

MONTGOMERY COLLEGE
Department of Health Enhancement, Exercise Science and Physical Education
Fall 2018
HLTH 170: Introduction to Aging
CRN 23887
3 credits

Office Room Number: PEC

Office Phone: (240) 567-7590

Office Hours:

Monday:

Tuesday:

Wednesday:

Thursday:

Appointments are strongly suggested

For information about college events, weather related closing and other good stuff please go to: <https://mymc.glb.montgomerycollege.edu/>

I. Instructor Information

Instructor information is available under the “instructor information” tab on the “course content” page.

During the course, all email communication should be sent through Blackboard. The only exception is if you are unable to access the course. Any e-mail sent to the instructor’s outside email address, that does not involve being unable to open the class website, will be deleted.

All emails need to be sent to your instructor – Maureen Edwards (Instructor).

- Please note that you should not expect an immediate response to emails. It may take up to 2 business days for your instructor to respond.

II. General Course Information

HLTH 170 On-line

This course provides an overview of the aging process. Personal and societal myths

about older adults and the process of aging will be confronted via examination of demographic data, sociological trends, anatomical/physiological changes and psychological issues such as memory, cognition and personality. The influence of factors such as race, economics, globalization, living environment, long-term care and health policy as they impact quality of life will also be addressed. Assessment level(s): ENGL 101/ENGL 101A/READ 120. Three hours each week.
3 semester hours. Formerly HE 130.

HLTH 170 fulfills a General Education Program Behavioral and Social Science requirement. It also fulfills the Global and Cultural Perspectives requirement. In addition, this course may be used as a General Education Institutional Requirement (GEIR) or as a General Education Elective (GEEL). Please consult the current catalog for information on the general education program as well as the requirements of your particular course of study. Montgomery College's General Education Program is designed to ensure that students have the skills, knowledge, and attitudes to carry them successfully through their work and personal lives. This course provides multiple opportunities to develop the following competencies: critical analysis and reasoning, written and oral communication, technological competency information literacy and personal, social, and civic responsibility. Your performance in these competencies will be evaluated on your mastery of the area anywhere from Novice to Advanced. This course also fulfills the Global and Cultural Perspectives requirement. For more information, please see www.montgomerycollege.edu/gened

This is an online course and has no in-class meetings. All work is completed through the Blackboard course site.

III. Student Learning Outcomes

The purpose of this course is to generate an understanding of the principles of nutrition and weight management and of their contribution to optimal wellness throughout life for all individuals.

By the end of the semester, you will be able to:

- Discuss the impact and relevance of the psychosocial, economic, and political issues on the health of the aging population.
- Describe current and project future demographic trends with regard to the aging population.
- Define ageism and refute negative stereotypes associated with the aging process.
- Identify and explain both normal and pathological changes associated with biological, psychological and social aging.
- Describe the impact of acute disease, chronic disease and accidents on longevity and quality of life for older adults.

IV. Text and Supplies

- Robnett, R. and Chop, W. (2015). Gerontology for the Health Care Professional. (3rd Edition). Burlington, MA: Jones and Bartlett.
ISBN: 978-1-284-03887-3

The text is required. Frankly, I don't know how one could expect to take an on-line course without the book since this is your primary source of information but just in case, I want to be clear!

- *Montgomery College Academic Regulations and Student Code of Conduct*
http://cms.montgomerycollege.edu/pnp/#Chapter_4

V. Grading

A. Requirements:

In order to be able to continue in the course and have access to all of the modules, students **must successfully complete all five tasks** (in the Orientation Module). It is highly suggested that this is done as soon as the course opens so that you may access Chapters 1-13 before the first due date. Once again, you will not be able to access the course until you complete the orientation. **If you do not complete the orientation module you will be locked out of the course and the remainder of the modules will not be opened up for you. Taking an on-line course is all about following directions and meeting deadlines!**

Once you have successfully completed the five mandatory tasks, I will grant you access to the course modules. I must be review each task for each student so **it may take three business days for you to be granted access to these modules.**

IMPORTANT: Any due dates or work you miss because of a failure to successfully complete the orientation module CANNOT be made up. You must be ready, willing and able to follow the course schedule and keep yourself on task.

