

William Paterson University
College of Science and Health
DEPARTMENT OF PUBLIC HEALTH
COURSE SYLLABUS
Winter 2013 - 2014

1. PBHL 2700 – 80 CONCEPTS & ISSUES OF AGING: 3 credits

Description: An introduction and overview of aging as an interdisciplinary and developmental process, in the context of growing older in contemporary American society. Students examine the psychological, biological and cultural aspects of aging. Topics include normal biological aging, adjustment to aging, retirement, family care giving, housing and residential needs, sexuality, widowhood, finances, and social policies related to an aging population.

2. Course Prerequisite: Public Health elective

3. Winter 2014

4. Professor: Dr. Charlene Gungil
Office Hours: on line. E-mail: gungilc@wpunj.edu

5. Text: Hillier & Barrow, AGING, THE INDIVIDUAL AND SOCIETY, 9th ed. Thomson Wadsworth

6. Course Objectives/ Student Learning Outcomes:

Upon completion of this course, the student will be able to

1. Describe aging as a developmental process
2. Identify common myths, misconceptions and stereotypes about aging, mid-life and older adults.
3. Identify biological changes of aging and their implications for daily life.
4. Describe normal and abnormal changes associated with aging.
5. Identify social & psychological factors that influence physical & mental health.
6. Identify factors that contribute to wellness in mid and later life.

7. Propose services and programs that contribute to active aging and enhance the quality of life of older people

7. Topical Outline of Course Content:

1. Course overview: Aging: problem or possibility
2. Why study aging?
3. Fears, expectations, myths and stereotypes of aging
4. Active aging.
5. Biological aging: How do our bodies' age?
6. Exercise: Its Impact on the Aging process
7. Alcohol Use and Aging
8. Sexuality, Intimacy and Aging
9. Menopause - Myths and Realities
10. Psychological Well-being & Later Life
11. Self-Esteem and Life Satisfaction
12. Depression
13. Normal Cognitive Changes
14. Alzheimer's Disease and Other Dementias
14. Death and Dying
15. Bereavement
16. Widowhood
17. Family care giving: Satisfaction and Stress
18. Community Programs and Services for Older Adults
19. Grandparents: Changing Roles
20. The Social Context of Aging: Gender, Race/Ethnicity, Culture, Class
21. Living Environments and Aging
22. Retirement
23. Aging and Public Policy: Social Security and Health Care
24. Demographic Trends & Aging

8. Teaching Methods:

This on-line course will use a variety of teaching methods. These will include on line assignments, group discussion, class discussion, and videos that you will be able to access through your computer.

9. Course Expectations:

Reading Assignments: You are responsible for those pages and chapters in the text that correspond to the topics on the syllabus.

Class of:	Topic:	Chapter
Dec 26 & 27	Aging in America / Introduction to Course	1
Dec 28 & 29	Stereotypes / Theories on Aging	2 & 3
Dec 30 & 31	Physical & Mental Health	4 & 5
Jan 2, & 3	Friends Family & Community, Intimacy & Sexuality	6 & 7
Jan 4	Exam 1 (Chapters 1 – 7) (Exam 1 available from midnight Jan 3 – midnight Jan 4)	
Jan 5 & 6	Work & Leisure / Finances & Lifestyle	8 & 9
Jan 7 & 8	Living Environment / The Oldest-Old and Care giving	10 & 11
Jan 9 & 10	Special Problems / Women & Ethnic Groups	12 & 13
Jan 11 & 12	Death and Dying / Politics, Policies and Programs	14 & 15
Jan 13 & 14	Exam 2 (Chapters 8 – 15) (Exam 2 available from midnight January 13 to midnight January 14)	

Class Assignments: Assignments are the core of the class so you will be doing more writing that you might do in a face-to-face class. You will complete graded assignments for each unit of lessons. Instructions and point value for assignments are posted on the Assignments Page. I will be using the online grading system, which means that you will have to be very clear and concise when you write your papers. There are 8 graded assignments, each worth 25 points, in this class.

Timeline for Assignments: All assignments are due by 11: 55PM on the due date stated. No credit will be given for late assignments.

Assignments are due as follows:

- | | | |
|-----------|---------------------------------|----------------------------|
| 1. | Contemporary Movie: | Friday December 28 |
| 2. | Middle-Aged/Aging Well: | Friday December 30 |
| 3. | Intimacy & Sex: | Monday January 2 |
| 4. | Retirement: | Friday January 6 |
| 5. | Housing: | Sunday January 8 |
| 6. | Substance Abuse: | Tuesday January 10 |
| 7. | Culture & Resources: | Thursday January 12 |
| 8. | Facing Death | Friday January 13 |

Submission of Assignments:

REQUIREMENTS FOR THE SUBMISSION OF WRITTEN WORK

Use this as a checklist before submitting any written assignment. Your *assignments must:*

- 1.** Be submitted using the ASSIGNMENTS tab on Blackboard. If you are uncertain about how to submit via Blackboard, please read the simple instructions on the final two pages of this syllabus.
- 2.** Be typed using MICROSOFT WORD and be saved and uploaded as a MICROSOFT WORD document.
 - There is an automatic 20-point grade reduction if this requirement is not met.
- 3.** Be properly named to avoid any confusion. You must save your MS Word document using the following format for the file name:
 - YOURLASTNAME# (i.e. GUNGIL1)
 - Note: the number you select should correspond to the assignment number, so when I submit 1, the file name is GUNGIL1; when I submit Assignment 8, the file name is GUNGIL8.
 - There is an automatic 5-point grade reduction if this requirement is not met.

