CALIFORNIA STATE UNIVERSITY CHANNEL ISLANDS
NEW COURSE PROPOSAL

DATE  OCTOBER 13, 2006
PROGRAM AREA  PSYCHOLOGY AND NURSING

1. Catalog Description of the Course. [Follow accepted catalog format.]

Prefix PSY  Course# 348  Title HEALTHY AGING  Units (3)
3 hours lecture per week
hours lecture per week

Prerequisites
Corequisites
Description

PSY 348 Explores physical, cultural and psychosocial factors influencing health issues during the elderly years of life. Topics include aging stereotypes, cultural and family influences on the elderly, physiology of aging, lifestyles choices associated with healthy aging, and end of life care.

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Gen Ed
Categories D, E, UDIGE
Lab Fee Required
A - F
Optional (Student’s choice)
Repeatable for up to units
Total Completions Allowed
Multiple Enrollment in same semester

2. Mode of Instruction.

Lecture 3 1 24
Seminar
Laboratory
Activity

3. Justification and Learning Objectives for the Course. (Indicate whether required or elective, and whether it meets University Writing, and/or Language requirements) [Use as much space as necessary]

Upon completion, the students will be able to:
1. Identify biological, social, cultural and psychological factors related to healthy aging
2. Demonstrate sensitivity to diversity regarding aging as well as the cultural and family influences on those attitudes
3. Apply inductive and deductive reasoning to create solutions for problems related to aging
4. Apply the overview of the stages of the dying to options for end of life care
5. Identify economic and legal issues and local resources that assist elders with aging

4. Is this a General Education Course  YES ☑  NO ☐

If Yes, indicate GE category and attach GE Criteria Form:

A (English Language, Communication, Critical Thinking)
A-1 Oral Communication
A-2 English Writing
A-3 Critical Thinking

B (Mathematics, Sciences & Technology)
B-1 Physical Sciences
B-2 Life Sciences – Biology
5. **Course Content in Outline Form.** *Be as brief as possible, but use as much space as necessary*

I. Course Introduction  
II. Aging Process definitions  
III. Theories of Aging - Life Span theory  
IV. Age Related Changes  
   A. Physiological Changes related to  
      1. Nutrition  
      2. Gastrointestinal  
      3. Rest and Sleep  
      4. Activity  
      5. Integumentary system  
   B. Psychological Changes  
      1. Mental changes  
      2. Cognitive changes  
   C. Social Changes  
      1. Sexuality  
      2. Relationships  
      3. Isolation  
      4. Role Changes  
      5. Communications  
      6. Safety and Security  
VI. Common Chronic Diseases  
   A. Diabetes Mellitus  
   B. Stroke  
   C. Coronary Artery Disease  
   D. Musculoskeletal Diseases  
V. End of Life Care  
   A. Philosophical and theological attitudes toward death  
   B. Stage of the dying process  
   C. Resources for end of life care  
   D. History and overview of death rituals  
   E. Transcendence and spirituality  
   F. Advanced Directives  
VI. Economic, Legal and Ethical concerns of the aging  
   A. Politics & Economics of aging  
   B. Feminist perspective of aging  
   C. Anti aging in a global context  
   D. Legal Issues and vulnerability

Does this course overlap a course offered in your academic program?  **YES**  **NO**  
If YES, what course(s) and provide a justification of the overlap?  

Does this course overlap a course offered in another academic area?  **YES**  **NO**  
If YES, what course(s) and provide a justification of the overlap?  
Signature of Academic Chair(s) of the other academic area(s) is required on the signature sheet below.

6. **Cross-listed Courses (Please fill out separate form for each PREFIX)**
List Cross-listed Courses
NRS 348
Signature of Academic Chair(s) of the other academic area(s) is required on the signature sheet below.

