

**HLTH/HUSC 120**  
**Aging and Health**  
3 Credits

**Community College of Baltimore County**  
**Common Course Outline**

**Description**

**HLTH/HUSC 120 – Aging and Health:** provides an overview of healthy aging and wellness promotion throughout the life continuum. This course explores the physiological, psychological, environmental, and financial changes associated with the aging process. Topics include physical wellness, mental health, housing options, medical care, retirement, assisted living/long-term care options, ethical treatment of the elderly, and the stereotypes and myths held in society toward an aging population. Students examine how choices made today effect a long healthy lifespan as opposed to just a long lifespan. NOTE: HLTH 120 is the same as HUSC 120. Earn credit for one only.

**Pre-requisites:** ACLT 053 or (ESOL 052 and ESOL 054)

**Overall Course Objectives**

Upon completion of this course, students will be able to:

1. identify historical and cultural perspectives on aging;
2. differentiate factors that influence aging;
3. assess the scientific factors and bio-markers that influence aging;
4. analyze the racial, cultural, socioeconomic, and other differences among older adults;
5. evaluate ethical issues regarding the treatment of the elderly;
6. identify the links between a sedentary lifestyle and disease;
7. recognize the relationship between nutrition and aging;
8. evaluate the stereotypes and myths of aging;
9. analyze the benefits of a pro-active, holistic lifestyle;
10. develop a personal pro-active lifestyle strategy;
11. explain how a lifestyle that includes exercise, proper nutrition, and stress management can contribute to the well-being of future generations;
12. identify global issues of aging and cultural diversity;
13. evaluate the components of the health care system relevant to the aging process;
14. describe the effects of medication and medical intervention on the process of aging as it affects the individual and society;
15. explain the philosophy of death and dying as a part of the life continuum;
16. explain financial issues that come with aging; and
17. select, evaluate, use, and cite information gathered for timeliness, accuracy, and validity for written, oral or visual projects.

**Major Topics**

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.

- I. Historical aspects of aging
- II. Physiological aging
- III. Bio-markers of aging
- IV. Myths and stereotypes related to the aging population
- V. Political influence of an aging population
- VI. Research related to the aging process
- VII. Factors that influence aging
  - a. Emotional influences
  - b. Social influences
  - c. Spiritual influences
  - d. Cultural influences
- VIII. Differences between older adults
  - a. Racial differences
  - b. Cultural differences
  - c. Socioeconomic differences
- IX. Assessments and personal profiles
  - a. Fitness assessments
  - b. Lifestyle assessments
  - c. Creating a personal profile
- X. Lifestyle strategies
  - a. Nutritional influences on aging
  - b. Exercise and fitness interventions
- XI. Medical intervention and medication
  - a. The health care system as it relates to an aging population
  - b. Holistic health approach
  - c. Assisted living options
  - d. Long-term care options
  - e. Ethics in the treatment of the elderly
  - f. The future of health care in the United States
- XII. Philosophy of death and dying
  - a. Death with dignity
  - b. Spiritual aspects
  - c. Philosophy across cultures
  - d. Euthanasia

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Two written examinations
- One course related research project which may include an oral presentation
- Two written assignments
  - Two individual assessments/personal profiles

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Written assignments & research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

**Other Course Information**

This course is an approved 3–credit General Education course in Wellness and Health. This course is approved for General Education Diversity and Global Education programs.

Date Revised: 6/7/2022