

**Course: ENG-221, Introduction to Aging Studies**

Credit Hours: 3

Level: 4th Semester

**Course Introduction**

Overview of social, economic, biological and psychological functions of aging. Exploration of issues of the aged with emphasis on health, leisure time, family roles, and retirement.

**Course Objectives**

1. Define gerontology.
2. Describe three theories related to aging.
3. Compare and contrast approaches different cultures use with their elders.

<b>CLO No</b>	<b>Course Learning Outcomes</b>	<b>Bloom Taxonomy</b>
CLO 1	Demonstrate knowledge of the disciplines involved in the study of aging.	C3 (Apply)
CLO 2	Assess the impact of aging upon individuals, their families and society	C5 (Evaluate)

<b>S. No</b>	<b>Weekly Course Content</b>
<b>Week 1</b>	<i>Concept of Aging and Issues</i> Introduction to Gerontology
<b>Week 2</b>	Theories of Aging
<b>Week 3</b>	Life Course Transition
<b>Week 4</b>	Biological Perspective on Aging
<b>Week 5</b>	Psychological Perspective on Aging
<b>Week 6</b>	Psychological Perspective on Aging
<b>Week 7</b>	Psychological Perspective on Aging
<b>Week 8</b>	Psychological Perspective on Aging

<b>Week 9</b>	Mid Term
<b>Week 10</b>	Family Relationships and Support: Role of Marriage
<b>Week 11</b>	Family Relationships and Support: Parent-Child Relationship, Grand Parents and grand child relationship
<b>Week 12</b>	Work and Retirement
<b>Week 13</b>	Self-Care and Support System
<b>Week 14</b>	Economic Perspective on Aging
<b>Week 15</b>	Economic Perspective on Aging
<b>Week 16</b>	Economic Perspective on Aging
<b>Week 17</b>	Review Week
<b>Week 18</b>	End Term Exam

### **Reference Books**

Introduction to Aging: A Positive Interdisciplinary Approach, 2nd ed.

Aging and the Life Course: An Introduction to Social Gerontology, 8<sup>th</sup> ed.