**HEED 4320 Studies in Healthy Aging**

**Fall 2014**

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**Office Hours:** MF 12-1pm, T Th 9:30-10:30am, W 1-2pm, others by appointment

**Course Number, Section Number, and Course Title:** HEED 4320 (Sec. 001) Studies in Healthy Aging

**Time and Place of Class Meetings** 8-9:20am T & Th, Room 331 Science Hall,

**Description of Course Content:**

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| |  | | --- | | Emphasis on complex issues associated with aging and death. Topics include changes/losses related to specific stages of life; care-giving to the dying; pertinent legal issues; medical gerontology; other salient issues and problems concerning aging and death. This course is especially helpful to those students who plan careers in the medical profession. | |
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**Student Learning Outcomes:**

1. To empower elders and those who are associated (spouse, child, other relatives) to make informed decisions about their health & health care.

2. Focus on ways in which elders can enhance their well-being physically, socially, emotionally, intellectually, occupationally and spiritually.

3. To be more informed about issues related to aging.

**Requirements**:

**Required Textbooks and Other Course Materials:**

*Health in the Later Years (Ferrini & Ferrini) 5th ed*

**Descriptions of major assignments and examinations with due dates:**

**Class Date: Lecture Topic:**

8/21 Introduction, Chapter 1

8/26 Chapter 2-Biologic Aging Theories & Longevity

8/28 Chapter 2-Biologic Aging Theories & Longevity (P)

9/2 Chapter 3-Changes in the Body with Age

9/4 Chapter 3-Changes in the Body with Age (P)

9/9 Chapter 4-The Top 5 Killers

9/11 Chapter 4-The Top 5 Killers (P)

9/16 Chapter 5-Other Chronic Diseases & Conditions

9/18 Chapter 5-Other Chronic Diseases & Conditions (P)

9/23 **Test 1-Chapters 1-5**

9/25 Chapter 6-Acute Illnesses (P)

9/30 Chapter 7- Mental Health & Mental Disorders

10/2 Chapter 7- Mental Health & Mental Disorders (P)

10/7 Chapter 8- Medication Use

10/9 Chapter 8- Medication Use (P)

10/14 Chapter 9- Physical Activity

10/16 Chapter 9- Physical Activity (P)

10/21 Chapter 10-Nutrition

10/23 Chapter 10-Nutrition (P)

10/28 **Test 2-Chapters 6-10**

10/30 Chapter 11-Sexuality (P)

11/4 Chapter 12-Prevention & Health Promotion

11/6 Chapter 12-Prevention & Health Promotion (P)

11/11 Chapter 13-Medical Care

11/13 Chapter 13-Medical Care (P)

11/18 Chapter 14-Long-Term Care

11/20 Chapter 14-Long-Term Care (P)

11/25 Chapter 15-Dying, Death, & Grief

12/2 Chapter 15-Dying, Death, & Grief (P) Review

12/9 **Final -Test 3**(Chapters 11-15) **8am**

"As the instructor for this course, I reserve the right to adjust the schedule in any way that serves the educational needs of the students enrolled in this course". Dr. Beckey Crow

**Course Information:**

**Class Policies:**

* Laptops may be used during class IF used for class note taking. No surfing, Facebook, etc.
* No phones should be out during class time (on your desk, in your lap, hidden behind your books, etc**.). Distracted students=poor grades**
* You may not bring your children to class.
* If you are ill, please stay home and/or make an appointment to the Health Center 272-2771
* **Grading Policy**: 500 points total. 90-100% A, 89-80% B, 79-70% C, 69-60% D, 59 and below F.
* (**3 exams** @ 100 points exam) All exams including the Final (Exam 3) are weighted the same. The final exam is **NOT** comprehensive.
* **Class participation** (100 points). You will be required to have read the chapter and additional emailed material, prior to coming to class. In order to receive your daily participation points, you will need to discuss the course material, add additional material, and ask pertinent questions. Non-participation is the same as not attending. No points earned. There may be classes that are held "online" via a discussion board on Blackboard. You will be notified at least 24 hours in advance so get in the habit of regularly checking your student email for class information.
* **Article review and presentation** (100 points). You will pick a topic that corresponds with a chapter in the book and locate an article that expands on the chapter material. A copy of your article must be turned in on the day of your presentation. A brief 5-10 minute Powerpoint or Prezi presentation on the information in the article will be required. Make sure your article is different than the other students with the same topic. Dress professional for your presentation. You may include short you tube clips, etc., that enhance your topic.

**As part of this assignment, you will need to ask 2 questions of the class to stimulate a class discussion on your article presentation.**

**Expectations for Out-of-Class Study:** Beyond the time required to attend each class meeting, students enrolled in this course should expect to spend at least an additional 9 hours per week of their own time in course-related activities, including reading required materials, completing assignments, preparing for exams, etc.

