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### HHP 430.01: Health Aspects of Aging

Ann K. Williams

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**HHP/HS/SW 430:  
Health Aspects of Aging  
SPRING 2007**

Ann K. Williams, PhD

<http://courseware.umt.edu>

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College of Health Professions and Biomedical Sciences

School of Physical Therapy

School of Continuing Education

The University of Montana

Missoula, MT 59812

## Course Syllabus

- I. Course Title: HS 495 Special Topics: Health Aspects of Aging  
Spring 2007
- II. Instructor: Ann K. Williams, PhD  
Website: <http://courseware.umt.edu>  
Email: [mthlc@3rivers.net](mailto:mthlc@3rivers.net)  
Phone: 406-682-4109  
Address: School of Physical Therapy and Rehabilitative Sciences  
College of Health Professions and Biomedical Sciences  
The University of Montana  
Missoula, MT 59812
- III. Course Description: This course will present an overview of the health aspects of aging in the United States. Topics will include biological theories of aging, normal physiological changes associated with aging systems, common pathological problems associated with aging, cultural and ethnic differences in the health of elders, health promotion and healthy aging, and the health care continuum of care for older persons.
- IV. Objectives: By the end of the course the student will be able to:
  1. Describe the common theories of biologic aging
  2. Identify aging changes of the cardiovascular, pulmonary, integumentary, musculoskeletal, neurosensory, urogenital systems, mental health and the potential effect of these changes on function.
  3. Identify common pathological conditions of the systems listed in (2) above and possible functional effects.
  4. Describe issues associated with medication use and the elderly.
  5. Describe health promotion activities for older persons including activity, nutrition, environmental adaptations, and primary, secondary, and tertiary prevention.
  6. Describe ethnic and cultural influences on health aspects of aging.
  7. Describe the health care continuum for elders in the United States.
  8. Indicate possible applications of the content of the course to personal or work settings.
- V. Teaching Strategies: This course will require:
  1. Purchase and reading of required text.
  2. Accessing and utilizing various websites.
  3. Participation in the Discussion Board at least every week.
  4. Completion of Discussion Board assignments including responses to discussion questions and others responses.
  5. Completion of online course examinations (all exams will be open book).
  6. For graduate credit: Completion of course paper. Graduate students must complete a paper of a topic related to health aspects of aging. The topic is of the

student's choosing but must be approved by the instructor. The paper must include a reference list and include no more than 10 pages of text. Format must be APA. Papers submitted with more than 5 grammatical or spelling errors are not acceptable and will be returned for revision when 6 errors are detected.

VI. Required Readings:

Required text: Ferrini, A.F., Ferrini, R.L. Health in the Later Years, 3<sup>rd</sup> Edition. McGraw Hill, 2000.

Readings from various websites

- VII. Grading:       93-100% - A  
                          90-92% - A-  
                          88-89% - B+  
                          82-87% - B  
                          80-81 - B-  
                          78-79% - C+  
                          70-77% - C  
                          60-69% - D  
                          < 60% - F  
                          Pass – greater than 70%

Undergraduate:	Midterm Exam	33%
	Final Exam	33%
	Assignments	34%
Graduate:	Midterm Exam	30%
	Final Exam	30%
	Assignments	20%
	Paper	20%

## Course Schedule and Readings

Assignment	Topic	Readings
1 – Jan 22-26	Course Introduction Getting Acquainted	Text: Intro and Chap 1 See posted assignment
2 – Jan 29-Feb 2	Biological Theories of Aging	Text: Chap 2
3 – Feb 5-9	Cardiovascular Systems	Text: pp 45-48, 55-58, 238-252
4 – Feb 12-16	Pulmonary/Integumentary	Text: pp58-60, 254-257, 48- 52, 281-283, 291-295, 301- 303 See posted assignment
5 – Feb 19-23	Musculoskeletal/Endocrine	Text: pp 53-55, 267-273, 77- 79, 312-320, 273-275
6 – Feb 26-Mar 2	Neuro Sensory	Text: pp 66-77, 259-261
7 – Mar 5-9	Digestive/Urogenital	Text: pp 60-64,261-267,275- 281, 295-301
8 – Mar 12-23	Midterm Exam	
9 – Mar 26-30	Spring Break	
10 – Apr 2-6	Mental Health/Sexuality	Text: Chap 7, 6 See posted assignment
11 – Apr 9-13	Meds	Text: Chap 10
12 – Apr 16-20	Health Promotion/Prevention	Text: Chap 11, 4 See posted assignment
13 – Apr 23-27	Nutrition Continuum of Care	Text: Chap 5 Paper due for grad students
14 – Apr 30-May 4	Continuum of Care Ethnic and Cultural Issues	Text: Chap 12, 13, 14 See Posted Assignment
15 – May 7-11	Final Exam	