Department responsible for staffing: Nursing

7. References. [Provide 3 - 5 references on which this course is based and/or support it.]


8. List Faculty Qualified to Teach This Course.

Nursing and Psychology Faculty

   a. Projected semesters to be offered: Fall ☒ Spring ☒ Summer ☐

10. New Resources Required. YES ☐ NO ☒
    If YES, list the resources needed and obtain signatures from the appropriate programs/units on the sheet below.
    a. Computer (data processing), audio visual, broadcasting needs, other equipment
    b. Library needs
    c. Facility/space needs

11. Will this new course alter any degree, credential, certificate, or minor in your program? YES ☐ NO ☒
    If, YES attach a program modification form for all programs affected.

Karen Jensen  10/13/2006
Proposer of Course  Date
Criteria Justifications

- Promote understanding of how the issues relevant to social, political, contemporary/historical, economic, educational or psychological realities interact with each other within the realm of human experience

  This course takes a cross cultural approach to the topic of aging from a psychological, physiological, and social perspective. The course will address the aspect of aging and define how individual livings under different conditions age differently. Important understanding of how age stratification is a feature of social and organization theory which is used politically and bureaucratically for social control. Content will also include the fact aging is affected by the culture in which we live.

- Focus on how a social science discipline conceives and studies human existence

  The social science view includes the integration of the biological, psychological, social and economic forces which affect the quality of life for the aging population.

- Address issues using the methods commonly employed by a social science discipline

  The methods used will be social theory and research to support the content. Issues included in the course will be the role of power in shaping age as property of political and social systems, the impact of globalization on shifting the locus and social systems, the impact of globalization on shifting the locus of power that affects aging, the inequalities attributable to cumulative life courses and the social and political divide between developed and developing nations.
GE Category: E Human Physiological and Psychological Perspectives

Status: Approved

Criteria Justifications:

- Focus on some aspect of human physiology, psychology, health, or physical activity
  The course covers health-related aspects of aging as well as psychological changes in the aging population. Content includes common chronic diseases and the effect of physiological changes on the body systems. Included in the course is the aspect of psychological health include mental, cognitive, as well as social changes affecting the elderly.

- Promote an understanding the humans, as physiological and psychological beings, exist and live in a social and physical environment
  The course promotes an integrated approach to physiological aging as well as common chronic diseases affecting the large number of elderly. The end of life experience is covered and includes emphasis on cultural, physiological, social and spiritual dimensions of the environment at the end of life.

Request for GE Approval

Course

<table>
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<tr>
<th>Course Title</th>
<th>Units</th>
<th>Lab</th>
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<tbody>
<tr>
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<td>3</td>
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Request

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<th>GE Category</th>
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<tr>
<td>UDIGE Upper Division Interdisciplinary GE</td>
<td>Jensen, Karen</td>
<td>10/13/2006</td>
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</table>
Criteria Justifications

- Emphasize interdisciplinarity by integrating content, ideas, and approaches from two or more disciplines

  Approaches from Biology, Psychology and Sociology will be included in this course:

  In this course students will explore how biological, social, psychological and social factors, and their integration, contribute to healthy aging. Content will explore physiological and cognitive changes that occur in aging as well as the social environment of the elder including isolation, role changes, and safety and security. Integrated approaches to psychological and physiological changes involved in end of life care will be covered.

- Include substantive written work consisting of in-class writing as well as outside class writing of revised prose. Examples of appropriate written work include: short papers, long papers, term papers, lab reports, documentation, disciplinary-based letters and memos, and essays.

  By writing 2-3 position papers, students will articulate specific issues related to aging by incorporating the fields of anatomy and physiology, psychology and social policy. Based on these papers the students will engage in debates with their peers about the topics. Students will also write a self reflection paper on a book. The final research paper will be based on a current economic, political or socio-cultural issue in the elderly and opportunity for the student to advance a solution to the issue. The final paper will enable the student to synthesize the problem and pose a solution by using a critical thinking approach
Approval Sheet
Program/Course: PSY NRS 348

Program Chair(s) ___________________________ Date

General Education Chair(s) ___________________________ Date

Curriculum Committee Chair(s) ___________________________ Date

Dean of Faculty ___________________________ Date