

Course Unit	Sociology of Aging	Field of study	Sociology
Bachelor in	Gerontology	School	School of Health
Academic Year	2025/2026	Year of study	3
Type	Semestral	Level	1-3
	Semester	ECTS credits	5.0
	1	Code	9833-346-3106-00-25
Workload (hours)	135	Contact hours	T - , TP 45, PL - , TC - , S - , E - , OT 15, O -

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Bruno José Pinto Santos

#### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. To know the demographic dynamics responsible for the aging of the population, especially for the Portuguese population.
2. To know the main issues of the family and its role in the support to the aged people.
3. To identify the causes and effect of the institutionalization of aged.
4. To develop the knowledge and the capacity of intervention with the involved social actors in the problematic of the human aging.

#### Prerequisites

Before the course unit the learner is expected to be able to:

To know and to dominate the main concepts of the sociology and the anthropology.

#### Course contents

1. World-wide perspective of the aging. 2. Causes and consequences of aging populations. 3. Sociology of the family. 4. Ethical aspects of aging. 5. Social representations of the elderly. 6. Support systems for the elderly. 7. Institutionalization of the elderly. 8. Introduction to the Gerontology profession.

#### Course contents (extended version)

1. World-wide perspective of the aging; Aging of the Portuguese population;
2. Causes and consequences of the aging of the populations.
3. Sociology of the family: types of families; functions of the family.
4. Ethical issues of the aging;
5. Social representations of the aged; status and papers of the aged one; Inter-generational relations.
6. Systems of support to the elderly: sociological aspects of the different systems
7. Institutionalization of the elderly: process of socialization.
8. Introduction to the profession of Gerontology: professional identity; use of the knowledge.

#### Recommended reading

1. Ana A. Fernandes. (1997). *Velhice e Sociedade*. Lisboa. Celta Editora.
2. Fonseca, A. M. , & Paúl, M. C. (2006). *Envelhecer em Portugal*. Lisboa. (Climepsi, Ed. ).
3. Paúl, C. (2005). *Envelhecimento ativo e redes de suporte social*. *Revista de Sociologia Da Faculdade de Letras Da Universidade Do Porto*, XV, 275–287.
4. Fernando Pereira (coordenação). (2017). *Teoria e Prática da Gerontologia - Um Guia para cuidadores de Idosos*. 2ª Edição. Viseu. Psico Soma Livraria Editora.
5. Fernandez-Ballesteros, R. (2009). *Gerontologia Social*. Madrid: Pirâmide.

#### Teaching and learning methods

The theoretician-practical lessons with exposition of the subjects with the date-show and black board. In the theoretical expositions cases for work in group and debate will be presented. Throughout the lessons, the pupils are stimulated to consult the Internet, libraries, etc. Multimedia contents for discussion.

#### Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 100%
2. Alternative 2 - (Regular, Student Worker) (Final, Supplementary, Special)
  - Intermediate Written Test - 70%
  - Practical Work - 30%

#### Language of instruction

Portuguese

#### Electronic validation

Bruno José Pinto Santos	Ana Maria Nunes Português Galvão	Maria Augusta Romão da Veiga Branco	Olívia Rodrigues Pereira
02-02-2026	02-02-2026	04-02-2026	07-02-2026