

**SE 580 Course Outline as of Fall 2016****CATALOG INFORMATION**

Dept and Nbr: SE 580                      Title: INVOLVED ELDER  
 Full Title: Involved Elder  
 Last Reviewed: 3/14/2022

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	0	Lecture Scheduled	0	23	Lecture Scheduled	0
Minimum	0	Lab Scheduled	20.00	5	Lab Scheduled	460.00
		Contact DHR	0		Contact DHR	0
		Contact Total	20.00		Contact Total	460.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 460.00

Title 5 Category: Non-Credit  
 Grading: Non-Credit Course  
 Repeatability: 27 - Exempt From Repeat Provisions  
 Also Listed As:  
 Formerly:

**Catalog Description:**

The course is designed to enrich the quality of life for older adults with limited physical and cognitive functioning, in order to promote or maintain physical, mental, social and emotional well-being. The course accommodates varying skill levels. A variety of stimulating activities are incorporated, including mild exercise, brain aerobics, music and arts and crafts. This course is offered at numerous locations throughout Sonoma County in partnership with senior service providers.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: The course is designed to enrich the quality of life for older adults with limited physical and cognitive functioning, in order to promote or maintain physical, mental, social and emotional well-being. The course accommodates varying skill levels. A variety of stimulating

activities are incorporated, including mild exercise, brain aerobics, music and arts and crafts. This course is offered at numerous locations throughout Sonoma County in partnership with senior service providers. (Non-Credit Course)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit:

Repeatability: Exempt From Repeat Provisions

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>CSU GE:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>IGETC:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>CSU Transfer:</b>		<b>Effective:</b>	<b>Inactive:</b>
<b>UC Transfer:</b>		<b>Effective:</b>	<b>Inactive:</b>

**CID:**

**Certificate/Major Applicable:**

Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Maintain appropriate flexibility and strength.
2. Engage their minds and senses for awareness and alertness.
3. Recognize their interdependence with people around them.
4. Cultivate independence, dignity, self worth and confidence.

### **Objectives:**

Upon completion of this course, the students will be able to achieve some or all of the following objectives:

1. Participate in appropriate physical exercise.
2. Engage their minds through brain aerobic activities.
3. Recall and describe past events, people and places.
4. Describe current day and season, events, people and places.
5. Express ideas and personal experiences to people.
6. Convey a greeting to other students.
7. Recognize and acknowledge small accomplishments.
8. Explore skills and talents by participating in activities.
9. Express awareness of the inherent value within themselves and others.

### **Topics and Scope:**

The topics accommodate multiple levels of abilities and participation and include, but are not limited to the following:

## I. Physical Activities

- A. Chair exercises
- B. Dancing
- C. Charades
- D. Mild stretching (muscles)
- E. Action Games (e.g. ball games, table volleyball, etc.)
- F. Range of motion (joints)
- G. Sing-along (blood circulation, lungs)

## II. Mental Well-Being

- A. Relaxation exercises (e.g. yoga, Tai Chi, chair massage, etc.)
- B. Breathing exercises
- C. Time in garden (sights, sounds, smells, taste and touch)
- D. In-class garden (e.g. herb garden, house plants, seasonal flowers, etc.)
- E. Trivia activities
- F. Brain aerobics (e.g. word and number games, etc.)
- G. Picture identification
- I. Personal history and/or personal pictures, objects, etc.
- J. Reminiscence
  - 1. Oral
  - 2. Written
- K. Dates, weather and seasons (sight, sounds, smells, taste, and touch)
- L. Personal planning (e.g. daily, weekly activities, etc.)
- M. Encouragement of curiosity

## III. Social Well-Being

- A. Storytelling
- B. Current events
- C. Drama
- D. Role playing
- E. Conversation circles
- F. Holidays (sight, sound, smell, taste and touch)
- G. Theme days (e.g. back to school, a farm, cooking, etc.)
- H. Competitive games (e.g. bingo, team crossword puzzle, etc.)
- I. Peer encouragement

## IV. Emotional Well-being

- A. Arts and crafts
- B. Music
- C. Flower arranging (sight, smell, touch)
- D. Scrapbooks (photos of arts and crafts accomplishments, friends, etc.)
- E. Animal care (e.g. bird feeder, fish, etc.)
- F. Uplifters (e.g. flowers, babies, birds, crystals, clouds, night sky, etc.)
- G. Ways of greeting
- H. Meditation (e.g. visualization, reflection on quotation, stillness of mind, etc.)
- I. Positive thoughts (e.g. affirmations, beautiful scenes, etc.)
- J. Poetry
- K. Life accomplishments
- L. Maximum independence
- M. Positive self evaluations (e.g. I am proud of..., peer compliments, positive attitude, etc.)
- N. Expressions of gratitude, appreciation, giving and love
- O. Cultivation of joy and delight
- P. Humor and laughter (e.g. funny experiences, humorous literature, jokes, etc.)

## V. Connection to the World, Community and Living Things

- A. Travel pictures (e.g. wonders of the world etc.)
  - B. Guest speakers (e.g. local experts, owner with pet or exotic animal, guest story reader, guest artist, botanist with plants, museum representative, etc.)
  - C. Music events (e.g. choirs, guest musicians, etc.)
- VI. Health Practices
- A. Diet and nutrition discussions
  - B. Body awareness
    - 1. Posture
    - 2. Health journal (e.g. "How I Feel" Chart, include physical and emotional, etc.)
    - 3. Sensory stimulating exercises (e.g. perception of movement, touch, balance, etc.)
    - 4. Hydration
    - 5. Appropriate clothing

### Assignment:

- 1. Hands-on activities
- 2. Class discussions
- 3. Skill demonstrations
- 4. In-class activities

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Demonstration of skills or competencies  
(e.g. physical exercise, art, sing-along, etc)

Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

None

Exams  
0 - 0%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation in discussions and activities

Other Category  
60 - 80%

## **Representative Textbooks and Materials:**

Instructor prepared materials