Be double-spaced with 1-inch margins (“normal” setting in MS Word).

4.

- There is an automatic 5-point grade reduction if this requirement is not met.

Use 12-point font. Acceptable choices include Times New Roman, Ariel, Calibri, or Cambria.

5.

- There is an automatic 5-point grade reduction if this requirement is not met.

Include only your name & the date at the top of the page. Do NOT include a cover page.

6.

- There is an automatic 5-point grade reduction if this requirement is not met.

Include page numbers at the bottom of the page.

7.

- There is an automatic 5-point grade reduction if this requirement is not met.

Be well written – punctuation, spelling, composition, syntax, and grammar will be graded. Up to 25% of the grade for the assignment may be deducted for these errors. Please proofread several times carefully.

8.

Be submitted before the stated time on the due date.

9.

NO LATE ASSIGNMENTS ARE ACCEPTED IN THIS ONLINE COURSE.

10. ABOUT BLACKBOARD

ANNOUNCEMENTS

- From time to time, important course announcements are posted in this section.
- You should check these announcements every day.
- You are responsible for any information, course updates, changes, or updated deadlines posted here.

SYLLABUS

- The course syllabus is posted in this section.
- You are responsible for reading all of the information contained in the course syllabus.

- ☑ The course syllabus also includes a schedule with detailed information about due dates.
- ☑ You are responsible for keeping up with all of these due dates.
- ☑ No late assignments are accepted.

ASSIGNMENTS

- ☑ Detailed descriptions for each assignment are found here.
- ☑ This is also where you will submit your completed assignment.

COURSE MATERIALS

- ☑ Any additional notes and readings that are needed to complete the assignments are posted in this section as .pdf documents.
- ☑ An additional copy of the syllabus is posted here.
- ☑ Any links, podcasts or other resources mentioned in the assignments will be posted here.

11. Attendance:

You must plan to log on daily, which includes participation on the discussion boards. This is an extremely fast-paced environment, so you have to commit to working fast and furious.

12. Exams. There will be two on line exams in this class. They will be multiple choice and true and false format.

13. On campus Orientation. Students should plan to schedule an on-campus orientation with IRT, which is located in the Atrium at a mutually agreed-upon time, **before the class begins**. This is strongly recommended if you have never taken an online class before now. Technical assistance will also be provided there. Note that the IT professionals and student assistants are the ones who will help you with your technical questions. In addition, the university will be closed during the entire course!

14. Discussion.

There is one main format for discussion: a Discussion Board. Your participatory assignments are to be posted on the Discussion Board. A forum will be created for each topic to be discussed. Be sure to post in the correct thread. In addition, you will need to respond to at least two of your classmates' responses for each discussion. Information regarding the threads is in the Course Materials part of the class.

15. Plagiarism.

What is plagiarism? According to the Undergraduate Catalog of William Paterson University, plagiarism is, "the copying from a book, article, notebook, video, or other source material, whether published or unpublished, without proper credit through the use of quotation marks, footnotes, and other customary means of identifying sources, or passing off as one's own the ideas, words, writings, programs, and experiments of another, whether or not such actions are intentional or unintentional."

It further describes that "plagiarism will also include submitting, without the consent of the professor, an assignment already tendered for academic credit in another course." (Undergraduate Catalog, William Paterson University, 2002).

Student plagiarism will result in an F for the assignment, or failing the course.

16. Grades.

Student's grades will be based on the following:

Two exams:	200 points
Assignments:	200 points
Class participation:	100 points
Total points:	500 points

Final grade = # earned point/# of points possible: Ex. 450/500 = A-

* Class participation grade based on the participation on the class discussion boards, the responses that you make to your classmates' post, and your response to the topic broached. There are 20 such opportunities to participate. You can earn up to five points for each topic in which you participate. If you answer the discussion topics with greater thought and discussion, an additional point may be added.

A 94 - 100% B+ 87 - 89 C+ 77 -79 D+ 67- 69 F<60

A- 90 - 93 B 83 - 86 C 73 - 76 D 60 - 66

B- 80 - 82 C- 70 - 72

17. Additional information:

Please note that during this session the customary resources will not be available, as the University will be closed.

COURSE OUTLINE: See Course Material, Assignments, Discussions, Syllabus and Announcements for all instructions pertaining to this course.