Outline of Instruction

Division: Science/Mathematics  Area: Biological Science
Course Number: BIOL 160  Course Name: Biology of Aging
Prerequisite: None  Corequisite: None
Hours Required: Class: 45  Lab: 0  Credits: 3 (three)

Course Description/Purpose
This course presents the essential biological changes which occur as part of the aging process, in particular, those pathological conditions which are common in later life. It includes current theories of biological aging with special attention to the implications of those changes in serving the needs of older adults. It is designed to meet the needs of students preparing for careers in working with older adults.

Major Units
• The Biology of Aging
• Terminology of Disease
• Injury, Inflammation, and Repair
• Normal Physiology of Aging
• Pathophysiology of Aging Body Systems
• Lifestyle Factors and Aging

Educational/Course Outcomes
Student learning will be assessed by a variety of methods, including, but not limited to, quizzes and tests, journals, essays, papers, projects, presentations, simulations, portfolios, homework assignments, and instructor observations.

Cognitive Each student will be expected to Identify/Recognize . . .
• The general changes of the body due to aging.
• The theories of aging.
• Physiological changes and cellular changes that are typical of aging.
• Age-related dysfunctions in body systems.
• The role of lifestyle, including diet and nutrition, in the aging process.

Attitudinal Each student will be expected to Believe/Feel/Think . . .
• Aging is a part of the normal human lifespan;
• Steps can be taken to correct or minimize problems that affect later life.

Performance Each student will be expected to Demonstrate/Practice . . .
• Appropriate adjustments for age-related changes and pathologies in body systems;
• Appropriate adjustments for general physiological changes that are typical of aging.

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