

Course Outline for: PSYC 1220 Psychology of Adulthood and Aging**A. Course Description**

1. Number of credits: 3
2. Lecture hours per week: 3
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: Goal 5 – History and the Social and Behavioral Sciences; Goal 7 – Human Diversity

This course explores the physical, cognitive, and psychosocial factors associated with aging. The primary focus of the class is on older adulthood; however, information concerning all years of adult development will be presented within a developmental framework. The course is also concerned with individual differences among older adults, the promotion of optimal functioning through the aging process, and death and dying. This course meets Minnesota Transfer Curriculum Goals 5 and 7.

B. Date last reviewed/updated: January 2022**C. Outline of Major Content Areas**

1. Chronological versus functional understandings of age
2. Aging in America and abroad
3. Cultural, political, and social factors affecting aging.
4. Primary, secondary, and tertiary effects of aging
5. Age-related changes in physical, cognitive, and psychosocial areas of development
6. Myths & stereotypes of aging
7. Positive aging
8. Death and dying

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Identify and apply concepts of developmental psychology (Goal 5a)
2. Identify various research methods used to study developmental psychology and use these to critique differing theories of aging (Goal 2b; Goal 5a, 5c)
3. Apply multiple explanatory systems to understand varying attitudes regarding aging (Goal 5c)
4. Apply development concepts to current social issues of the aging society (Goal 2d, 5d)
5. Create and problem-solve responses to contemporary issues of the aging society (Goal 2d, 5d)
6. Understand developmental issues related to shifting numbers and dynamics of aging population in American and abroad (Goal 7a)

7. Understand dynamics of varying cultural groups in America and the impact this has on the perception and experience with aging (Goal 2d; 7a)
8. Understand the relationship between age and power relations within and between societal groups (Goal 7b)
9. Analyze one's own beliefs, attitudes, and behaviors concerning age and ageism (Goal 2d; 7c)

E. Methods for Assessing Student Learning

Individual instructors will devise their own methods for assessing student performance. Possible methods of evaluation include unit exams, in-class contributions, verbal and written assignments and projects.

F. Special Information

None