HHP 430.01: Health Aspects of Aging

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HHP/HS/SW 430:
Health Aspects of Aging
SPRING 2007
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Phone: 406-682-4109
College of Health Professions and Biomedical Sciences
School of Physical Therapy
School of Continuing Education
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Missoula, MT  59812
I. Course Title: HS 495 Special Topics: Health Aspects of Aging  
   Spring 2007

II. Instructor: Ann K. Williams, PhD  
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   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:
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%
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<th>Assignment</th>
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<td>1 – Jan 22-26</td>
<td>Course Introduction</td>
<td>Text: Intro and Chap 1</td>
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<td>Getting Acquainted</td>
<td>See posted assignment</td>
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<td>2 – Jan 29-Feb 2</td>
<td>Biological Theories of Aging</td>
<td>Text: Chap 2</td>
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<td>3 – Feb 5-9</td>
<td>Cardiovascular Systems</td>
<td>Text: pp 45-48, 55-58, 238-252</td>
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<td>6 – Feb 26-Mar 2</td>
<td>Neuro Sensory</td>
<td>Text: pp 66-77, 259-261</td>
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<td>7 – Mar 5-9</td>
<td>Digestive/Urogenital</td>
<td>Text: pp 60-64,261-267,275-281, 295-301</td>
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<td>Spring Break</td>
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<td>10 – Apr 2-6</td>
<td>Mental Health/Sexuality</td>
<td>Text: Chap 7, 6</td>
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<td>Health Promotion/Prevention</td>
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<td>Nutrition</td>
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<td>Continuum of Care</td>
<td>Paper due for grad students</td>
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<td>14 – Apr 30-May 4</td>
<td>Continuum of Care</td>
<td>Text: Chap 12, 13, 14</td>
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<td>Ethnic and Cultural Issues</td>
<td>See Posted Assignment</td>
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<td>15 – May 7-11</td>
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