

## Ger 344: Aging in the 21st Century

### Applied Gerontology

In this course we will study physiological, neurobiological, and behavioral changes that occur during the normal process of aging. Our classes will focus on: 1/ the biological mechanisms involved in the aging process; 2/ how aging changes our brain and behavior; and 3/ how physical activity and diet contribute to healthy aging. Students will learn how aging changes our motor and cognitive performance and its impact on daily life. There will be readings and videos in class to discuss about to what extent the aging process can be delayed by our lifestyle and the consequences of that for our present and future societies.

3 Credits

### **Cross-listed Courses**

- [ES 344: Aging in the 21st Century](#)

### **Subject Areas**

- [Adult Development and Aging](#)

### **Related Areas**

- [Family Systems](#)
- [Human Development and Family Studies, General](#)
- [Human Development, Family Studies, and Related Services, Other](#)

