

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

HEAL 525

COURSE TITLE

HEALTH EDUCATION FOR OA

ALTERNATE TITLE(S)

HEALTH LESSONS-LONGER LIVING;
STRESS MANAGEMENT-OA;
BRAIN FITNESS-OA

TYPE COURSE

NON-FEE

OLDER ADULT

CATALOG COURSE DESCRIPTION

This course is designed to enhance the health of older adults. Instruction includes activities designed to improve health, reduce stress and add to quality of life. Topics include physiological, psychological, and social aspects of aging; and preventative health care, including stress reduction, nutrition and exercise. Activities of daily living emphasized. (FT)

LECTURE/LABORATORY HOURS

180

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.
3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

4. Personal and Professional Development

SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self-advocacy skills to cope with changing situations in their lives.

COURSE GOALS

Students will:

1. Gain awareness of current information essential for evaluating and maintaining optimal health for persons over 55.
2. Learn guidelines and activities designed for preventive health care.
3. Gain an understanding of psychological and physical age-related conditions, and age-related diseases and disabilities.
4. Learn the importance of developing and implementing a health plan.

COURSE OBJECTIVES

The student will:

1. Describe concepts of health.
2. Define age-related health problems and identify possible solutions and/or preventative measures.
3. Manage diseases and age-related disabilities by applying health management strategies.
4. Define the lifestyle choices for increased wellness related to individuals, families and community.
5. Develop a comprehensive health plan based on theories and activities relevant to healthy aging.
6. Determine appropriate methods to improve health and well-being, including physical, mental, social, nutritional, and emotional health strategies.

SECTION II

COURSE CONTENT AND SCOPE

1. Common Biological/Physical Changes of Aging
 - 1.1. Sensory fidelity
 - 1.2. Cellular changes
 - 1.2.1. Hardening of the arteries
 - 1.2.2. Changes to major organs
 - 1.2.3. Skin changes
 - 1.2.4. Muscular system changes
 - 1.3. Skeletal integrity
 - 1.4. Metabolic changes
 - 1.4.1. Weight

COURSE CONTENT AND SCOPE (CONTINUED)

- 1.4.2. Blood pressure
- 1.4.3. Blood sugar
- 2. Common Physiological Aspects of Aging
 - 2.1. Mobility
 - 2.2. Balance
 - 2.3. Digestion
 - 2.4. Metabolism
 - 2.5. Cardiovascular
- 3. Cognitive Changes of Aging
 - 3.1. Normal
 - 3.1.1. Conceptual reasoning
 - 3.1.2. Memory
 - 3.1.3. Processing speed
 - 3.1.4. Attention and focus
 - 3.1.5. Visuospatial
 - 3.1.6. Perception
 - 3.1.7. Interpersonal skills
 - 3.1.8. Navigation skills
 - 3.2. Pathological
 - 3.2.1. Mild cognitive impairment (MCI)
 - 3.2.2. Dementia
 - 3.2.3. Alzheimer's
 - 3.2.4. Neurodegenerative diseases
- 4. Conditions/Diseases-Associated With Aging
 - 4.1. Osteoporosis
 - 4.2. Heart disease
 - 4.3. Diabetes
 - 4.4. Arthritis
 - 4.5. Lung disease/chronic obstructive pulmonary disease (COPD)
 - 4.6. Hypertension
 - 4.7. Chronic stress
 - 4.8. Parkinson's disease
- 5. Psychological Aspects of Aging
 - 5.1. Depression
 - 5.2. Fear of the future
 - 5.3. Loss of independence
 - 5.4. Grief and loss
 - 5.5. Psychological stress
 - 5.6. Dealing with change/loss
- 6. Sociological Aspects of Aging
 - 6.1. Life-style choices
 - 6.2. Family
 - 6.3. Partners
 - 6.4. Community/fellowship
 - 6.5. Friendships
- 7. Sexuality and Aging
 - 7.1. Myths and realities

COURSE CONTENT AND SCOPE (CONTINUED)

- 8. Preventive Health Care
 - 8.1. Exercise
 - 8.2. Nutrition
 - 8.3. Socialization
 - 8.4. Lifestyle
 - 8.5. Cognitive health
- 9. Brain Fitness/Cognitive Health
 - 9.1. Brain speed
 - 9.2. Attention/focus
 - 9.3. Intelligence
 - 9.4. Memory
 - 9.5. Navigation
 - 9.6. Socialization/interpersonal skills
- 10. Independent Living Skills
 - 10.1. Personal hygiene
 - 10.2. Dressing
 - 10.3. Eating
 - 10.4. Maintaining continence
 - 10.5. Transferring/mobility

APPROPRIATE READINGS

Reading assignments may include, but are not limited to, instructor prepared materials, instructor selected websites and/or materials related to health.

WRITING ASSIGNMENTS

Writing assignments may include, but are not limited to, creating a comprehensive health plan to include physical, emotional and mental health considerations.

OUTSIDE ASSIGNMENTS

Outside assignments may include, but are not limited to, practicing physical and cognitive exercises, applying appropriate lifestyle choices and techniques learned in class, to improve physical, emotional and/or cognitive health.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Assignments may include but are not limited to evaluating the current status of health (physical, mental and emotional), formulating a list of desired goals, and developing an action plan (including specific activities and lifestyle changes) toward the achievement of desired goals.

EVALUATION

Students will be evaluated on the basis of examinations, quizzes, written assignments, and projects.

