

Semester:VII**Course no: 612.3****Gerontology & Ageing****Credit Hours: 3****Total Periods=60****1 Period= 45min**

S.No	Topics	Main Points	References	Periods
1	Introduction; Gerontology	<ul style="list-style-type: none"> • Introduction, Definition, Importance • Theories of Gerontology, Stochastic, Biological Clock theories • Gerontology in Pakistan and globally 	1, 2	6
2	Adulthood & Aging	<ul style="list-style-type: none"> • Biological changes (Physical appearance, sensory development [vision, hearing, pain], respiratory system, sexuality) • Cognitive functions (cognitive mechanics & cognitive pragmatics, sensory motor & speed processing dimensions, memory, wisdom, education, work & health links to cognitive functioning, training cognitive skills) • Personality development (stages/adult development, theories of socio emotional development, Erickson's theory – Integrity versus despair, Peck's reworking activity, disengagement socio emotional selective optimization with compensation theory) • Death, Dying & Grief; Introduction, Definition of death/life, death issues, developmental prospective, attitudes toward death, Kubler-Ross stages of dying, perceived control & denial, coping with the death of someone else, grieving • Personality development: Stages/adult development, Erickson's stages of integrity vs despair 	1, 5	10
3	Ageing; a multi- disciplinary approach	<ul style="list-style-type: none"> • Biology of ageing, physical aspects of ageing, changing body, physical exams 	1, 2	4
4	Developmental aspects & Health Changes	<ul style="list-style-type: none"> • Health disease & nutrition 	1, 2	2
5	Psychology of Ageing	<ul style="list-style-type: none"> • Personality, perception, response/motivation 	1, 2	4

6	Social Psychology of Ageing	<ul style="list-style-type: none"> • Social interaction, body language & communication 	1, 2	4
7	Social Analysis of Ageing	<p>The family, family & friends, interpersonal context, when parenting is over, caring for an ill spouse, widows and widowers</p> <ul style="list-style-type: none"> • Styles and life styles: gender, work • Retirement, adjustment to retirement, retirement options • Work & leisure <p>Rural & urban, problems and issues faced by rural and urban elderly population</p>	1, 2	8
8	Introduction; Gerontology	<ul style="list-style-type: none"> • Understanding and dealing with the problems, issues and problem generational inequality, living arrangements • Health care, health issues and care options 	1, 2	6
9	Adulthood & Aging	<ul style="list-style-type: none"> • Nursing and old homes, health issues and care options in old homes. 	1, 2	4

BOOKS RECOMMENDED

1. Santrock, W. John. (1983) Life Span Development. New York; McGraw Hill Education
2. Dunn, Wendy L.; Craig, Grace J. (2009) Understanding Human Development. Pearson Education/Prentice Hall