

**Common Course Outline**  
**HLTH/HUSC 120**  
**Aging and Health**  
**3 Credits**

**Community College of Baltimore County**

**Description**

**HLTH/HUSC 120 – Aging and Health** provides an overview of healthy aging and wellness promotion throughout the life continuum. This course explores the physiological, psychological, environmental, and financial changes associated with the aging process. Topics include physical wellness, mental health, housing options, medical care, retirement, assisted living/long-term care options, ethical treatment of the elderly, and the stereotypes and myths held in society toward an aging population. Students examine how choices made today effect a long healthy lifespan as opposed to just a long lifespan.

**3 Credits**

**Prerequisites:** (ESOL 042 and ESOL 044) or ACLT 052

**Overall Course Objectives**

Upon completion of this course students will be able to:

1. identify historical and cultural perspectives on aging;
2. differentiate factors that influence aging;
3. assess the scientific factors and bio-markers that influence aging;
4. analyze the racial, cultural, socioeconomic, and other differences among older adults;
5. evaluate ethical issues regarding the treatment of the elderly;
6. identify the links between a sedentary lifestyle and disease;
7. recognize the relationship between nutrition and aging;
8. evaluate the stereotypes and myths of aging;
9. analyze the benefits of a pro-active, holistic lifestyle;
10. develop a personal pro-active lifestyle strategy;
11. explain how a lifestyle that includes exercise, proper nutrition and stress management can contribute to the well-being of future generations;
12. identify global issues of aging and cultural diversity;
13. evaluate the components of the health care system relevant to the aging;
14. describe the effects of medication and medical intervention on the process of aging as it affects the individual and society;
15. explain the philosophy of death and dying as a part of the life continuum;
16. explain financial issues that come with aging; and
17. select, evaluate, use, and cite information gathered for timeliness, accuracy and validity for written, oral or visual projects.

## **Major Topics**

- I. Factors that influence aging
  - A. Emotional influences
  - B. Social influences
  - C. Spiritual influences
  - D. Cultural influences
- II. Historical aspects of aging
- III. Differences between older adults
  - A. Racial differences
  - B. Cultural differences
  - C. Socioeconomic differences
- IV. Physiological aging
- V. Bio-markers of aging
- VI. Assessments and personal profiles
  - A. Fitness assessments
  - B. Lifestyle assessments
  - C. Creating a personal profile
- VII. Lifestyle strategies
  - A. Nutritional influences on aging
  - B. Exercise and fitness interventions
- VIII. Myths and stereotypes related to the aging population
- IX. Political influence of an aging population
- X. Research related to the aging process
- XI. Medical intervention and medication
  - A. The health care system as it relates to an aging population
  - B. Holistic health approach
  - C. Assisted living options
  - D. Long-term care options
  - E. Ethics in the treatment of the elderly
  - F. The future of health care in the United States
- XII. Philosophy of death and dying
  - A. Death with dignity
  - B. Spiritual aspects
  - C. Philosophy across cultures
  - D. Euthanasia

## **Course Requirements**

Grading procedures will be determined by the individual faculty member but will include the following:

### **Grading/exams**

- A minimum of two (2) written examinations
- A minimum of one (1) course related research project which includes an oral presentation
- A minimum of two (2) written assignments
- A minimum of two (2) individual assessments/personal profiles

Written Assignments: Students are required to utilize appropriate academic resources.

**Other Course Information**

This course is a requirement for the Human Services Counseling Elder Care Certificate. This course is an approved General Education course in the Interdisciplinary and Emerging Issues: Health and Wellness category. This course is also an approved General Education Diversity course and General Education Global course. Please refer to the current CCBC Catalog for General Education course criteria and outcomes.

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