

## Lab Content and Outline: Summer 2010 Senior Health

Week	Activity
1	Intro into aging/Health Activity Questionnaire/History Taking
2	History Taking on an Older Adult / Role Playing
3	More Focused History Taking on an Older Adult / Role Playing
4	Mini Mental Status Examination/Par-Q/Composite Physical Function Scale Geriatric Depression Scale/ Medication history
5	Senior Fitness Test
6	Stretching for Seniors
7	Resistance Exercise for Seniors
8	Fullerton Advanced Balance Scale Testing
9	Balance Rehab
10	Balance Rehab
11	Balance Rehab/Dizziness Rehab
12	Adjusting Older Adults
13	Practical History and Physical Examination