

## Clackamas Community College

### Online Course/Outline Submission System

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#### Section #1 General Course Information

**Department:** Education, Human Services and Criminal Justice

**Submitter**

First Name: Yvonne

Last Name: Smith

Phone: 3207

Email: yvones

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**Course Prefix and Number:** GRN - 182

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**# Credits:** 3

**Contact hours**

Lecture (# of hours): 33

Lec/lab (# of hours):

Lab (# of hours):

Total course hours: 33

For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

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**Course Title:** Aging and the Body

**Course Description:**

Focuses on how aging affects physical health and well-being; impact on body systems, illness, disability, longevity research, wellness and health promotion. For students interested in working with the elderly and those in the field.

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**Type of Course:** Career Technical Preparatory

Is this class challengeable?

**Yes**

Can this course be repeated for credit in a degree?

**No**

Is general education certification being sought at this time?

**No**

Does this course map to any general education outcome(s)?

**No**

Is this course part of an AAS or related certificate of completion?

**Yes**

**Name of degree(s) and/or certificate(s):** Gerontology Certificate of Completion

Are there prerequisites to this course?

**No**

Are there corequisites to this course?

**No**

Are there any requirements or recommendations for students taken this course?

**No**

Are there similar courses existing in other programs or disciplines at CCC?

**No**

Will this class use library resources?

**No**

Is there any other potential impact on another department?

**No**

Does this course belong on the Related Instruction list?

**No**

GRADING METHOD:

A-F or Pass/No Pass

**Audit: Yes**

When do you plan to offer this course?

**✓ Winter**

Is this course equivalent to another?

If yes, they must have the same description and outcomes.

**No**

Will this course appear in the college catalog?

**Yes**

Will this course appear in the schedule?

**Yes**

**Student Learning Outcomes:**

Upon successful completion of this course, students should be able to:

1. describe age-related changes in the body, as opposed to disease related changes;
2. demonstrate an understanding of the impact of environment on successful aging,
3. evaluate and discuss current research in longevity,
4. develop health promotion and wellness activities aimed at an older population,
5. understand issues in sexuality and aging.

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***This course does not include assessable General Education outcomes.***

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**Major Topic Outline:**

1. Theories of Biological Aging.
2. Longevity-Is Dying Optional?
3. Aging and Body Systems.
4. Sexuality and the Older Adult.
5. Physical Activity.
6. Medication Use.
7. Chronic Illness.
8. Acute Illness.
9. Medical Care for the Elderly.
10. Promoting Health for Older Adults.

**Does the content of this class relate to job skills in any of the following areas:**

- |                                      |           |
|--------------------------------------|-----------|
| 1. Increased energy efficiency       | <b>No</b> |
| 2. Produce renewable energy          | <b>No</b> |
| 3. Prevent environmental degradation | <b>No</b> |
| 4. Clean up natural environment      | <b>No</b> |
| 5. Supports green services           | <b>No</b> |

Percent of course: 0%

**First term to be offered:**

**Next available term after approval**

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