

## LLS21 : Quality of Life

### General Information

<b>Author:</b>	• Maria Czech
<b>Course Code (CB01) :</b>	LLS21
<b>Course Title (CB02) :</b>	Quality of Life
<b>Department:</b>	LLS
<b>Proposal Start:</b>	Winter 2025
<b>TOP Code (CB03) :</b>	(2001.00) Psychology, General
<b>CIP Code:</b>	(42.0101) Psychology, General.
<b>SAM Code (CB09) :</b>	Non-Occupational
<b>Distance Education Approved:</b>	No
<b>Will this course be taught asynchronously?:</b>	No
<b>Course Control Number (CB00) :</b>	CCC000323426
<b>Curriculum Committee Approval Date:</b>	04/10/2024
<b>Board of Trustees Approval Date:</b>	06/18/2024
<b>Last Cyclical Review Date:</b>	04/10/2024
<b>Course Description and Course Note:</b>	LLS 21 is an interactive class focusing on improving the quality of life, increasing social outlets, and clarifying life issues for older adults. Lecture: 32 hours. Note: This is a course designed for the older adult. This course is Pass/No Pass only.
<b>Justification:</b>	Mandatory Revision
<b>Academic Career:</b>	• Noncredit
<b>Author:</b>	No value

### Academic Senate Discipline

<b>Primary Discipline:</b>	• Older Adults:-Non-Credit
<b>Alternate Discipline:</b>	No value
<b>Alternate Discipline:</b>	No value

### Course Development

<b>Basic Skill Status (CB08)</b>	<b>Course Special Class Status (CB13)</b>	<b>Grading Basis</b>
Course is not a basic skills course.	Course is not a special class.	• Pass / No-Pass Only
<input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	<b>Pre-Collegiate Level (CB21)</b>	<b>Course Support Course Status (CB26)</b>
	Not applicable.	Course is not a support course

## Transferability & Gen. Ed. Options

### General Education Status (CB25)

Not Applicable

### Transferability

Not transferable

### Transferability Status

Not transferable

## Units and Hours

### Summary

**Minimum Credit Units (CB07)** 0

**Maximum Credit Units (CB06)** 0

**Total Course In-Class (Contact) Hours** 32

**Total Course Out-of-Class Hours** 0

**Total Student Learning Hours** 32

### Credit / Non-Credit Options

#### Course Type (CB04)

Non-Credit

#### Noncredit Course Category (CB22)

Courses for Older Adults.

#### Noncredit Special Characteristics

No Value

#### Course Classification Code (CB11)

Non-Enhanced Funding.

Variable Credit Course

#### Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

### Weekly Student Hours

	In Class	Out of Class
Lecture Hours	32	0
Laboratory Hours	0	0
Studio Hours	0	0

### Course Student Hours

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	32
Laboratory	0
Studio	0
<b>Total</b>	32
<b>Course Out-of-Class Hours</b>	
Lecture	0
Laboratory	0
Studio	0
<b>Total</b>	0

## Time Commitment Notes for Students

No value

## Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

## Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

## Entry Standards

Entry Standards

## Course Limitations

Cross Listed or Equivalent Course

## Specifications

Methods of Instruction

Methods of Instruction      Lecture

Methods of Instruction      Discussion

Methods of Instruction      Multimedia

Out of Class Assignments

n/a

Methods of Evaluation      Rationale

**Textbook Rationale**

No Value

**Textbooks**

Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

**Other Instructional Materials (i.e. OER, handouts)**

<b>Description</b>	instructor-generated handouts
<b>Author</b>	No value
<b>Citation</b>	No value
<b>Online Resource(s)</b>	No value

**Materials Fee**

No value

**Learning Outcomes and Objectives****Course Objectives**

Recognize and identify symptoms of stress.

Recognize and identify sources of stress in their own lives.

Choose and apply more healthful ways of dealing with stress.

**SLOs****Identify three sources and four symptoms of stress associated with aging.**

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.
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<i>LLS</i> Core PLOs	Integrate physical and intellectual skills and demonstrate self-esteem, mental acuity and a sense of pride of accomplishment.
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**Identify and describe components affecting quality of life emotionally, physically, and cognitively.**

Expected Outcome Performance: 70.0

ILOs Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.  
Core  
ILOs

LLS Integrate physical and intellectual skills and demonstrate self-esteem, mental acuity and a sense of pride of accomplishment.  
Core  
PLOs

**Discuss personal responsibility for dealing with issues that impact one's life.**

Expected Outcome Performance: 70.0

ILOs Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.  
Core  
ILOs

Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.

LLS Integrate physical and intellectual skills and demonstrate self-esteem, mental acuity and a sense of pride of accomplishment.  
Core  
PLOs

**Identify three healthy ways of dealing with stress.**

Expected Outcome Performance: 70.0

ILOs Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.  
Core  
ILOs

## Course Content

### Lecture Content

#### Effects of Stress (10 hours)

- Physiological damage
- Cognitive and memory problems
- Decreased ability to solve problems
- Decreased pleasure in life

#### Causes of Stress (8 hours)

- Learned family patterns
- Cognitive distortions
- Cultural views of aging
- Aging partner care

#### Antidotes to Stress (14 hours)

- Physical Relaxation
- Meditation Exercise
- Cognitive changes
- Optimism-pessimism
- Gratitude
- Forgiveness

**Total Hours: 32**

## Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

No

### GCC Major Requirements

No Value

**GCC General Education Graduation Requirements**

No Value

**Repeatability**

Repeatable

**Justification (if repeatable was chosen above)**

Non-credit courses

**Resources**

**Did you contact your departmental library liaison?**

No

**If yes, who is your departmental library liaison?**

No Value

**Did you contact the DEIA liaison?**

No

**Were there any DEIA changes made to this outline?**

No

**If yes, in what areas were these changes made:**

No Value

**Will any additional resources be needed for this course? (Click all that apply)**

- No

**If additional resources are needed, add a brief description and cost in the box provided.**

No Value