**Exam Dates**: Be sure you do not make travel arrangements or other appointments on our exam dates.

**Exam information:**

* You will need a SCANTRON Form 882 and a pencil for Part 1 of each exam. You must be prepared and not expect your classmates to have extra SCANTRONS and pencils for you. It is suggested that you always bring an extra SCANTRON.
* If you arrive late to an exam, you do not get extra time to complete you test.
* Your exam score will be determined from your SCANTRON. So whatever you turn in, will be your score. If you write/ mark on your exam, those answers will not be considered in your grade. If you mark your answers on the test first, then copy to the SCANTRON, allow enough time to do so. You will not be given additional time to mark on your SCANTRON once the exam is over.
* Exams are 1 hour and 10 minutes long, with the exception of the final which is 2 hours long.
* Please make sure your SCANTRON is not torn or crumbled. The SCANTRON must be in good order so that it can be read by the scoring machine. If the test has to be manually graded, there will be a 5 point deduction off of your score.
* Any materials on the desk other than the test, your SCANTRON and your one page of study notes, will result in a zero grade for part 1 of the exam. This includes your phone.
* A one-page (8.5 x 11) study guide may be used during Part 1 of the exam. I will have a study guide for each exam. It will be available on Blackboard ([www.elearn.uta.edu](http://www.elearn.uta.edu)), one week prior to the exam through the exam time.
* Part 2 of your exam is short answer. You must turn in Part 1 prior to starting Part 2. You may use your course notes for the short answer portion of the exam. The short answer questions come from presentations, You Tubes, DVD's, etc., that are presented/shown in class.

**Make-up Exam Policy:**

* A valid reason must be presented to makeup a missed test. “I did not get time to study”, is not a valid excuse.
* Documentation will be needed to support an absence during a regularly scheduled exam time. The documentation will need to detail the illness that kept you from coming to the exam and/or description of the unforeseen circumstances that occurred that required you to be absent.

**Syllabus and Grades**: Your course syllabus and all course grades are posted on Blackboard (www.elearn.uta.edu).

**Attendance Policy:**

* Class attendance is important. It is the student's responsibility to keep up with the class lecture material. Please remember that I cannot reteach the class you missed.
* I will take attendance in class. (See participation section under "Grading Policy")

**Drop Policy:** Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance**. Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. Contact the Financial Aid Office for more information.

**Americans with Disabilities Act:** The University of Texas at Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including the *Americans with Disabilities Act (ADA)*. All instructors at UT Arlington are required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities, University Hall 102. Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at [www.uta.edu/disability](http://www.uta.edu/disability) or by calling the Office for Students with Disabilities at (817) 272-3364.

**Title IX:** The University of Texas at Arlington is committed to upholding U.S. Federal Law “Title IX” such that no member of the UT Arlington community shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity. For more information, visit [www.uta.edu/titleIX](http://www.uta.edu/titleIX).

**Academic Integrity:** Students enrolled all UT Arlington courses are expected to adhere to the UT Arlington Honor Code:

*I pledge, on my honor, to uphold UT Arlington’s tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.*

*I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.*

UT Arlington faculty members may employ the Honor Code as they see fit in their courses, including (but not limited to) having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted. Per UT System *Regents’ Rule* 50101, §2.2, suspected violations of university’s standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student’s suspension or expulsion from the University.

**Electronic Communication:** UT Arlington has adopted MavMail as its official means to communicate with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. All students are assigned a MavMail account and are responsible for checking the inbox regularly. There is no additional charge to students for using this account, which remains active even after graduation. Information about activating and using MavMail is available at <http://www.uta.edu/oit/cs/email/mavmail.php>.

**Student Feedback Survey:** At the end of each term, students enrolled in classes categorized as “lecture,” “seminar,” or “laboratory” shall be directed to complete an online Student Feedback Survey (SFS). Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student’s feedback enters the SFS database anonymously and is aggregated with that of other students enrolled in the course. UT Arlington’s effort to solicit, gather, tabulate, and publish student feedback is required by state law; students are strongly urged to participate. For more information, visit <http://www.uta.edu/sfs>.

**Final Review Week:** A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week *unless specified in the class syllabus*. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. During this week, classes are held as scheduled. In addition, instructors are not required to limit content to topics that have been previously covered; they may introduce new concepts as appropriate.

**Emergency Exit Procedures:**

Should we experience an emergency event that requires us to vacate the building, students should exit the room and move toward the nearest exit, which is located [insert a description of the nearest exit/emergency exit]. When exiting the building during an emergency, one should never take an elevator but should use the stairwells. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist individuals with disabilities.

**Student Support Services**:UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals, students may visit the reception desk at University College (Ransom Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to [resources@uta.edu](mailto:resources@uta.edu), or view the information at [www.uta.edu/resources](http://www.uta.edu/resources).

**Emergency Phone Numbers:** In case of an on-campus emergency, call the UT Arlington Police Department at **817-272-3003** (non-campus phone), **2-3003** (campus phone). You may also dial 911.