

# Syllabus

## Course Syllabus

### Lisa Lacko

lalacko@cedarcrest.edu

Office: HBB #21

Office Hours: Tuesday 1-3 Thursday 1-4pm Wednesday by apt

Phone: 610-606-4666 ext. 3496

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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.

#### Course Description

This course focuses on the physical changes of aging and the relationship of health promoting behaviors on the aging process. The course is divided into three sections, the first is an overview of aging and a review of aging theories. The second section 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. The third section reviews overall health promotion strategies as well as the impact of health concepts and lifestyle choices on aging.

#### 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.

#### Grading Policy

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|      |                            |
|------|----------------------------|
| 20 % | Group Theory Project       |
| 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 2010**

| <b>DATE</b> | <b>TOPIC</b>   | <b>ASSIGNMENT</b>            | <b>EVALUATION</b>             |
|-------------|--|------------------------------|-------------------------------|
| 1/19        | Introduction to the course - importance of aging study<br><br>Aging Demographics | Chapter 1                    |                               |
| 1/26        | Biological theories of aging<br>Movie and video regarding theories               | Chapter 2 pages 41-43        |                               |
| 2/2         | No class - Group Project Time  | on line discussion questions |                               |
| 2/9         | Group Presentations  |                              | <b>Group Theory Paper due</b> |
| 2/16        | Integumentary System and Sensory system<br>Skeletal and Muscles Systems          | Chapters 3, 7 & 9            |                               |
| 2/23        | The Digestive System and Nutrition   | Chapters 10, 11 & 14         |                               |

