LL 507 Course Outline as of Fall 2024

CATALOG INFORMATION

Dept and Nbr: LL 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:	OA 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:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Effective:	Inactive:
UC Transfer:	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:
At the conclusion of this course, the student should 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