

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
NONCREDIT COURSE

(Use this form only for Noncredit courses)

COURSE NUMBER AND TITLE: CNED 155 CREATIVE RETIREMENT

MINIMUM NUMBER OF SEMESTER HOURS: 16

SCOPE OF COURSE:

A multi-dimensional course designed to enhance the well-being of the older adult through the exploration and appreciation of diverse cultures and peoples. A variety of media may be incorporated throughout the course. Employing the art, music, literature, language, travel videotapes and/or the cuisine of the chosen subject will give the student a unique opportunity to experience and appreciate different countries and ethnic cultures. Each module may differ in its focus and the medium of presentation. The course may be modified for residents of skilled and day care facilities as appropriate.

SPECIFIC COURSE OBJECTIVES:

Students will:

1. Participate in selection of subject matter.
2. Discover and express differences and similarities between self and the peoples being studied.
3. Give insight into similarities of his/her country of origin vis-à-vis the culture and government of the subject culture/country.
4. Express similarities between his/her life as a United States citizen or resident alien compared with the culture/country being studied.
5. Select and discuss specific items within the culture/country that are particularly appealing to the student.
6. Experience a sense of increased well-being from the group experience.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Exploration of Ancient Civilizations
 - A. Myths & Legends
 - B. Recorded History
 - C. Influence of Past on Present Culture
 1. Religion
 2. Music
 3. Art
 4. Food
 5. Government
 6. Science, Technology, and Innovation
 7. War

- II. Cultures and Countries through History
- III. Twentieth Century World Cultures
- IV. Twenty-First Century World Cultures
- V. Great Composers and Folk Music through Time
- VI. Great Literary Figures and Folk Tales
- VII. Influence of Technology on Nation Building
- VIII. Climate, Location, Trade, and Cuisine
- IX. Timeless Themes of Civilization
- X. Contributions from the Ancient to the Modern World
- XI. Describe Future Civilization

MATERIALS REQUIRED:

CD/cassette player for music. TV, VCR, projector, and screen for viewing. Appropriate utensils for cooking

TEXTS RECOMMENDED OR REQUIRED:

None required. Instructor will provide all periodicals, recordings, films, videos, recipes, reference books, etc. used, except when students present personal items.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply.

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

METHODS OF DETERMINING WHETHER THE STATED OBJECTIVES HAVE BEEN MET BY STUDENTS:

Students will show an interest in the class through participation and investigation of topics. Student will experience an increased sense of well-being while attending the class. In noncredit classes the student is not graded, therefore voluntary continued attendance is a mark of the student's enjoyment of the learning environment. Active seniors may indicate satisfaction with the class by completing a class evaluation of course content and instruction.

CONTACT PERSON: Lee Kerckhove, x2154

SIGNATURES ON FILE