



Athabasca University 
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Athabasca University Aging-Related Courses

2005-2006



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INTRODUCTION

This listing has been compiled by the Alberta Centre on Aging in collaboration with faculty from Athabasca University. The intent is to assist individuals in the identification of aging-related courses at Athabasca University. Courses are listed by the Centre through which they are offered.

Information provided on each course includes:

- the course number and title;
- a brief description; and,
- restrictions such as prerequisites and enrollment in a specific program.

The extent of aging-related content in each course varies. The Centre through which the course is offered should be contacted regarding specific course content and for other courses in which students can focus on aging issues in their assignments. As scheduling changes occur, students are advised to consult the most recent course information, available on-line at: www.athabascau.ca/main/crs.htm

GLOBAL AND SOCIAL ANALYSIS

SOCI 329 Aging and You (I): An Introduction to Gerontology

Individualized study with audio/video component. This innovative course presents aging as a normal developmental process and aims to maximize life potential at every age. Students learn by listening to leading Canadian and internationally recognized gerontologists discuss their research and experiences. Biological, psychological, and social aspects of aging are explored along with the pros and cons of Canadian social policies and programs. Upon completion, students should be able to outline the "whole person model of aging" and indicate its significance to the study of gerontology in Canadian society and in other societies; present and explain biological, sociological, and psychological characteristics of older persons; describe the developmental aspects of aging; show the significance of certain variations in aging based on different lifestyles and life opportunities; and be familiar with some of the best studies in Canadian gerontology. *SOCI 329 has a Challenge for Credit option.*

SOCI 330 Aging and You (II): An Introduction to Gerontology

Individualized study with audio/video component. This innovative course presents aging as a normal developmental process and aims to maximize life potential at every age. Students learn by listening to leading Canadian and internationally recognized gerontologists discuss their research and experiences. Biological, psychological, and social aspects of aging are explored along with the pros and cons of Canadian social policies and programs. Upon completion, students should be able to outline the "whole person model of aging" and indicate its significance to the study of gerontology in Canadian society and in other societies; present and explain the significance of environments for older people; describe and critically assess the scope and limitations of the social policies and programs which affect the day-to-day lives of older persons; identify and critically analyze the major issues in long-term care innovation and the reasons for dissatisfaction with nursing homes and homes for the elderly; contrast and compare the experiences of aging populations in other countries with the Canadian experience; appreciate the many and varied contributions of older persons to Canadian society as a whole; and direct older adults to the major organizations and associations that deal with issues and work for change as a result of knowledge students have gained from the course. *SOCI 330 has a Challenge for Credit option. Prerequisite: SOCI 329.*

NURSING AND HEALTH STUDIES

NURS 442 Introduction to Nursing Care of Older Adults

Individualized study online (Internet access required). Older adults' care requirements differ from those of younger adults. This course introduces a variety of theoretical frameworks for gerontological care and stresses the importance of promoting the well-being of older adults across the continuum of the health experience in a variety of health care settings. Students will develop skills of assessment and intervention in the care of older adults. *Prerequisites: This course is normally open only to post-RN or undergraduate RN, BN nursing students. NURS 442 cannot be taken for credit if credit has already been obtained for NURS 4441 in the Athabasca University at Mount Royal College Bachelor of Nursing Program. NURS 442 has a Challenge for Credit option.*

NURS 521 Pharmacotherapeutics for Nurse Prescribers

Paced/home-study online. In their role as nurse practitioners, advanced practice nurses have responsibilities to prescribe medications used in the treatment of illnesses. Students will review principles of pharmacology, examine legal and professional issues in prescribing, develop a rational approach to the selection of medications to be prescribed, and study medications used in the treatment of acute and chronic illness across the lifespan. This course is part of a program of study leading to the Advanced Graduate Diploma: Advanced Nursing Practice or the Master of Nursing degree.

NURS 528 Advanced Nursing Practice: Older Adults

Paced/home-study online. Study of the primary health care principle of appropriate technology and the community development principle of healthy public policy. Students learn to provide primary health care, including extended health services, to older adults. Students study wellness counseling of healthy older adults, management of their acute and chronic conditions, and referral of conditions requiring management by other health professionals. Students consider community implications of health concerns of older adults. Students examine trends in the health of older adults, explore issues in the care of older adults, and examine the research agendas of centres investigating health of older adults. Students complete 100 hours in the extended health services practicum and 20 hours in the community health development practicum, focusing on the health of older adults. This is the fifth course of a six-course program of study leading to an Advanced Graduate Diploma: Advanced Nursing Practice or the Master of Nursing degree. *Prerequisite: NURS 520 or professor approval.*

NURS 529 Community Health Development

Paced/home-study online. Examines principles and processes of community health development, an approach to promoting the health of communities. The principles that are foundational to community health development are the principles of primary health care and community development. Students study each of these in depth and consider how they are incorporated into the service delivery of a particular community health agency. Students study a problem-solving process for community health development and begin to apply this by collecting preliminary data about a community. Students analyze this data to determine its implications for the health of populations (children, adults, and older adults) and identify vulnerable populations in a community. Students identify trends in the health of populations that may influence community health development. Finally, students link with research centres across the county that are investigating the health of populations and communities. *This course is a required course for transfer credit Advanced Nursing Practice students and an elective course for Master of Nursing (Generalist) and Master of Health Studies students. This course is not available as an elective for Advanced Nursing Practice students.*

PSYCHOLOGY

PSYC 381 Psychology of Adult Development

Individualized study or grouped study. Online-enhanced. Exploration of psychological developments, changes, and adjustments during adulthood and aging. Covers current psychological and psychosocial theories and research findings relevant to adult development. Importantly, there is a strong emphasis on the application of research findings to everyday life. The translation of research findings to the applied setting demonstrates nicely how research can be used to improve the quality of adult life. Provides comprehensive coverage of normal aging and disease prevention, disease, disability, and health care, and family relationships. As such, the course is particularly suited to students with career interests in nursing, medicine, and allied health fields, social work, and clinical psychology. The course also provides excellent coverage of issues relating to parenting, love and marriage, family relations, work and retirement, and death and dying. Given the personal relevance of these issues, the course is attractive to students who seek to enhance their understanding of their own and others' development across the lifespan. Finally, coverage of the normal aging process and of issues related to work and retirement make this course beneficial to students who plan careers in the public sector (business, service industries, retail). *Prerequisite: A 200-level psychology course is recommended but not required. PSYC 381 has a Challenge for Credit option.*