Course Outline for Healthy Aging Older Adults FN50

FUNCTIONAL MOVEMENT AND BALANCE FOR THE MATURE ADULT

Catalog Description:

HEAG FN50 - Functional Movement and Balance for the Mature Adult 0 units

May be repeated 3 times

Develops balance and functional movement for the mature adult (50+ years in age). Course will include nutritional information to prevent hypertension and diabetes. Course is moderate to hard in intensity. Prior to enrollment student should get physician's OK to exercise.

Strongly Recommended: Approval from physician to start an exercise program

Grading Option: Pass/No Pass

Discipline:

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<th>Units (Min)</th>
<th>Units (Max)</th>
<th>Contact Hours</th>
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Prerequisite Skills:

None

Measurable Objectives:

Upon completion of this course, the student should be able to:

1. describe the relationship between body composition and personal health, fitness and wellness;
2. demonstrate stable postural movements;
3. demonstrate an improvement in cardiovascular fitness;
4. demonstrate the relationship between metabolism and exercise/physical activity;
5. describe the role of physical assessment in developing a personal fitness plan;
6. discuss the origins and dangers of hypertension and pre-diabetes;

Course Content:

1. Role of resistance exercise in overall health and wellness.
3. Rules and regulations for training.
4. Orientation to the equipment.
5. Care and safe use of equipment.
6. Teaching progressions for strength training.
7. Estimate target heart rate training zones.
8. The three energy systems and their relationship to training.
9. Muscular strength in relation to overall health and well being.
10. Raising metabolism through strength and cardiovascular conditioning.
11. Why you need to know your blood pressure numbers and their relationship to heart disease and diabetes.
12. The first signs of the development of pre-diabetes.

Methods of Presentation

1. Demonstration/Exercise
2. Lecture/Discussion
3. Group Activities
4. Use of Recordings

Assignments and Methods of Evaluating Student Progress

1. Typical Assignments
   A. Read the chapter on blood pressure and blood sugar. Be prepared to discuss how these to measurements can be improved through regular activity.
   B. Keep a three week food journal. Identify those foods that improve blood pressure and blood sugar
   C. Measure blood pressure twice weekly over six weeks. Keep a journal of each day's measure

2. Methods of Evaluating Student Progress
   A. Class Performance
   B. Lab Activities
   C. Demonstration of practice and skills
   D. Final Class Performance
3. Student Learning Outcomes
Upon the completion of this course, the student should be able to:
   A. describe the relationship between body composition and personal health, fitness and wellness;
   B. demonstrate stable postural movements

**Textbook (Typical):**

**Special Student Materials**
1. Student will be a charged a fee for towel

**Abbreviated Class Schedule Description:**

Develops balance and functional movement for the mature adult (50+ years in age). Course will include nutritional information to prevent hypertension and diabetes. Course is moderate to hard in intensity. Prior to enrollment student should get physician’s OK to exercise.

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