



Wayne County Community College District

COURSE SYLLABUS

GER 120 Health and Physical Processes of Aging

CREDIT HOURS: 3.00

CONTACT HOURS: 45.00

COURSE DESCRIPTION:

Physiological changes which are normal to the aging process and to the health and well-being of the elderly are studied by examining issues unique to aging, including sensory abilities, exercise, nutrition and drug use and misuse. Present patterns of health, illness and disease behavior, as well as rates of utilization of health and medical facilities and services will be investigated. Longevity and the quality of life are considered with an emphasis on preventive care, health maintenance and alternatives to institutionalization

PREREQUISITES: GER 110, GER 115, ENG 119, PSY 101,
Program admittance or dept. approval

EXPECTED COMPETENCIES:

Upon completion of this course, the student will be familiar with:

- Explore the concepts of health and its components.
- Identify the types of organizations in the USA, which provide specific services to the elderly.
- Examine degenerative changes, which occur in the elderly as a direct result of disease or environment and the sociological implications involved.
- Evaluate the role of the health care system as it relates to the biological and sociological attempts to promote health, rehabilitation and the prevention of disease.
- Describe problems the elderly have with drug use and misuse.
- Discuss wellness and the importance of sound diet, nutrition, exercise, stress management, exposure control and health, and individual responsibility for health.

ASSESSMENT METHODS:

Student performance may be assessed by examination, quizzes, case studies, oral conversation, group discussion, oral presentations. The instructor reserves the option to employ one or more of these assessment methods during the course.

GRADING SCALE:

90%-100% = A
80%-89.9%= B
70%-79.9%= C
60%-69.9%= D
<60% = E