COURSE NO: 52-11-82

NEW: December/2011

TITLE: HEALTH LITERACY/MEMORY ENHANCEMENT 3: CROSS TRAINING

PROGRAM: Older Adults

CREDITS: 0

HOURS: 80

COURSE: 6:6008 Health Literacy

COURSE DESCRIPTION:

This competency-based course uses interactive brain exercise technology that optimizes the brain’s auditory and visual processing functions to improve attention, retention, and overall memory performance. Instruction includes cross-training techniques in approximately 40 one-hour computer-based cognitive fitness training sessions. Learning modules designed to improve how efficiently the brain takes in and reacts to auditory and visual cues track student progress. Instruction focuses on understanding the memory process, reasons for forgetfulness, effect of various factors (e.g. stress, diet, medication) on memory and practical strategies for improving memory performance.

PREREQUISITES:

None

NOTE:

THIS COURSE MUST BE TAUGHT BY A CREDENTIALED DACE TEACHER WHO HAS EARNED LEADER CERTIFICATION IN THIS EVIDENCE BASED PROGRAM.

THIS COURSE MAY NOT BE OFFERED WITHOUT PRIOR APPROVAL OF THE PROGRAM FOR OLDER ADULTS ADVISOR. CALL (213) 241-3167 FOR IMPLEMENTATION GUIDELINES.

After a student has completed this course, he/she may not be allowed to re-enroll in the course.