B. Course grades:

Orientation Module	10 points
Final Reflection	40 points
Quizzes (12 at 10 points each)	120 points
Discussions* (6 posts at 20 points each))	120 points
Tests (3 at 100 points each)	300 points
Assignments (6 at 35 each)	210 points
Total Points	800 points

*Grades will be returned within 7 business days from the assignment due date

Quizzes

Students are responsible for the reading assignments that are listed for each chapter. There is a quiz for each assigned chapter. There are 12 quizzes throughout the course. The quizzes must be completed by the due date listed for that chapter. It is expected that you have read and studied the chapter prior to taking the quiz. You will not have time to look up the answers to all the questions.

- The quizzes are located in the chapters found on the “Course Content” page.
- You can only open a quiz once.
- Each question is worth 1 point and there are 10 questions per quiz.
- Once you start the quiz you have 10 minutes to finish it.

Note: Please do not use the back arrow at the top left of your screen while taking a test or quiz. It will shut you out of the quiz and you will not be able to get back in and I will not re-open a test or quiz for this reason (neither will IT!).

Assignments

Students will be asked to complete a variety of assignments. These assignments must be submitted by the due date listed for the module. The assignments are found on the “course content” page in the chapters. **Assignment responses should be completed in the “Submissions” box (Text Submission > Write Submission).**

Assignments emailed in or submitted in the comments box will earn a zero grade.

- Points will be given based on the quality of the response, not necessarily the quantity. **Quality includes spelling and grammar. Points will be deducted for spelling and grammatical mistakes.**
- Grading for spelling/grammatical mistakes is progressive, which means that the more mistakes that you make, the more points you lose. If you make 5 or more spelling/grammatical mistakes on an assignment you will receive a 0 for that assignment.
- Assignments should be submitted as questions with the answer below the question. **Answers should be a minimum of 5 sentences and a maximum of 250 words.** Points will be deducted for answers that are too short or too long. Please be sure to correctly number all of your questions and responses.

- Assignments may be opened up more than once. Make sure that you “submit” all assignment work before the due dates. **Assignments that are saved as drafts will not be graded.**
- The assignments are manually graded and your grade will appear once it is graded. You are free to work ahead if you wish but I will grade only the assignment which is due that week.

Note: The assignments are worth a significant number of points. If you spend 10 minutes on your assignment your grade will reflect it. I expect you to read the chapter, synthesize the material in your head and use it to do the assignments. I need to see that your read and understood the material, that is the point of the assignments!

Discussion boards

Discussion board topics will be posted throughout the semester. *Each discussion board will be available for one week only. The discussion board will open after the previous chapter closes and will be available until the chapter's due date at 11:59 pm. For example, Chapter 2 discussion board will become available after the due date for Chapter 1 passes.*

- You are responsible for replying to the question or statement, or other students' responses at least twice. **At least one post must be a response to another student's post.**
- Discussion board posts must be made *at least 24 hours apart*. The contribution should be meaningful and contribute to the ongoing discussion. The responses should not repeat anything that was said in posts by other students, and should not just be an “I agree” or “me too” type of post that has no additional information or thoughts.
- Points will be given based on the quality of the response, not necessarily the quantity (although, your posts should be five sentences or more). **Quality includes spelling and grammar.**
- **Points will be deducted for spelling and grammatical mistakes.** Grading for spelling/grammatical mistakes is progressive, which means that the more mistakes that you make, the more points you lose. If you make 5 or more spelling/grammatical mistakes on a post you will receive a 0 for that post.
- Once a question is removed, you cannot receive credit for it. All discussion board postings must be posted on the discussion board under the appropriate topic. Replies that are e-mailed to me will not receive any credit.
- You are expected to read all posts that go up before yours. Do not simply read the initial post and respond to that. Your post should differ from other people's posts and not simply repeat the information/opinion that has been posted by another student. If someone else has already stated your opinion, then you need to figure out something else to say, or state your opinion using different reasons to support it. If you simply repeat what others students have said you will lose points.
- You may post as often as you like per board, but only your first two posts per discussion board will be graded. The first two posts can earn a maximum of 10 points each, for a maximum of 20 points per discussion board. Remember, the discussion boards take the place of a classroom discussion. This is how I get

