

## **Fitness and Wellness for Aging Populations**

**Description:** An overview of healthy aging and wellness promotion for the older adult. Topics include an overview of the aging process and its effect on major body systems. Topics also address various wellness practices, including lifestyle changes and exercise/nutrition planning. Discussion of issues involving attitude and social interaction as well as recommendations for home safety and personal security. Projects in wellness planning and resource location.

**Outcomes:** The students will be able to describe the physical, mental, and emotional changes that occur as a result of aging; identify measures that promote overall wellness; develop nutrition and exercise programs; recommend techniques for developing healthy attitudes and coping with transition; recommend methods for improving home life; locate resources that aid in the planning of wellness strategies.