

COURSE OUTLINE

AGNG-290
Aging and Health
3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course will examine the biopsychosocial processes and aspects involved with of normal aging. An emphasis will be placed on examining the effects of age changes and health deviations on the functional capacity of older persons. The student will also have the opportunity to explore issues related to aging and health including chronic disease, health promotion, health care systems, long-term insurance, and death and dying. (3 hours weekly)

Overall Course Objectives (List only requirements that will be included in all sections of the course)

Upon completion of this course the student will be able to:

1. Describe the nature and characteristics of the aging process.
2. Identify and explain the theories of aging.
3. Evaluate the health problems and concerns specific to older adults.
4. Identify current health related issues of older adults.
5. Identify appropriate sources of health information for this group of individuals.
6. Describe preventive strategies related to conditions affecting elders.
7. Compare and contrast functional programs which promote capacity for self-care in the aged.
8. Analyze current research in gerontology and relate its implications to the health care of older persons.
9. Identify and evaluate health policies relevant to aging

Major Topics

- I. Theories of aging, the philosophy.
- II. Normal aging processes.
- III. Common health deviations and the aged.
- IV. Functional assessment and interventions.
- V. Aging research and policies.
- VI. The role of gerontology in health aging.
- VII. Health promotion in aging.

Course Requirements (List only objectives that will be included in all sections of course) Grading/exams: Grading procedures will be determined by the individual faculty member and may include:

- Attendance
- Participation
- Written quizzes and cumulative final
- Written assignments

Writing: Specific writing assignments will be determined by the individual faculty member.