to know you and how we all get to know each other. I consider discussion boards to be really important which is why these are the only assignments that will not be made available ahead of time. Discussions will take place in “real time”, in other words, during the week that we are covering that chapter. If you read ahead, please go back, look at the chapter and refresh your memory since your posts should reflect what you have learned.

C. Standards

90%-100% of total points	A
80%-89% of total points	B
70%-79% of total points	C
60-69% of total points	D
59% of total points and below	F

D. Make-up Policy:

There should be no reason for you to miss any assignments/quizzes. If an emergency happens, you have 24 hours from the time the assignment/quiz was due to get in contact with me. You must have written documentation for your emergency. No extensions will be given without the proper documentation. An emergency does not include you got stuck at work, or your computer crashed the night the assignment was due. Let me be blunt about this one, if you wait to submit a quiz, assignment or discussion board until the last minute you run the risk that something may be going on with blackboard and you might get locked out. I have no patience for someone who tries to argue that “it was 11:59 and blackboard would not let me submit!”

E. Late Policy

NO assignments will be accepted late without proper documentation. Due dates are not negotiable.

F. Audit Policy:

If you are auditing the class, you must complete all work.

VI. College Policies and Procedures

A. Attendance Policy

You are expected to log in to the class at least three times per week. You are expected to check your email regularly. Failure to log in on a weekly basis may result in a student being dropped from the course for excessive absences as outlined in the Montgomery College Student Code of Conduct. It is ultimately

your responsibility to withdraw from the course by the appropriate withdraw date (see the MC Academic Calendar) if you are no longer interested in participating in the course. The link for the academic calendar is:

<http://cms.montgomerycollege.edu/edu/department2.aspx?id=16456>

For drop dates and other important information please go to:

<http://cms.montgomerycollege.edu/EDU/Department2.aspx?id=15548>

B. Important Student Information Link

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site (see link below) to assist you in having a successful experience both inside and outside of the classroom. It is important that you read and understand this information. The link below provides information and other resources to areas that pertain to the following: student behavior (student code of conduct), student e-mail, the tobacco free policy, withdraw and refund dates, disability support services, veteran services, how to access information on delayed openings and closings, how to register for the Montgomery College alert System, and finally, how closings and delays can impact your classes. If you have any questions please bring them to your professor. As rules and regulations change they will be updated and you will be able to access them through the link. If any student would like a written copy of these policies and procedures, the professor would be happy to provide them. By registering for this class and staying in this class, you are indicating that you acknowledge and accept these policies. <http://cms.montgomerycollege.edu/mcsyllabus/>

Academic calendar

When is Spring break? When are midterm exams? When does the Spring semester begin?

ADA Information and Compliance

Alert Montgomery System

Sign up for Alert Montgomery the official emergency communications service for Montgomery County, MD. During a major crisis, emergency or severe weather event, Montgomery County officials can send event updates, warnings and instructions directly to you on any of your devices.

Code of Conduct

If you have questions regarding behavioral expectations.

Combat to College

If you are a military service member, veteran or dependent transitioning into college.

Counseling & Advising

Academic advising and short term counseling.

Disability Support Services

If you are requesting a reasonable accommodation related to a disability please contact DSS. If you require double time on tests or quizzes please forward your accommodations letter as soon as possible. It is a time consuming process to go into a course and enable double time for every quiz and test. I need sufficient time to do this. If you send me your letter the day a quiz or test is due, I may not have the opportunity to get this done before the work is due. **Please allow at least 48 hours for me to provide your accommodations.** Also, it is not retroactive meaning I can't go back and give you double time on something that has already been submitted. That is not reasonable and you might be surprised at how many people ask!

