ES 344: Aging in the 21st Century

Health, Exercise Sci & Recreation Mgmt

This course is designed to serve as introduction for undergraduate students to the physiological, neurobehavioral and neuromotor changes associated with an aging population. Students will also discuss perspectives on 'healthy aging', what a person can expect during this process, and the utility of various lifestyles choices, particularly regarding healthy activity and exercise, on the aging process. Students will learn to better interpret and read current aging and medical research publications and trends. Issues such Medicare, and ageism will also be discussed as will new concepts in wellness.

3 Credits

Prerequisites

- Pre-Requisite: 24 Earned Hours

Cross-listed Courses

- Ger 344: Aging in the 21st Century

Instruction Type(s)

- Lecture: Lecture for ES 344
- Lecture: Web-based Lecture for ES 344

Subject Areas

- Kinesiology and Exercise Science

Related Areas

- Health and Physical Education, General
- Health and Physical Education/Fitness, Other
- Sport and Fitness Administration/Management

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