

# OLDER ADULT (OAD)

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## **OAD BHTH1 Brain Health 1**

**0 Units**

Lecture: 18-96

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

## **OAD BHTH2 Brain Health 2**

**0 Units**

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.

## **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.

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

**0 Units**

Lab: 8-54

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

## **OAD FNA03 Oil Painting**

**0 Units**

Lab: 12-54

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

## **OAD FNA04 Watercolor Painting**

**0 Units**

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.

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

**0 Units**

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.

## **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.

## **OAD MOX01 Healthy Aging**

**0 Units**

Lab: 8-80

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

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

**0 Units**

Lab: 8-80

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

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

**0 Units**

Lab: 8-80

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

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

**0 Units**

Lab: 8-80

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

## **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.

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

**0 Units**

Lab: 8-80

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