

COURSE SYLLABUS

DIVISION: Workforce Services

DATE: January 2015

CURRICULA IN WHICH COURSE IS TAUGHT: Non-Curricula

COURSE NUMBER AND TITLE: PED 220 – Adult Health and Development

CREDITS: 3

HOURS/WEEK LECTURE: 3

HOURS/WEEK LAB: 0

LECTURE/LAB COMBINATION: 3 (0)

I. CATALOG DESCRIPTION: Provides direct application of the theories of aging and physical activity. Teaches techniques for developing appropriate individualized fitness and activity programs for older adults. Focuses on physical, social, and mental well-being. Includes assessment and evaluation of physical fitness principles, role of exercise in disease prevention, leadership skills and communication strategies.

II. RELATIONSHIP OF THE COURSE TO CURRICULA OBJECTIVES IN WHICH IT IS TAUGHT: Non-Curricula Course

III. REQUIRED BACKGROUND: None

IV. COURSE CONTENT

- Theories of aging and physical activity
- Techniques for developing appropriate individualized fitness programs for older adults
- Developing activity programs for the older adult
- Physical, Social and Mental Well-being
- Assessment and Evaluations of Physical Fitness principles
- The role of exercise in disease prevention
- The role of leadership skills and communication strategies in disease prevention

V. LEARNER OUTCOMES

VI. EVALUATION:

<ul style="list-style-type: none"> • Understand theories of aging and physical activity • Learn specific techniques for developing appropriate individualized fitness programs for the older adult • Develop activity programs to include physical, social and mental well-being for the older adult • To assess and evaluation of physical fitness principles for the older adult • Understand the role of exercise in disease prevention 	<ul style="list-style-type: none"> ➤ Students will be assessed using some combination of tests, quizzes, or written assignments as defined by the instructor. ➤ In addition, all students must develop individualized plans for fitness and activity programs applying the direct application of the theories of aging and physical activity
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The course supports the following in general education objectives

- Communication
- Cultural and Social Understanding
- Personal Development