

Western Technical College

10544202 Physical Aspects of Aging

Course Outcome Summary

Course Information

Description	Study of normal and pathological changes occurring in the aging human body with special emphasis on age-related chronic disease. Includes analysis of biological theories of aging and cultural and ethnic influence on aging pathologies.
Career Cluster	Health Science
Instructional Level	Associate Degree Courses
Total Credits	3
Total Hours	54

Textbooks

Health, Illness, and Optimal Aging. 3rd Edition. Copyright 2018. Aldwin, Carolyn. Publisher: Springer Publishing Co. **ISBN-13**: 978-0-8261-3404-2. Required.

Aging, the Individual, and Society. 10th Edition. Copyright 2015. Hillier, Susan M. Publisher: Cengage Learning. **ISBN-13**: 978-1-285-74661-6. Optional.

Success Abilities

1. Apply mathematical concepts.
2. Demonstrate ability to think critically.
3. Demonstrate ability to value self and work ethically with others in a diverse population.
4. Make decisions that incorporate the importance of sustainability.
5. Transfer social and natural science theories into practical applications.
6. Use effective communication skills.
7. Use technology effectively.

Course Competencies

1. **Synthesize common biological theories of aging.**

Assessment Strategies

- 1.1. Final Examination

Criteria

You will know you are successful when

- 1.1. you identify commonalities among various biological theories of aging.

Learning Objectives

- 1.a. Explore various biological theories of aging.
- 1.b. Examine commonalities among various biological theories.
- 1.c. Examine differences among various biological theories.

2. Outline the aging changes in the systems of the body.

Assessment Strategies

- 2.1. Final Examination

Criteria

You will know you are successful when

- 2.1. you identify aging changes in various systems of the body.

Learning Objectives

- 2.a. Explore aging changes in the musculoskeletal system.
- 2.b. Explore aging changes in the neurological system.
- 2.c. Explore aging changes in the cardiopulmonary system.
- 2.d. Explore aging changes in the endocrine system.
- 2.e. Explore aging changes in the genitourinary system.
- 2.f. Explore aging changes in the integumentary system.
- 2.g. Explore aging changes in cognition.

3. Justify the impact of aging changes on health.

Assessment Strategies

- 3.1. Final Examination

Criteria

You will know you are successful when

- 3.1. you identify factors related to healthy aging.
- 3.2. you identify factors related to unhealthy aging.

Learning Objectives

- 3.a. Examine factors associated with functional decline besides age.
- 3.b. Explore healthy aging.
- 3.c. Examine the implications of "normal" age-related changes in the human body.
- 3.d. Explore unhealthy aging.
- 3.e. Examine the implications of "abnormal" age-related changes in the human body.

4. Analyze the most common chronic illnesses impacting the older adult population.

Assessment Strategies

- 4.1. Final Examination

Criteria

You will know you are successful when

- 4.1. you identify how common chronic illnesses impact the older adult population.

Learning Objectives

- 4.a. Explore the ten most common causes of death in older adults.
- 4.b. Investigate the most common chronic disorders of older adults.
- 4.c. Explore the impact of cigarette smoking.

5. Explore the relationship between aging and disease.

Assessment Strategies

- 5.1. Final Examination

Criteria

You will know you are successful when

- 5.1. you identify common risk factors associated with chronic disease.
- 5.2. you identify strategies to manage chronic disease.

Learning Objectives

- 5.a. Differentiate chronic illness and chronic disease.
- 5.b. Explore common risk factors associated with chronic disease.
- 5.c. Examine the potential impact of inactivity on the older adult.
- 5.d. Investigate strategies to manage chronic disease.

6. Relate genetics to one's lifespan and aging process.

Assessment Strategies

- 6.1. Final Examination

Criteria

You will know you are successful when

- 6.1. you identify the potential impact of genetics on the aging process.
- 6.2. you identify factors that may trump genetics in the aging process.

Learning Objectives

- 6.a. Examine elements that comprise genetics.
- 6.b. Explore the interrelationship between genetics and aging.
- 6.c. Examine factors that may trump genetics in the aging process.

7. Explain the effects of normal aging on the communication process.

Assessment Strategies

- 7.1. Final Examination

Criteria

You will know you are successful when

- 7.1. you identify the impact of aging on elements of the communication process.

Learning Objectives

- 7.a. Examine elements of the communication process.
- 7.b. Investigate the impact of aging on elements of the communication process.

8. Characterize activity categories of older adults.

Assessment Strategies

- 8.1. Final Examination

Criteria

You will know you are successful when

- 8.1. you identify potential activities of older adults.
- 8.2. you identify the impact of potential activities in the lives of older adults.

Learning Objectives

- 8.a. Explore the role of occupation in the lives of older adults.
- 8.b. Examine the impact of self care on the lives of older adults.
- 8.c. Explore potential leisure activities in the lives of older adults.

9. Predict key functional problems in older adults.

Assessment Strategies

- 9.1. Final Examination

Criteria

You will know you are successful when

- 9.1. you identify activities for daily living (ADL).
- 9.2. you identify instrumental activities of daily living (IADL).

- 9.3. you identify key functional problems in older adults.

Learning Objectives

- 9.a. Explore the concepts of mobility and functional limitations as they relate to older adults.
- 9.b. Identify the range of activities included under activities of daily living (ADL) and instrumental activities of daily living (IADL).
- 9.c. Discuss the impact of decreased strength and endurance on function in older adults.
- 9.d. Explore the impact of decreased joint mobility on function in older adults.
- 9.e. Examine the increased risk of accidents and the impact of accidents on function in older adults.

10. Examine the impact of stress on the aging process.

Assessment Strategies

- 10.1. Final Examination

Criteria

You will know you are successful when

- 10.1. you identify stressors that may occur in later life.
- 10.2. you identify physiological responses to stressors.
- 10.3. you identify potential coping mechanisms of older adults.
- 10.4. you identify relaxation techniques that may benefit older adults.

Learning Objectives

- 10.a. Examine stressors that may occur in later life.
- 10.b. Explore the physiological response to stressors.
- 10.c. Examine potential coping mechanisms of older adults.
- 10.d. Investigate relaxation techniques that may benefit older adults.

11. Interpret the impact of falls on the older adult population.

Assessment Strategies

- 11.1. Final Examination

Criteria

You will know you are successful when

- 11.1. you identify potential reasons for falls in older adults.
- 11.2. you identify potential consequences of falls for older adults.
- 11.3. you identify intervention strategies aimed at fall prevention.

Learning Objectives

- 11.a. Investigate the frequency of falls for older adults.
- 11.b. Explore potential reasons for falls in older adults.
- 11.c. Examine potential consequences of falls for older adults.
- 11.d. Outline intervention strategies aimed at fall prevention.

12. Qualify the concept of frailty and its implications in the older adult.

Assessment Strategies

- 12.1. Final Examination

Criteria

You will know you are successful when

- 12.1. you correlate the relationship of frailty to independent functioning.

Learning Objectives

- 12.a. Examine the concept of frailty.
- 12.b. Explore the relationship of frailty to independent functioning.
- 12.c. Explore frailty and institutionalized older adults.