

**HIBBING COMMUNITY COLLEGE  
COURSE OUTLINE**

**COURSE NUMBER & TITLE:** GERO 1010: Physical Aspects of Aging

**CREDITS:** 3 (3 Lec / 0 Lab)

**PRE-REQUISITES:** None

**CATALOG DESCRIPTION:**

Physical Aspects of Aging is a study of the physiological changes associated with aging. Topics include: analysis of how aging affects each body system, aging theories, common diseases, medication management, and health and wellness strategies.

**OUTLINE OF MAJOR CONTENT AREAS:**

- I. Biological Theories
  - A. Biological clock theories
  - B. Random chance theories
  - C. Can aging be reversed or delayed?
  - D. Others
- II. Physiological Changes with Age
  - A. Aging in body composition
  - B. Changes in body systems and clinical implications
  - C. Functional assessment
  - D. Normalcy of death and dying
- III. Major Diseases and Chronic Illnesses
  - A. Defining health
  - B. Quality of life in health and wellness
  - C. Common acute and chronic conditions
  - D. Difference in presenting symptoms in younger vs older adults
  - E. Special populations (MR, MI, Disabilities)
- IV. Pharmacology and the Older Adult
  - A. Polypharmacy
  - B. Pharmacokinetics
  - C. Drug interactions
  - D. Med management
  - E. Alternative medicines
- V. Health and Wellness Promotion/Successful Aging
  - A. Falls and their prevention & other safety issues
  - B. Exercise
  - C. Nutrition
  - D. Use of physician services
  - E. Community resources/health screenings
  - F. Barriers to healthy living

**COURSE GOALS/OBJECTIVES/OUTCOMES:**

Students will

1. define the various theories of aging.
2. identify the normal system changes in the older adult and their clinical implications.
3. perform a functional assessment.
4. explain aging, dying and their relevance to the normal life cycle.
5. recognize unique signs and symptoms of disorders as they present in the elderly.
6. examine the impact of common diseases in older adults.
7. evaluate safety needs of the older adult with selected conditions and drug therapy.
8. assess the effects of medications commonly prescribed to older adults.
9. examine the importance of individual responsibility and assertiveness in obtaining and maintaining health and wellness.

**MNTC GOALS AND COMPETENCIES MET:**

Not Applicable

**HCC COMPETENCIES MET:**

Working Productively and Cooperatively

Thinking Creatively and Critically

Communicating Clearly and Effectively

**STUDENT CONTRIBUTIONS:**

Students will

1. attend class regularly.
2. exhibit appropriate classroom behavior.
3. participate in all classroom activities.
4. complete required assignments.
5. complete exams assigned.

**STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS  
SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.**

**SPECIAL INFORMATION: (SPECIAL FEES, DIRECTIVE ON HAZARDOUS  
MATERIALS):**

**AASC APPROVAL DATE: February 18, 2015**

**REVIEW DATE: February 2020**

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