kvalitete koji osiguravaju stjecanje utvrđenih ishoda učenja | -Analiza kvalitete nastave od strane studenata i nastavnika, -Analiza prolaznosti na ispitima, -Izvješća Povjerenstva za kontrolu provedbe nastave, -Izvaninstitucijska evaluacija (posjet timova za kontrolu kvalitete Nacionalne agencije za kontrolu kvalitete, uključenje u TEEP). |
| Ostalo (prema mišljenju predlagatelja) |       |

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| **NAME OF THE COURSE** |  |
| **Code** | MFMI… | Year of study | t |
| Course teacher |  | Credits (ECTS) |  |
| Associate teachers |  | Type of instruction (number of hours) | L | S | E | T |
| 10 | 8 | 7 | 25 |
| Status of the course | Elective | Percentage of application of e-learning |  |
| **COURSE DESCRIPTION** |
| Course enrolment requirements and entry competences required for the course | None |
| Learning outcomes expected at the level of the course (4 to 10 learning outcomes) | * interpret underlying mechanisms of the regulation of sleep and wake
* describe and explain sleep characteristics in children, adults and elderly
* describe, analyze and discuss the clinical features associated with the most common sleep disorders
* explain and critically interpret questionnaires used in assessment of sleep problems

describe, explain and analyze useful tips for improvement of sleep in infants and preschool children, adolescents, adults and elderly |
| Course content broken down in detail by weekly class schedule (syllabus) | Lectures (12 hours)1. Introduction to Sleep Medicine (2)
2. Regulation of Sleep and Wake (2)
3. Ageing and Sleep (2)
4. Sleep in Infants and Young Children (2)
5. Sleep in adolescents (2)
6. Sleep in elderly (2)

Seminars (6 hours)1. Sleep Disorders and Normal Sleep Variations (3h)
2. Healthy Sleep (3h)

Practicals (7 hours)1. Sleep Questionairres (2)
2. Case Reports (2)
3. Sleep Promoting Strategies (3)
 |
| Format of instruction | ☐ lectures☐ seminars and workshops☐ exercises ☐ *on line* in entirety☐ partial e-learning☐ field work | ☐ independent assignments☐ multimedia ☐ laboratory☐ work with mentor☐       (other) |
|
| Student responsibilities | In accordance to Rules of studying and Deontological code for USSM students. |
| Screening student work *(name the proportion of ECTS credits for each* *activity so that the total number of ECTS credits is equal to the ECTS value of the course)* | Class attendance | 0,5 | Research |       | Practical training |       |
| Experimental work |       | Report |       |       (Other) |       |
| Essay |       | Seminar essay | 0,5 |       (Other) |       |
| Tests |       | Oral exam |       |       (Other) |       |
| Written exam | 1,0 | Project |       |       (Other) |       |
| Grading and evaluating student work in class and at the final exam | Written exam/seminar essay |
| Required literature (available in the library and via other media) | **Title** | **Number of copies in the library** | **Availability via other media** |
| - Purves D, Augustine GJ, Fitzpatrick D, Hall WC, LaMantia AS, White LE. Neuroscience, 5th edition. Sinauer Associates, Inc, PublishersSunderland, Massachusetts U.S.A. 2015. (selected chapters) |       |       |
| - Bassetti C, Dogas Z and Peigneux P. Sleep Medicine Textbook. European Sleep Research Society. Regensberg 2014. (selected chapters) |       |       |
| -National Sleep Foundation https://sleepfoundation.org/ |       |       |
| - Materials from the lecture |       |       |
|       |       |       |
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|       |       |       |
| Optional literature (at the time of submission of study programme proposal) |  |
| Quality assurance methods that ensure the acquisition of exit competences | * Teaching quality analysis by students and teachers
* Exam passing rate analysis
* Committee for control of teaching reports
* External evaluation
 |
| Other (as the proposer wishes to add) |       |