

NC 702: REASONING AND COGNITIVE FITNESS FOR OLDER ADULTS

Citrus College Course Outline of Record

| Heading | Value |
|-------------------------|-------------------|
| Effective Term: | Fall 2022 |
| Credits: | 0 |
| Total Contact Hours: | 36 |
| Lecture Hours : | 36 |
| Lab Hours: | 0 |
| Hours Arranged: | 0 |
| Outside of Class Hours: | 72 |
| Transferable to CSU: | No |
| Transferable to UC: | No |
| Grading Method: | Non-Credit Course |

Catalog Course Description

This course focuses on the art of reasoning, critical thinking, and maintaining the cognitive fitness of older adults. Discussion and debate of local, national, and global issues will be used frequently to achieve the course outcomes. 36 lecture hours.

Course Objectives

- Identify strengths and weaknesses of different media.
- Determine essential information in a media piece.
- Analyze the possible impact of an article (online or in print).
- Compare and contrast the reporting of an article in digital and print media.
- Identify and evaluate bias in various news sources.
- Analyze and discuss how an issue will affect students and others in the community.
- Describe the influence of specific events on local and global scale.
- Examine the impact of diversity and culture on local and global scale.
- Interpret the impact of multicultural influences.
- Recognize, analyze, and discuss personal, political, and social issues.
- Differentiate relevant from irrelevant information.
- Analyze relevant terms in context.

Major Course Content

1. Brain structures and functions
 - a. Brain plasticity
 - b. Listening and cognition
 - c. The four main pillars of brain health
 - i. Balanced nutrition
 - ii. Stress management
 - iii. Physical exercise
 - iv. Mental stimulation
2. Critical thinking and reasoning
3. Arguments
4. Mistakes in reasoning

- a. Irrelevant material
 - b. Use of double meanings
 - c. Argument from ambiguous terms
 - d. Grammar and syntax
5. Categorical propositions
 6. Fallacies
 7. Rules of implication
 8. The use of quantifiers
 9. Arguing probabilities
 10. Using statistics
 11. Local, national, and global issues and environments
 - a. Diversity and culture
 - b. Current community and world affairs
 - c. Personal, political, and social issues
 - d. Geographical and environmental issues

Suggested Reading Other Than Required Textbook

Instructor assigned news articles

Examples of Required Writing Assignments

Following the presentation and discussion of a national event, write a short journal entry of the potential implications for the local community.

Examples of Outside Assignments

Read instructor assigned articles and/or view selected documentaries and current events media.

Instruction Type(s)

Lecture, Online Education Lecture