

# NC 718: HEALTH FITNESS AND NUTRITION FOR OLDER ADULTS

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Spring 2023
Credits:	0
Total Contact Hours:	40
Lecture Hours :	32
Lab Hours:	8
Hours Arranged:	0
Outside of Class Hours:	64
Total Student Learning Hours:	104
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Non-Credit Course

## Catalog Course Description

This class is designed to teach older adults how exercise and proper nutrition lead to good health as we get older. It also teaches the physiological changes that occur with aging, as well as activities that prevent falls. 32 lecture hours, 8 lab hours.

## Course Objectives

- Understand the basics of proper nutrition.
- Understand the relationship between exercise and better health.
- Understand the physiology of aging.
- Perform a safe chair exercise routine.
- Perform balance exercises.
- Modify daily tasks and routines in order to prevent falls.

## Major Course Content

1. Understanding the health benefits of proper nutrition
  - a. Learning the four food groups to provide a balanced diet
  - b. Understanding how carbohydrates, fats, and proteins play a role in good health
  - c. Learning the proper caloric intake to maintain a healthy weight
  - d. How diet plays a role in maintaining normal blood pressure and cholesterol
2. Understanding the physiology of aging
  - a. Learning how body functions decline as we age
  - b. Learning the concept of physical age versus chronological age
  - c. Psychological aspects of aging
  - d. Understanding how various diseases affect the older adult's ability to exercise
3. Understanding how exercise improves health and fitness
  - a. Learning how exercise improves cardiac function and the circulatory system
  - b. How exercise improves the function and composition of the musculoskeletal system

- c. Psychological benefits of exercise
  - d. Learning how exercise helps to maintain a normal body weight
4. Understanding strategies for preventing falls

## Lab Content

1. Chair exercises
  - a. Warm up exercises
  - b. Aerobic exercises
  - c. Cool down exercises
2. Balance exercises
3. Flexibility exercises

## Instruction Type(s)

Lab, Lecture, Online Education Lab, Online Education Lecture