

HLTH C223: HEALTHY AGING

| Item | Value |
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| Top Code | 083700 - Health Education |
| Units | 3 Total Units |
| Hours | 54 Total Hours (Lecture Hours 54) |
| Total Outside of Class Hours | 0 |
| Course Credit Status | Credit: Degree Applicable (D) |
| Material Fee | No |
| Basic Skills | Not Basic Skills (N) |
| Repeatable | No |
| Open Entry/Open Exit | No |
| Grading Policy | Standard Letter (S), • Pass/No Pass (B) |
| Local General Education (GE) | • Area 7E Self-Development (CE1) |
| California State University General Education Breadth (CSU GE-Breadth) | • CSU E1 Lifelong Understanding (E1) |

Course Description

Formerly: HLTH C175/GERO C223. This course explores the physical and emotional aspects of healthful living in the later years. An emphasis is placed on the health changes that occur during the aging process, ways of coping with these changes, and preventative measures to maximize good health. Enrollment Limitation: AGNG C223; students who complete HLTH C223 may not enroll in or receive credit for AGNG C223. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Correctly describe health changes, preventative measures, and coping mechanisms affecting wellness and cite sources and research to support opinions.
2. Interpret and apply major theories and principles of aging to determine their impact on and implications for the health and wellness of the individual.
3. Communicate the physical and emotional aspects of healthful living in the later years.

Course Objectives

- 1. Present and apply major theories of aging as they relate to health and wellness of the older individual.
- 2. Analyze the effects of nutrition, physical activity, medication use, and chronic disease on overall wellness.

Lecture Content

The study of healthy aging and lifetime wellness. The role of the gerontologist to this course. Biological theories as they relate to the concept of aging well Sexuality and wellness Avoiding and adapting to chronic illness Mental health issues of aging Medications Physical activity Nutrition Disease prevention and health promotion Long-term care, grief and loss issues

Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)

Instructional Techniques

The classroom delivery method includes lecture, discussion, question-and-answer sessions, small-group problem solving, and/or case study reviews based on real-life situations. Classroom instruction will be supplemented, where appropriate, by PowerPoint presentations, use of internet technology, guest speakers, and field trips.

Reading Assignments

Reading and library assignments, prepared content to share with the class, and/or responses to class presentations.

Writing Assignments

Students will complete essays or research reports that require them to analyze, interpret, evaluate, and synthesize primary and/or secondary data and draw appropriate conclusions and to present their conclusions in a well-organized and clearly written format

Out-of-class Assignments

Reading and written assignments; research assignments; preparation of content to share with the class and responses to content presented; analysis of case studies and/or review of expert interviews; responses to guiding questions on course content; and/or self-assessments.

Demonstration of Critical Thinking

Participation in self-assessments and a plan of action for improving health may be assigned

Required Writing, Problem Solving, Skills Demonstration

Students are given a situation and asked to offer suggestions for and solutions to problems associated with aging. Break out groups, present research and/or debate of topics.

Eligible Disciplines

Gerontology: Master's degree in gerontology OR the equivalent OR see interdisciplinary studies. Master's degree required. Health: Master's degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelor's degree in any of the above AND master's degree in public health, or any biological science OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Parent, Nancy. An Introduction to Healthy Aging, 1st ed. OER: Creative Commons Attribution, 2018

Other Resources

1. Coastline Library