

## **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

### **Subject Areas**

- [Kinesiology and Exercise Science](#)

### **Related Areas**

- [Health and Physical Education, General](#)
- [Health and Physical Education/Fitness, Other](#)
- [Socio-Psychological Sports Studies](#)
- [Sport and Fitness Administration/Management](#)

