Part I

Programme Title : All Undergraduate Programme
Course Title : Aging Well in the 21st Century
Course Code : GEF2048
Department : Health and Physical Education
Credit Points : 3
Contact Hours : 39 hours
Medium of Instruction : EMI
Level : 2

Part II

1. Synopsis
The course aims to foster students’ critical thinking skills and creativity by exploring the challenges and opportunities of aging populations like what we have in Hong Kong. The course will provide an overview of the demographic trends of population aging globally and examine the implications of population aging for society, family, and the individual. It will discuss how the interplay of biological, social, and psychological factors contributes to negative or positive aging as well.

Besides, it will enhance the understanding of the social policies related to elderly people in Hong Kong, and examine the challenges faced by aging societies like poverty in old age, retirement, income protection, life-long learning, health care services, long term care services and the silver hair market. Also included is a discussion of age-related stereotypes and prejudice against older people that impact on the way we relate to older people and society’s response to the aging situation.

2. Course Intended Learning Outcomes (CILOs)
Upon successful completion of this course, students should be able to:

CILO1 understand demographic changes in relation to population aging and their broader impacts;
CILO2 appreciate the range of developmental risks and opportunities for older people;
CILO3 understand age-related attitudes and stereotypes and how they affect personal aging and treatment of older people;
CILO4 develop capacity to understand the challenges and opportunities of the elderly related policies;
CILO5 apply knowledge of aging to propose innovative but feasible responses to these challenges and opportunities posed by aging.
### 3. Content, CILOs and Teaching & Learning Activities

<table>
<thead>
<tr>
<th>Course Content</th>
<th>CILOs</th>
<th>Suggested Teaching &amp; Learning Activities</th>
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<tbody>
<tr>
<td>Global and local demographic trends; modernization and the family</td>
<td>CILO₁</td>
<td>- Lectures: presentation and discussion of relevant frameworks, and concepts; and synthesis of key references</td>
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<tr>
<td>Negative aging, physical and cognitive changes, ageism and self-stereotypes</td>
<td>CILO₂,₃</td>
<td>- Web-based learning</td>
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<td>Successful and active aging, emotional resilience, healthy lifestyle</td>
<td>CILO₂</td>
<td>- Videos presenting cases</td>
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<td>Family and social relationships in later life, caregiving</td>
<td>CILO₂,₃</td>
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<tr>
<td>Poverty in old age, retirement income protection, retirement, and life-long learning</td>
<td>CILO₄-₅</td>
<td>- Lectures: presentation and discussion of the frameworks, concepts, and practices; synthesis of key references</td>
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<tr>
<td>Health care services for the elderly, long term care services and silver hair market</td>
<td>CILO₄-₅</td>
<td>- Video presenting cases</td>
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<td>- Field visit: nursing homes</td>
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<td>- Web and library search</td>
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4. Assessment

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<tr>
<th>Assessment Tasks</th>
<th>Weighting (%)</th>
<th>CILO</th>
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<tbody>
<tr>
<td>(a) Self-reflection essay on aging stereotypes, their sources, and how they reflect on interaction with older people such as grandparents</td>
<td>25</td>
<td>CILO₃</td>
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<tr>
<td>(b) Self-reflection essay on personal early experiences and how they influence current lifestyle relevant to a successful aging trajectory</td>
<td>25</td>
<td>CILO₂</td>
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| (c) Class discussion and participation: Students are expected to attend the seminars, read relevant readings before s/he attends the seminars and must participate actively in discussions. Students will be evaluated based on:  
  i) degree of preparation: comprehension and analysis of the readings;  
  ii) whether they can offer analysis, synthesis and evaluation of readings;  
  iii) degree of their contribution to the discussion in terms of keeping discussion on track, responding to other students’ points; thinking through of their points; criticize others in a constructive way, and providing counter arguments. | 25            | CILO₁,₄,₅ |
| (d) Write-up in individual essay form: Written presentation of information and arguments in a systematic and coherent manner | 25            | CILO₁,₄,₅ |

5. Required Text(s)

6. Recommended Readings


7. **Related Web Resources**
   - Global Action on Aging
   - General Assembly of the United Nation
   - National Center on Caregiving of Family Caregiver Alliance
     [https://caregiver.org/national-center-caregiving](https://caregiver.org/national-center-caregiving)

8. **Related Journals**
   - Aging & Mental Health
   - Aging and Society
   - Journal of Applied Gerontology
   - Journal of Aging and Social Policy
   - Social Science and Medicine
   - Research on Aging
   - The Journals of Gerontology Series B: Psychological Sciences and Social Sciences
   - The Gerontologist

9. **Others**
   - Nil