

**OA 507 Course Outline as of Fall 2020****CATALOG INFORMATION**

Dept and Nbr: OA 507 Title: FITNESS FOR OLDER ADULTS

Full Title: Fitness for Older Adults

Last Reviewed: 1/27/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	0	Lecture Scheduled	0	18	Lecture Scheduled	0
Minimum	0	Lab Scheduled	5.00	6	Lab Scheduled	90.00
		Contact DHR	0		Contact DHR	0
		Contact Total	5.00		Contact Total	90.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 90.00

Title 5 Category: Non-Credit

Grading: Non-Credit Course

Repeatability: 27 - Exempt From Repeat Provisions

Also Listed As:

Formerly: SE 507

**Catalog Description:**

This course is designed to enrich the quality of life of older adults through exercise. Course activities promote or maintain physical, mental, social and emotional well-being and accommodate varying skill levels. A variety of activities, including strength training, stretching, brain aerobics, interactive games, and relaxation are incorporated to encourage a healthier and more active life. This course is offered at numerous locations in Sonoma County in partnership with senior service providers.

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

Description: This course is designed to enrich the quality of life of older adults through exercise. Course activities promote or maintain physical, mental, social and emotional well-being and accommodate varying skill levels. A variety of activities, including strength training, stretching,

brain aerobics, interactive games, and relaxation are incorporated to encourage a healthier and more active life. This course is offered at numerous locations in 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>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>		Effective:	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**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, strength, balance and endurance.
2. Improve performance in daily living tasks.
3. Increase awareness of physical well-being.
4. Establish and recognize a supportive connection with people.
5. Create a healthier way of life.

### **Objectives:**

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

1. Increase number of repetitions and duration.
2. Follow the tempo of each exercise.
3. Develop fitness goals.
4. Describe benefits of physical fitness.
5. Engage with a partner in exercises.
6. Recognize and acknowledge accomplishments of self and others.
7. Develop a more positive attitude in life.
8. Reduce stress levels.
9. Apply healthy lifestyle practices.

### **Topics and Scope:**

The topics accommodate multiple levels of abilities and participation, and can be done standing

or sitting, gently or actively. Topics may include, but are not limited to the following:

## I. Physical Exercises

- A. Posture (e.g. neutral spine, lifted torso, set shoulders)
- B. Breathing (inhale and exhale with each movement)
- C. Warm-up (e.g. toe taps, easy walking in place, shoulder rolls, bend and straighten fingers, shake out arms)
- D. Range of motion/flexibility of trunk, neck, extremities, (e.g. rotation, flexion, extension)
- E. Strength training (e.g. chest, back, arms, legs, knees, abdominal)
- F. Aerobic/endurance (e.g. walk, kick, march, dance)
- G. Balance (e.g. leg raises, hip flexion and extension, side stepping, heel-toe walking, one foot stand, box step, stand up without using arm strength, calf/Achilles tendon stretch)
- H. Stretching and toning (e.g. side reach, swimming and rowing movements, waist twists, elbow to knee, overhead reach, bear hug)
- I. Tai Chi
- J. Yoga
- K. Cool down
- L. Duration and number of repetitions (e.g. hold time, pace)
- M. Exercise aids
  - 1. Light and heavy beach balls
  - 2. Stretching bands
  - 3. Barbells
  - 4. Rubber rings
  - 5. Streamers
  - 6. Soft balls
  - 7. Mats
- N. Use of visuals
  - 1. Anatomical charts and models
  - 2. Handouts

## II. Mental Stimulation

- A. Coordination (e.g. crossovers, gait patterns, rhythms, hand-eye)
- B. Benefits to physical health
  - 1. Reduction
    - i. Alzheimer's and dementia
    - ii. Heart disease
    - iii. Blood pressure
    - iv. Obesity
    - v. Diabetes
    - vi. Immune system
    - vii. Back problems
    - viii. Toxins
  - 2. Improvement
    - i. Mobility
    - ii. Bone density
    - iii. Sleep
    - iv. Feet and toes
    - v. Rotator cuff
    - vi. Circulation
    - vii. Healing
    - viii. Weight control
- C. Benefits to mental health

1. Self confidence
  2. Life satisfaction
  3. Happiness
  4. Reduction of depression and anxiety
  - D. Reminiscences (e.g. liked rowing a boat, swimming)
  - E. Brain games (e.g. name and touch body parts, use left hand instead of right)
- III. Social Interactions
- A. Greetings moving to music
  - B. Movement games (e.g. modified musical chairs, ball)
  - C. Group acknowledgements (e.g. birthdays, accomplishments, anniversaries)
  - D. Exercise partners (e.g. plastic pole, ball throw, ring toss)
  - E. Interaction games (e.g. passing a ball while saying the recipient's name)
- IV. Emotional Well-being
- A. Relaxation
    1. Breathing (deep breathing, following the breath)
    2. Quiet mind
    3. Meditation
    4. Muscle relaxation
    5. Visualization
    6. Positive thoughts/affirmations
  - B. Music
    1. Tempos and lyrics for motivation
    2. Sing-along
  - C. Emotional release with activity
  - D. Positive self-evaluations (e.g. peer compliments, I learned... I accomplished...)
  - E. Self massage (e.g. rub legs, arms, shoulders, feet, hands)
  - F. Free form movement to uplifting music
- V. Healthy Lifestyle
- A. Benefits to independence
    1. Self care (e.g. open a jar or pill bottle, button clothes, hold toothbrush, comb hair, use rest room and shower)
    2. Home maintenance (e.g. change a light bulb, hold a heavy pot, mobility in home, using eating utensils)
  - B. Body awareness (expectations, limitations)
  - C. Health journal
  - D. Physiology
  - E. Pulse
  - F. Hydration
  - G. Nutrition
  - H. Proper dress and footwear
  - I. Safety

### **Assignment:**

1. Hands-on and in-class activities
2. Class discussions
3. Skill demonstrations

## 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.

Skill demonstrations

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