

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY  
PED 220 - ADULT HEALTH AND DEVELOPMENT (2-3 CR)**

**Course Description**

Provides direct application of the theories of aging, physical activity and wellness. Teaches techniques for developing appropriate individualized fitness and activity programs for older adults. Focuses on physical, social, and mental well being. Includes assessment and evaluation of physical fitness, application of the principles of physical fitness, role of exercise in disease prevention, exercise leadership skills, and communication strategies. Lecture 2 hours. Laboratory 2 hours. Total 4 hours per week.

\*3 credit class includes exercise leadership

**General Course Purpose**

This course is designed to provide a basic understanding of aging, fitness, and appropriate program planning for the older adult.

**Course Prerequisite/Corequisite**

Fitness students should have completed the majority of their curriculum prior to this class.

**Course Objectives**

Upon successful completion of this course, the student will be able to:

- Identify the basic theories of aging
- Define the role of exercise and activity on aging and disease prevention
- Plan and implement an appropriate personal exercise/activity program for an older adult
- Assess social, psychological, medical and fitness status of an individual older adult
- Develop an exercise/activity for older adults with a variety of health concerns
- Illustrate communication techniques working with a variety of older adults
- Practice group and one-on-one exercise leadership skills

**Major Topics to be Included**

- Introduction to the theories of aging
- Physiological changes of aging
- Components of fitness
- Role of exercise in disease prevention
- Assessments of fitness, social, psychological and medical status
- Planning appropriate and safe exercise/activity programs
- Exercise leadership in small groups and one-on-one
- Interpersonal communication skills
- Working with adaptive equipment
- Balance and fall prevention
- Medication use and pain management
- Stress management and mental health in aging
- Nutrition

**Extra Topics**

- Adaptive devices to manage the environment
- Alternative modalities to manage chronic conditions
- Back care
- Posture
- Heart Health
- Cultural diversity
- Sexuality
- Recreational activities
- Dance
- Tai Chi
- Yoga and breathing techniques