GERONTOLOGY: NUR 3279 Health Occupations
Physiology of Aging, Understanding Normal Physical,
Mental and Social Aspects of the Aging Process

Course Information Sheet:

This 48 hour course will provide the following learner objectives:
- Integrate Human Anatomy- Physiology of each body system.
- Understand the effects of abnormal function or pathophysiology.
- Understand psychology, sociology of aging as well as global aging.
- Introduce various treatment modalities with positive and negative effects.
- Compare differences between Eastern and Western medical philosophies.
- Compare treatments such as: Acupuncture, Ayurveda, Massage, Holistic, Herbs and more.
- Discuss an emergency preparedness plan and recognize community resources.
- List Holistic tools for aging, personal goals and safety.
- Participate in discussions and observe demonstrations supporting healthy aging through fitness, mental wellness, meditation, tai chi, yoga, and power of thought, nutrition and more.

Population who could benefit from course:
- Lay people caring for family members or friends.
- Health care personnel who desire to learn more about the population they served.
- Individuals who desire to gain greater knowledge of normal aging for their personal wellbeing.

To Register: Required identification
- Original Driver’s License or State Issued Identification Card
- Social Security Card or Passport

Topics covered in course:
- Lecture
- Discussion
- Demonstration
- Group activities
- Active participation

First Day of Class:
- Note pad / notebook
- pen/pencil

COST: COURSE: $125.00       Further questions please call 910-755-7378
Next course: Scheduled: 2/3/17 – 3/24/17 Fridays 8:30am-3:30pm Main Campus Room 104D Team Faculty

Developed: 8-2016 By JC Petterson revised: 11/2016, 12-2016