

# OLDER ADULT (OAD)

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## **OAD BHTH1 Brain Health 1**

### **0 Units**

(May be taken three times for credit)  
Lecture: 18-96

Critical thinking and cognitive skills through understanding key structures and functions of the brain. Particular focus on auditory processing.  
Course Schedule

## **OAD BHTH2 Brain Health 2**

### **0 Units**

(May be taken three times for credit)  
Lecture: 18-96

Designed to improve age-related cognitive decline through preventative measures in order to strengthen and improve brain function. Particular focus on visual processing.  
Course Schedule

## **OAD ELL04 Lifelong Learning for Older Adults**

### **0 Units**

Lab: 12-144

Improve or maintain mental fitness of older adults through educational activities promoting critical thinking and cognitive skills.  
Course Schedule

## **OAD ELL05 Lifelong Learning through Current World Events**

### **0 Units**

(May be taken three times for credit)  
Lab: 54

Cognitive fitness for older adults with emphasis on local, national and global issues.  
Course Schedule

## **OAD FNA03 Oil Painting**

### **0 Units**

(May be taken three times for credit)  
Lab: 12-54

Principles of drawing, design, color and composition for oil painting emphasizing creative skill development for the older adult population.  
Course Schedule

## **OAD FNA04 Watercolor Painting**

### **0 Units**

(May be taken three times for credit)  
Lab: 12-54

Principles of watercolor painting for the older adult population. Emphasis will be on creative expression to develop primary skills for watercolor as they relate to composition and technique.  
Course Schedule

## **OAD FNA32 Drawing-Beginning Through Advanced**

### **0 Units**

(May be taken three times for credit)  
Lab: 12-54

Perceptual and technical skills of drawing. Includes dry and fluid media for the older adult population. Focus on single objects, still life and landscape.  
Course Schedule

## **OAD HTH02 Healthy Cooking/Older Adults**

### **0 Units**

Lab: 12-54

Healthy meals for older adults, including microwave use, cuisine for singles or doubles, and meals to cook once and eat twice. Includes dietary guidelines and food safety.  
Course Schedule

## **OAD MOX01 Healthy Aging**

### **0 Units**

(May be taken three times for credit)  
Lab: 80

Healthy aging, including diet, nutrition, disease prevention, and application of physical fitness principles to maintain health while aging.  
Course Schedule

## **OAD MOX02 Healthy Aging - Principles of Slow Movement**

### **0 Units**

(May be taken three times for credit)  
Lab: 80

Healthy aging, including diet, nutrition, disease prevention, and application of Tai Chi principles to maintain health while aging for the older adult population.  
Course Schedule

## **OAD MOX04 Healthy Aging - Principles of Posture and Flexibility**

### **0 Units**

(May be taken three times for credit)  
Lab: 80

Healthy aging, including diet, nutrition, disease prevention, and application of Yoga principles to maintaining health while aging for the older adult population.  
Course Schedule

## **OAD MOX06 Healthy Aging - Principles of Aquatic Resistance**

### **0 Units**

(May be taken three times for credit)  
Lab: 80

Healthy aging, including diet, nutrition, disease prevention, and application of aquatic resistance principles to maintaining health while aging for the older adult population.  
Course Schedule

**OAD MOX09 Mobility through Exercise - Strength Training**

**0 Units**

Lecture: 1-48

Resistance training for isolation of targeted muscle groups to increase strength, range of motion, flexibility, and increase bone density using toner bands. Designed to challenge all major muscles. Students are encouraged to participate at their own level. In addition, low stretching and breathing techniques will be taught.

Course Schedule

**OAD MOX11 Healthy Aging: Fall Prevention, Balance and Mobility**

**0 Units**

(May be taken three times for credit)

Lab: 80

Risks and fears associated with falling for older adults. Includes setting realistic goals, minimizing environmental risks, and balance exercises.

Course Schedule