

Spokane Falls Community College
Course Learning Outcomes and Outline

Prefix and Course Number ICS 150
Course Title: Introduction to Gerontology

Version Date: 11/30/18

Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Analyze various theories of aging and describe their impact on societal perceptions of aging.
2. Interpret Washington State's Administrative Codes related to the care of residents in institutional settings.
3. Discuss research findings pertaining to leisure and social behaviors of older adults.
4. Develop assessments and activities to promote older adults' participation in their community.
5. Describe local community resources that provide services for senior citizens.
6. Identify personal beliefs about the process of dying and death.

Course Outline

- I. Perspectives on Aging
 - A. Stereotyping
 - B. Societal messages on aging
 - C. Gender differences in the perception of aging
 - D. Ageism

- II. The Graying of Society
 - A. Lifespan versus life expectancy
 - B. Demographic changes
 - C. Sex differences in aging

- III. Biological Aspects of Aging
 - A. Neurocognitive disorders
 - B. Physical barriers
 - C. Healthy aging

- IV. Social Behaviors, Relationships, and Isolation
 - A. Impact of isolation on physical and mental health
 - B. Loss in old age

- V. Leisure Behaviors of Older Adults
 - A. History of Leisure
 - B. Meaning of Leisure
 - C. Leisure and Health

VI. Working with Older Adults

- A. Rapport building
- B. Ageism and provider perception of older adults
- C. Community and institutional settings
- D. Ethics in the provision of services

VII. The End of Life

- A. Societal and personal attitudes towards death
- B. Advance Directives
- C. Assisted dying and self-determination
- D. Personalized memorial and funeral arrangements
- E. Ethical issues in end-of-life care

VIII. Aging in the Inland Northwest

- A. Demographics
- B. Local health outcomes among older adults
- C. Local resources