



**Final curriculum design for the joint Master Programme**  
**in Lifelong Well-being and Healthy Ageing (LIFELINE)**

*Programme of study: LIFELONG WELL-BEING AND HEALTHY AGEING*

*ISCED : 0988 Interdisciplinary programme in Health and Welfare*

*Length of programme of study: 2 years / 4 semesters*

*Number of ECTS credits: 120*

*Mode of study: Full time education*

Series: **2021-2023**

**FIRST SEMESTER : 30 credits, from: UAIC or UP**

**FIRST SEMESTER**

<b>Alexandru Ioan Cuza University of Iasi - UAIC</b>	
<i>Compulsory courses</i>	<b>Credits</b>
Life-course approach and lifelong well-being	7
Demography and public health	6
Motor stimulation and exercises for a healthy ageing	6
International law for sustainable development. Health and well-being	6
Ethics and academic integrity	5
<b>Total credits / sem I</b>	<b>30</b>

**OR**



European Campus  
of City-Universities

Co-funded by the  
Erasmus+ Programme  
of the European Union



## FIRST SEMESTER

University of Poitiers - UP	
<i>Compulsory and optional courses</i>	Credits
Bioorthogonal chemistry and chemical biology	4
Biomechanics of human movement and disability	3
Tailored exercise and pathologies	4
Means of prescribing physical activity	4
Acquisitions and sensors	3
Embedded systems	6
Data analysis	6
Programming Tools and methodology	6
Computer Vision	3
Methodologies and technological innovations in Health biology	6
Computer vision and graphics	6
<b>Total credits / sem I</b>	<b>30</b> from 51



**SECOND SEMESTER: 30 credits, from: UTurku or USAL**

**SECOND SEMESTER**

University of Turku - UTurku	
<i>Compulsory and optional courses</i>	Credits
Digital Management and Leadership in Health Care	5
Digitalization Supporting Clinical Nursing / Health	5
Digitalization and Ethics in Global Health Care	5
Orientation and Definition of an Instrument	5
Process of Instrument Development and Evaluating Existing Instruments	10
Process of Instrument Implementation	10
Statistics in Biomedical Sciences	2
Survival Analysis Intensive Course (this course requires basic knowledge of statistics)	1
Neuropharmacology (this course requires basic knowledge of cognitive psychology and neuroscience)	5
Cognitive Neuroscience (this course requires basic knowledge of cognitive psychology and neuroscience)	5
<b>Total credits / sem II</b>	<b>30 from 53</b>

OR

**SECOND SEMESTER**

University of Salamanca - USAL	
<i>Compulsory and optional courses</i>	Credits
Teaching Innovation in The Specialty of Health	3
Bioinformatics and Computational Genomics in Cancer Research	3
Cell Growth, Cell Division and Cancer	3
Signalling by Growth Factor Receptors in Cancer	3



Angiogenesis Regulatory Mechanisms: Role in The Development of Tumours	3
Mouse Models n Cancer Research	3
Bone Marrow-Derived Stem Cells. Biological Characteristics & Potential Role in The Development of Hematological Malignancies	3
Intracellular signalling in cancer	3
Molecular Bases of Tumoral Variability: Modifier Genes of The Susceptibility and Evolution of Cancer	3
New Treatments in Hemopathies: From The Laboratory to The Clinic	3
Anti-Tumor Immunotherapy: From Biology to Clinical Applications	3
<b>Total credits / sem II</b>	<b>30 from 33</b>

OR

## SECOND SEMESTER

Additional, if needed: the academic offer of Alexandru Ioan Cuza University of Iasi – UAIC, as it is proposed to the Romanian National Accreditation Agency for LIFELINE:

<b>Alexandru Ioan Cuza University of Iasi - UAIC</b>	
<i><b>Compulsory courses</b></i>	<b>Credits</b>
Qualitative research in well-being	7
Mental health and well-being	6
Big data analysis and research of welfare and healthy ageing	6
Professional Practice	6
<i><b>Optional courses : 1 out of 2</b></i>	
Prevention of substance abuses and control	5
Wellness and smart ageing	5
<b>Total credits / sem II</b>	<b>30</b>



**THIRD SEMESTER – 30 credits, from: UC, UP, UJ**

**THIRD SEMESTER**

<b>University of Coimbra - UC</b>	
<i>Courses</i>	<b>Credits</b>
Healthy Urban Planning	10
Global Health	10
Health Governance	5
Health Outcomes Measurement	5
<b>Total credits / sem III</b>	<b>30</b>

OR

**THIRD SEMESTER**

<b>University of Pavia - UP</b>	
<i>Courses – Package 1</i>	<b>Credits</b>
Big data analysis	9
Data Science	9
Health care economy	6
Health care management	6
<b>Total credits /sem</b>	<b>30</b>
<i>Courses – Package 2</i>	<b>Credits</b>
Experimental and applied histology	3
Applied biology and stem cells	6
Physiology and biophysics	6
Bioinformatics	3



Novel pharmaceutical preparation	3
Clinical applications of Biotechnologies	9
<b>Total credits / sem III</b>	<b>30</b>

OR

### THIRD SEMESTER

University of Jena - UJena	
<i>Courses</i>	<b>Credits</b>
Sport medicine /MA 1 course: number: 55825	3
Sport medicine (course number: 45899 - theory part)	3
Stress regulation: analyses and interventions	5
Labor- health- and organisational analysis and interventions	3
Labor, Health: Organisation and Security	3
Study fields are in sport sciences and psychology	10
Organisational Psychology (course number: 35782 - theory part)	3
<b>Total credits /sem III</b>	<b>30</b>

OR

### THIRD SEMESTER

Additional, if needed: the academic offer of Alexandru Ioan Cuza University of Iasi – UAIC, as it is proposed to the Romanian National Accreditation Agency for LIFELINE:

Alexandru Ioan Cuza University of Iasi - UAIC	
<i>Compulsory courses</i>	<b>Credits</b>
Economics of health and well-being	7
Self-management in non-communicable diseases	6
Applied skills for healthy ageing in place	6

Professional Practice	5
<b><i>Optional courses: 1 out of 2</i></b>	
Stress management	6
Rehabilitation strategies for neuromotor conditions	6
<b>Total credits sem III</b>	<b>30</b>

#### FOURTH SEMESTER: 30 credits, by student' choice

For Alexandru Ioan Cuza University of Iasi – UAIC, there is a single offer, already included in the file for national accreditation of LIFELINE:

<b>Alexandru Ioan Cuza University of Iasi - UAIC</b>	
<b><i>Compulsory courses</i></b>	<b>Credits</b>
Behaviours and health risks	7
Positive psychology	6
Appreciative methods for social intervention	6
Practice - writing of dissertation paper	5
<b><i>Optional courses: 1 out of 2</i></b>	
Preventive strategies in road traffic	6
Social Innovation and entrepreneurship	6
<b>Total credits / sem IV</b>	<b>30</b>

#### DEFENDING THE DISSERTATION: 10 ECTS (compulsory for UAIC)