**Course Syllabus "Fundamentals of Pedagogical Mastery"**  
*for Trainers of the Active Longevity Center*

**Duration:**

16 academic hours

**Format of Training:**

Lectures, practical sessions, group work, case studies

**Target Audience:**

Trainers of educational centers for active longevity

**Module 1. Introduction to Pedagogical Mastery**

1.1 Tasks and specifics of pedagogical activity  
1.2 Pedagogical mastery: definition, structure, main components  
1.3 Role of the trainer in the educational process of the Active Longevity Center  
– *"Learning to Learn": tips, recommendations, and scientific research*

**Module 2. Psychological and Pedagogical Aspects of Adult Learning**

2.1 Age-related and psychological characteristics of older learners  
2.2 Motivation and engagement of participants in the educational process  
2.3 Effective methods and approaches for adult education

**Module 3. Fundamentals of Andragogy**

3.1 Principles of adult education (based on Malcolm Knowles' theory)  
3.2 Psychological and pedagogical characteristics of adult learners  
3.3 Motivation, experience, self-direction, and readiness to learn  
3.4 Practical techniques for working with active older adults  
**Methods:** case studies, group work, role plays, brainstorming

**Module 4. Basics of Geragogy (Education of Older Adults)**

4.1 Specifics of teaching older adults  
4.2 Cognitive and emotional changes: how to consider them in learning  
4.3 Support and guidance in education: building trust  
4.4 Empathetic communication and sensitive delivery of information  
**Methods:** scenario modeling, empathy exercises, pair work

**Module 5. Active Learning Methods and Technologies**

5.1 Active learning methods: case studies, problem-based learning, game-based learning  
5.2 Developing critical thinking and reflection in learners  
5.3 Use of digital technologies in education  
– *Application of Artificial Intelligence (AI) in course preparation at the Active Longevity Center*

**Module 6. Development of Communication Competencies**

6.1 Verbal and non-verbal communication with the audience  
6.2 Conflict resolution in the educational environment  
6.3 Fundamentals of public speaking and voice training

**Module 7. Final Assessment and Reflection**

7.1 Self-analysis of pedagogical activity  
7.2 Practical session: conducting a mini-lesson followed by review  
7.3 Discussion of outcomes and recommendations for further professional development

**Learning Outcomes:**

Upon completion of the course, participants will:

* Master the basics of pedagogical skills and the specifics of adult education
* Learn to apply modern teaching methods
* Develop effective communication skills with audiences
* Be able to confidently conduct classes at the Active Longevity Center

**Assessment:**

Examinations will be conducted in accordance with the course program.

**Certification:**

Participants who successfully pass the exam will receive a **Professional Development Certificate**.