

Syllabus

Course Syllabus

Textbook(s) Diogiovanna, A. (2000). Human Aging biological perspectives. McGraw Hill Co. New York.
 Rowe, J. & Kahn, R. (1998). Successful Aging. New York: Random House Inc.
 This book is out of print to sections will be distributed as needed.

Course Description This course focuses on the physical changes of aging and the relationship of health promoting behaviors on the aging process. The course provides an overview of the biological aspects of aging and the impact this process can have on the human body. Common health conditions experienced by th elderly are introduced as well as the impact of health concepts and lifestyle choices on these conditions.

- Course Objectives** Upon successful completion of the course, the student will:
1. Describe the impact of the aging process on each system of the human body.
 2. Describe the common theories related to aging.
 3. Present the most common health conditions associated with each of the systems of the body.
 4. Define the impact of lifestyle modifications and health promotion strategies on the aging process.
 5. Describe recent health treatments and anti-aging stratgies used to affect the aging process.
 6. Gain an understanding for the complexity of the aging process.

Grading Policy

20 %	Group Theory Project
40%	Two Exams (each worth 20%)
20%	Healthy Aging Paper
10%	Paper Presntation (student and instructor evaluated)
10%	Student Participation (on-line discussion and in class)

A	93-100
A-	90-92
B+	87-89
B	83-86
B-	80-82
C+	77-79
C	73-76
C-	70-72

D	60-69
< 60	F

**Pacing
Schedule**

Healthy Aging

HLT 100

Course Outline and Required Readings

Spring 2009

DATE	TOPIC	ASSIGNMENT	EVALUATION
1/20	Introduction to the course - importance of aging study Aging Demographics	Chapter 1	
1/27	Biological theories of aging Movie and video regarding theories	Chapter 2 pages 41-43	
2/3	No class - Group Project Time	on line discussion questions	
2/10	Group Project Presentations		Group Theory Paper due
2/17	Integumentary System and Sensory system Skeletal and Muscles Systems	Chapters 3, 7 & 9	
2/24	The Digestive System and Nutrition The Endocrine System	Chapters 10, 11 & 14	
3/2	The Circulatory System The Respiratory System	Chapters 4 & 5	Exam 1
3/10	No class Spring Break		
3/17	The Nervous System	Chapter 6	
3/24	The Renal and Urinary System The Reproductive System	Chapter 12 & 13	
3/31	Healthy Aging Strategies	Handouts	Exam 2
4/7	Healthy Aging Strategies	Handouts	
4/14	No class - work on paper/presentations		
4/21	Paper Presentations		Health Promotion Paper Due

