

Department:

Human Services

Course Description:

This course examines the physical changes in the human body and its functions that take place during the aging process. The course will also focus on recognizing the differences between normal aging processes and pathological processes.

Course Competencies:

Upon completion of the course, the student should be able to:

1. Identify the key theories of aging.
2. Recognize normal and pathological changes to hair, skin, and nails.
3. Recognize the normal and pathological changes to the musculoskeletal systems and explain how quality of life is affected by these changes.
4. Identify the components of the nervous system and describe age related changes and disorders that affect the nervous system.
5. Define primary dementia, secondary dementia, and Alzheimer's Disease.
6. Identify the components of the sensory systems and describe age related changes and disorders that affect each system.
7. Identify the components of the cardiovascular system and describe age related changes and disorders that affect the cardiovascular system.
8. List risk factors that contribute to the development of cardiovascular disease.
9. Identify the components of the respiratory system and describe age related changes and disorders that affect the respiratory system.
10. Identify the components of the digestive system and describe age related changes and disorders that affect the digestive system.
11. Identify the components of the urinary system and describe age related changes and disorders that affect the urinary system.
12. Describe the challenges encountered by the aging individual with a life-long disability.
13. Explain the benefits of promoting health and exercise within the aging population.
14. Explain the changing nutritional needs of the aging individual and the impact proper nutrition has on overall health.
15. Identify commonly prescribed drugs for elderly adults and describe associated side effects.
16. Explain the basic typologies and theories of crisis and crisis response.
17. Describe risk and protective factors associated with crisis and crisis response.
18. Apply skills and techniques used in crisis response.
19. Explain and apply professional ethics and standards related to crisis response.
20. Identify multicultural issues relating to crisis response and culturally sensitive practice.
21. Identify stressors and concerns in crisis situations and self care related to the professional.

Course Content:

- A. Theories of aging
- B. Effects of aging on the hair, skin, and nails
- C. Musculoskeletal changes in the aging process
- D. Nervous system changes and disorders in the aging process
- E. Dementia and delirium in the aging population
- F. Sensory systems changes and disorders in the aging process
- G. Cardiovascular system changes and disorders in the aging process
- H. Respiratory system changes and disorders in the aging process
- I. Digestive system changes and disorders in the aging process
- J. Urinary system changes and disorders in the aging process
- K. The effect of aging on those with life-long disabilities
- L. Health and exercise promotion in the aging population
- M. The role of nutrition in the aging process
- N. Medications and the aging population

Learning Assessments:

Course competencies will be assessed by use of written assignments, quizzes, group work, oral reports, role-play activities, exams, research assignments, and reflection papers.

Instructional Materials:

Physical Change and Aging: A Guide for the Helping Professions, Saxon, Etten, Perkins, 5th Ed., Springer Publishing Company, 2009. ISBN-10: 082610441X ISBN-13: 978-0826104410

Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the "Disabilities Self-Identification Form" at this link:
<https://highlandcc.edu/pages/disability-services>.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.