

Course Outline

COURSE: AH 741 **DIVISION:** 90 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2013 **Inactive Course**

SHORT TITLE: BODY DYNAMICS/AGING

LONG TITLE: Body Dynamics and Aging

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
0	18	Lecture:	2	36
		Lab:	0	0
		Other:	0	0
		Total:	2	36

COURSE DESCRIPTION:

This course is designed for the 55+ adult student to provide awareness and knowledge of physical fitness, stress management and nutrition to personal health. Discussions will focus on nutrition, sleep disorders, depression, leisure/social activities and chronic conditions that effect the body as aging occurs.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: N - Non Credit

GRADING MODES

N - Non Credit

REPEATABILITY: R - Course may be repeated

Maximum of 99 times, 100 credit hours

SCHEDULE TYPES:

02 - Lecture and/or discussion

STUDENT LEARNING OUTCOMES:

1. The students will compile a personal assessment and recognize the physiological cognitive and psychosocial changes that occur during the aging process

ILO: 7,6,2,1

Measure: Project, Oral responses

2. The students will examine the various theories of aging, which are Biological and Psychosocial and verbalize the theory that they can most identify as an indicator of their present status.

ILO: 2,1,6,7

Measure: Oral responses and class participation

3. The concept of ageism will be explored and students will develop an awareness of different cultural patterns/practices and myths/stereotypes associated with aging.

ILO: 7,2,1,4

Measure: Oral responses and class participation

4. The students will recognize that the physical changes that accompany aging are considered normal and can predispose them to disease.

ILO: 2,7,6

Measure: Class Participation

5. The students will identify the health benefits/risks and importance of regular exercise, good nutrition and safety concerns as key prescriptions for healthy aging and lack of functional decline.

ILO: 6,2,1,4,7

Measure: Class participation, project and demonstration

6. Under supervision, the students will organize an appropriate self-directed exercise program, complete the Nutritional Screening Tool for Older Adults to determine nutritional health and identify risk factors in their homes to change.

ILO: 5,6,2,1,4

Measure: Project, Test and Plan

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 09/24/2012

WEEK 1 2 HOURS

Introduction to the various theories of aging which are biological (stochastic and non-stochastic) and the psychosocial theories of Disengagement, Activity and Continuity. Assignment: Discussion in small groups and for students to verbalize the theory that they most clearly identify with.

WEEK 2 2 HOURS

The concept of Ageism will be presented and discussed. Topics for discussion are the undervaluing of older adults, myths and stereotypes, and forms of discrimination. A comparison of various cultures and their societal practices will be presented. Students will voluntarily participate by sharing their own familial/cultural patterns or practices.

WEEK 3 2 HOURS

Nutrition is presented as a key prescription for healthy aging. Students will take the Nutritional Screening Tool for Older Adults to determine their nutritional health. Factors that influence the nutritional status of older adults are income, health, educational level, nutritional knowledge, dentition, educational level,

socialization versus isolation, depression, loss of spouse or close friends, physical functional loss, disease and lack of transportation. Class discussion in small groups using the Basic Food Guide Pyramid, the students will prepare a meal that is nutritious and FUN.

WEEK 4 2 HOURS

Exercise is presented as a key prescription for healthy aging. Students will explore the progressive loss of total bone mass caused by lack of physical activity and how this impacts muscle tone, flexibility and strength. Self-care mobility will be encouraged. Alternative methods of exercise Tai Chi and Yoga will be presented to introduce relaxation techniques; in addition, to walking and swimming as healthy alternatives.

WEEK 5-6 2 HOURS

Under supervision with guidelines, the students will organize and complete individual exercise, nutrition and safety plans that will be incorporated into their daily routines.

WEEK 7 2 HOURS

Guest Speaker from the Council of the Aging will present a topic of interest for older adults.

WEEK 8 2 HOURS

Sleep requirements and patterns and Stress are presented and discussed.

WEEK 9-10 2 HOURS

The movie Cocoon (or other appropriate movie) will be viewed and critiqued by the class. Discussion will center on the philosophical aspects of aging and death in a humorous way.

WEEK 11-15

10 HOURS

Current information on heart disease, cancer, arthritis, diabetes and osteoporosis as leading causes of death or debilitation are presented. Health strategies for maintenance, prevention or delay of onset of these various diseases are also presented. Healthy alternative strategies using meditation, visualization, journal writing, Tai Chi, Yoga, laughing and music will be demonstrated and practiced by the students.

WEEK 16 2 HOURS

Leisure Time, Social Activities and developing Hobbies as strategies for Health Living are presented. Students can participate voluntarily in a Temperament Sorter or Aptitude Test to determine individual interests. A counselor from Gavilan will speak to this issue.

WEEK 17 2 HOURS

Students will participate in a field trip that focuses on community service activities such as story-telling, soup kitchen or tutoring center.

WEEK 18 2 HOURS

Students will share their community service experiences and complete a class survey and self-evaluation.

METHODS OF INSTRUCTION:

The methods of instruction for this class will be lecture, small group projects and demonstration.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: L

Noncredit Category: H

Cooperative Education:

Program Status: 2 Stand-alone

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000079296

Sports/Physical Education Course: N

Taxonomy of Program: 083700