

# NC 717: OVERALL HEALTH AND WELLNESS FOR THE OLDER ADULT

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	0
Total Contact Hours:	36
Lecture Hours :	26
Lab Hours:	10
Hours Arranged:	0
Outside of Class Hours:	52
Total Student Learning Hours:	88
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Non-Credit Course

## Catalog Course Description

This course focuses on the overall wellness and health of the active 55+ learner, including physical and mental health. Each program element is planned to educate individuals to their highest potential level of functioning. 26 lecture hours, 10 lab hours.

## Course Objectives

- Compare the distinction between learning and memory in later life.
- Understand how people adapt to aging changes.
- Explore the importance of individual responsibility and assertiveness in obtaining and maintaining health and wellness.
- Understand how people adapt to aging changes.
- Increase or maintain mental acuity.
- Increase or maintain physical fitness.
- Increase or maintain memory retention.
- Increase awareness of dietary changes and nutrition as it relates to overall health and wellness.

## Major Course Content

1. Wellness and health
2. Learning and memory
3. Nutrition
4. Health education
5. Intellectual activities
  - a. Trends
  - b. Current events
  - c. Future needs
6. Leisure awareness

## Lab Content

1. Physical activities
  - a. Balance and coordination
  - b. Endurance and flexibility

- c. Strength and circulation enhancement
  - d. Increase oxygen intake
2. Intellectual activities

## Examples of Required Writing Assignments

Maintain fitness and dietary journal.

## Examples of Outside Assignments

Weekly reading of current health journals or fitness magazines pertaining to the 55+ population.

## Instruction Type(s)

Lab, Lecture, Online Education Lab, Online Education Lecture