

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 affect a long, healthy lifespan. NOTE: HLTH 120 is the same as HUSC 120. Earn credit for one only.

Overall Course Objectives

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

1. identify historical and cultural perspectives on aging;
2. navigate patient portals to access health information;
3. identify the different scientific factors and biomarkers that influence aging;
4. analyze myths, stereotypes, and racial, cultural, and socio-economic 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. analyze the benefits of a proactive, holistic lifestyle;
8. explain how a lifestyle that includes exercise, proper nutrition, and stress management can contribute to the well-being of future generations;
9. identify global issues of aging and cultural diversity;
10. analyze data from national health and retirement benefits systems relevant to the aging process;
11. explain the philosophy of death and dying as a part of the life continuum;
12. investigate financial issues that come with aging and retirement; and
13. find, evaluate, use, and cite appropriate academic resources information for written and oral assignments.

Major Topics

- I. Historical aspects of aging
- II. Physiological aging

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

- III. Biomarkers 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 differences
- VIII. Differences between older adults
 - a. Racial differences
 - b. Cultural influences
 - 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
 - c. Financial planning
 - d. Retirement planning
- XI. US Healthcare System
 - a. Medical interventions and medication
 - b. Current and future healthcare related to the aging population
 - c. Holistic health approach
 - d. Assisted living options
 - e. Long-term care options
 - f. Ethics in the treatment of the elderly
 - g. Types of insurance
- 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:

- 10 in-class or online discussions
- Two exams which can include short responses and multiple-choice questions

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

- Three research-based activities
- Two written assignments including at least one worth 10% of the total course grade that assesses General Education Outcomes

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 program.

Date Revised: 4/1/2025