

CONTINUING EDUCATION CURRICULUM

Health Education (HEAL)

<p>525 Health Education-Older Adult</p> <p align="right">Hours: 180 Advisories: NONE</p> <p>This course is designed to enhance the health and well-being of older adults. Strategies to age in a healthy manner are introduced via a variety of topics, which cover preventive health care, nutrition, exercise, stress reduction, physiological, psychological and social aspects of aging. Instruction includes activities designed to improve quality of life by enhancing mental and physical health. Activities of daily living are incorporated into individual plans to reach personal goals for healthy aging. (FT)</p>	<p>Action(s) Proposed: Course Revision</p> <p>Course Title Course Catalog Description Recommended Skill Level Course Goals Course Objectives Course Content and Scope Assignments Evaluation Method of Instruction Texts and Supplies</p> <p>Effective: Fall 2022</p>
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***Health Education (HEAL)**

<p>540 Brain Fitness</p> <p align="right">Hours: 225 Advisories: NONE</p> <p>This course is designed to teach adults age 55 and older how to train and exercise the brain, make lifestyle choices to optimize brain health, strengthen and enhance cognitive function, and quell or reverse the effects of neurodegenerative decline. Students learn how to use scientifically designed cognitive exercises to strengthen and improve neurological processes. (FT)</p>	<p>Action(s) Proposed: New Course (including Distance Education)</p> <p>Effective: Fall 2022</p>
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*** Human Development (HMDV)**

<p>571A Instruction Aide I</p> <p align="right">Hours: 54 Advisories: NONE</p> <p>Introduction to providing instructional support to individuals with disabilities in multiple settings. This course provides an overview of the following: characteristics of disabilities; simple teaching strategies; laws and regulations related to working with children with disabilities; professional responsibilities; possible work settings and duties. (FT)</p>	<p>Action(s) Proposed: New Course (including Distance Education)</p> <p>Effective: Spring 2023</p>
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Actions Approved – May 12, 2022

* Human Development (HMDV)

<p>571B Instruction Aide II</p> <p style="text-align: right;">Hours: 54 Advisories: NONE</p> <p>Introduction to principles of applied behavior analysis (ABA) for the purpose of providing instructional support to individuals with disabilities. This course provides an overview of the following: ABA teaching strategies; reinforcement; functions of behavior; areas for intervention; behavioral terms; data collection; and standards in communication and training. (FT)</p>	<p>Action(s) Proposed: New Course (including Distance Education)</p> <p>Effective: Spring 2023</p>
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Public Affairs and Services (PASV)

<p>505 Body Dynamics/Aging Process-OA</p> <p style="text-align: right;">Hours: 180 Advisories: NONE</p> <p>This course provides 55+ students with an understanding of the mind-body relationship to health and wellness during the aging process. Students learn movement activities and strategies for implementing a program to enhance physical, social, mental, nutritional, and emotional health as they age. Specific instruction accommodates varying limitations and levels of health. Activities and information presented are based on the eleven components of physical fitness. Course topics may include, but are not limited to, acute and chronic conditions and diseases that affect all systems of the body during the aging process. (FT)</p>	<p>Action(s) Proposed: Course Revision</p> <p>Course Title Course Catalog Description Recommended Skill Level Course Goals Course Objectives Course Content and Scope Assignments Evaluation Method of Instruction Texts and Supplies</p> <p>Effective: Fall 2022</p>
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PROGRAM CHANGES

***Child Development**

New Program: Effective Spring 2023- Approved
Instructional Aid Certificate of Completion

***Healthcare**

New Program: Effective Spring 2023 - Approved
Introduction to Healthcare Careers Certificate of Completion