

## Course Syllabus

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Office Hours: Tuesday 1-3 pm, Thursday 1-3 pm, Friday by apt.

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**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.

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**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 the elderly are introduced as well as the impact of health concepts and lifestyle choices on these conditions.

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**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 strategies used to affect the aging process.
6. Gain an understanding for the complexity of the aging process.

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<b>Grading</b>	20 %	Group Theory Project
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**Policy**

40%	Two Exams (each worth 20%)
20%	Healthy Aging Paper
10%	Paper Presentation (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**

<b>DATE</b>	<b>TOPIC</b>	<b>ASSIGNMENT</b>	<b>EVALUATION</b>
<b>1/20</b>	Introduction to the course - importance of aging study  Aging Demographics	Chapter 1	
<b>1/27</b>	Biological theories of aging Movie and video regarding theories	Chapter 2 pages 41-43	
<b>2/3</b>	No class - Group Project Time	on line discussion questions	
<b>2/10</b>	Group Project Presentations		<b>Group Theory Paper due</b>

