

# **SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



Sault College

## **COURSE OUTLINE**

**COURSE TITLE:** Biological Changes  
**CODE NO. :** GER128 **SEMESTER:** 2  
**PROGRAM:** Community Gerontology  
**AUTHOR:** Nancy McClelland  
**DATE:** Jan/2000 **PREVIOUS OUTLINE DATED:** Jan/98

**APPROVED:**

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**DEAN**

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**DATE**

**TOTAL CREDITS:** 6  
**PREREQUISITE(S):**  
**LENGTH OF COURSE:** 3 Hrs/Week **TOTAL CREDIT HOURS:** 45

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*For additional information, please contact Donna Tremblay, Dean*  
*School of Health, Human Services and Criminal Justice*  
*(705) 759-2554, Ext. 690*

**I. COURSE DESCRIPTION:**

Human aging is a complex process that cannot be understood by looking at biological or physical changes alone.

Human aging must be considered in terms of changes in the biological, social, psychological aspects as well as spiritual, cultural and environmental aspects of a person. These are interrelated aspects and change as one influences and is influenced by each of the others.

This course will look at the normal structure and function of nine major organ systems. Students will examine the changes, problems and common diseases associated with biological aging. Students will also look at preventative strategies, safety measures and community resources that may help older adults deal with physical aging.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

Upon successful completion of this course, the student will demonstrate the ability to:

1. Identify, briefly, the normal structure and function of each major body system.

**Potential Elements of the Performance:**

- a. Explain common terminology associated with aging and the study of biology.
  - b. Identify and describe gross structure and function for the major body systems: integumentary, muscle skeletal, nervous, special senses, circulatory, respiratory, digestive, urinary and reproductive.
2. Identify changes that occur in each body system with aging and discuss the effects that these changes have upon the elderly person.

**Potential Elements of the Performance:**

- a. For each of the nine major organ systems of the human body, identify and discuss:
    - physical and perceptual changes that occur with biological aging.
    - chronic health problems and diseases associated with the aging process
3. Identify common physical problems that the older adult experiences and discuss ways to alleviate the discomforts associated with these physical problems.

**Potential Elements of the Performance:**

- a. For each of the nine major organ systems, research, identify and explain:
  - common physical problems and ways to alleviate discomfort.
  - preventative measures that may decrease biological changes.
  - interventions to promote comfort for physical problems.

4. Describe diseases associated with the aging process as well as diseases associated with selected body systems in older adults.

**Potential Elements of the Performance:**

5. Determine safety needs and safety measures that must be considered for aging adults experiencing biological aging.

**Potential Elements of the Performance:**

- a. Research, identify and describe related safety concerns/measures appropriate for aging older adults
6. Select, examine and discuss relevant community resources and organizations that provide support and assistance to older adults with problems/diseases associated with biological changes of aging.

**Potential Elements of the Performance:**

- a. Research, identify and describe relevant community resources that are available for older adults to help with the changes, problems or diseases associated with biological aging.

**III. TOPICS:**

1. Terminology
2. Nine major organ systems
3. Gross structure and function
4. Physical and perceptual changes that occur with aging
5. Common problems
6. Chronic diseases
7. Preventative measures
8. Interventions to promote comfort
9. Related safety needs
10. Relevant community resources

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

Gagnon, Joyce. (1996). Study Guide: The Aging Process, Sault College.

V. EVALUATION PROCESS/GRADING SYSTEM:

1. Pass mark for this course is 60%.
2. Evaluation methods will be determined and discussed with students within the first two weeks of the course.
3. All tests remain the property of Sault College.

**Note:** Evaluation processes may vary for in class students and those students completing the course by distance education.

<b>Example:</b>	Distance Education	Mid-Tem Tests on Units 1-5 = 50%
		Final Test on Units 6-10 = 50%
	In Class	2-5 Tests or Assignments may be used
		Mid-Term Test = 25%
		2 Assignments = 40%
		Final Test = 35%

The following semester grades will be assigned to students in postsecondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 - 100%	4.00
A	80 - 89%	3.75
B	70 - 79%	3.00
C	60 - 69%	2.00
R (Repeat)	59% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	
U	Unsatisfactory achievement in field placement or non-graded subject areas.	
X	A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies &amp; Procedures Manual – Deferred Grades and Make-up</i> ).	
NR	Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has been impossible for the faculty member to report grades.	

**VI. SPECIAL NOTES:**

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1204 or call Extension 493, 717, or 491 so that support services can be arranged for you.

Retention of course outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Plagiarism:

Students should refer to the definition of "academic dishonesty" in *Student Rights and Responsibilities*. Students who engage in "academic dishonesty" will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course, as may be decided by the professor. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

**VII. PRIOR LEARNING ASSESSMENT:**

Students who wish to apply for advanced credit in the course should consult the instructor.

**VIII. DIRECT CREDIT TRANSFERS:**

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.