Forms

Graduation, involuntary withdraw, change of major, appeals.

Learning Centers and Academic Support Centers

If you are a student who would benefit from tutoring and/or support in reading, writing languages, mathematics, Science, and Technology.

Safety, Security, & Emergency Operations Plan

Contacts for security offices, Emergency guidelines & procedures, evacuations, Montgomery College Alert, Emergency Guidelines for Individuals with Disabilities.

Sexual Harassment or Discrimination

C. Academic Honesty

Academic dishonesty can result in an "F" on the assignment or quiz, or "F" in the course. Cheating, plagiarizing or otherwise not following the Student Code of Conduct can result in severe sanctions for the student. Sanctions for non-academic misconduct and more serious academic dishonesty can include probation, suspension, or dismissal. Student disciplinary records are maintained in the Office of the Dean of Student Development and are kept for five years. They will be disclosed only in accordance with applicable federal and state law.

D. Communication

Student e-mail (via Blackboard) is the official means of communication for online courses. If you are unable to access your Blackboard course site, you should email your professor via your student e-mail (montgomerycollege.edu)

account.

IMPORTANT: E-mails do not express tone of voice or body language so strive to use careful wording to convey your desired message. Please take an extra minute when sending an e-mail to think about what you want to say, spell-check your e-mail, and use appropriate, courteous, and professional language. Your professor will strive to do the same in all communications.

E-mails will be answered within 24 - 48 hours during **week days**. If an e-mail is sent during a weekend or holiday, please expect a reply the following working day.

VIII. Technology

A. Blackboard – Technology:

It is the student's responsibility to be familiar with how to use Blackboard. If you are unfamiliar with the technology, you should visit the following web addresses to determine if online courses are appropriate for you and to prepare for this course. <http://cms.montgomerycollege.edu/EDU/Department2.aspx?id=9294>

B. Blackboard – Technical Issues

If during the course you experience a technological problem with Blackboard, you need to follow the procedures below. Following these correct procedures **may** allow you to re- submit an assignment or be granted an extension to a course deadline (if necessary) depending on the circumstances and approval from your professor.

1. Call the Blackboard **Help Desk at 240-567-7222** to report your problem.
2. Write down the work order number received from the Blackboard Help Desk.
3. Send an email to your professor identifying: the date and time of the phone call, the work order number, the nature of the problem, the steps to resolution suggested by Blackboard and the outcome of the phone call. This email must be sent **within 1 hour** of contacting the Blackboard Help Desk.

****If in doubt, contact the Blackboard Help Desk if you are experiencing a problem. Students who do not follow the instructions above will not be able to resubmit work due to technical errors.

Course Schedule

Date	Readings / Topics	Assignments & Deadlines
		<p>Complete orientation module. Please note, the course chapters will not be opened for you until you successfully complete the orientation. Please allow 2-3 days for me to process and open the course once you have completed orientation.</p> <p>Due before midnight</p>
	Chapter 1: Demographic Trends	<p>Activity: Interview a “Baby Boomer”</p> <p>Please refer to list of interview questions in resources for this module.</p> <p>Due: before midnight</p>
	Chapter 2: Social Gerontology	<p>Discussion: Media and Aging</p> <p>If you were not from the US (or if you are not from the US!) what conclusions would you draw about our attitudes towards older adults by looking at our media (TV, movies, magazines, greeting cards etc.)?</p> <p>Due before midnight</p>
	Chapter 3: Physiology and Pathology of Aging	<p>Discussion: The Aging Process</p> <p>Why is it important to view aging as a process rather than a disease?</p> <p>Due before midnight</p>

	Chapter 5: Functional Performance	<p>Discussion: Functional Performance and Age</p> <p>Keeping as your frame of reference the changes in functional performance discussed in the chapter, how do you think the typical day of a 30 year old differs from that of a 70 year old?</p> <p>Test 1: Chapters 1, 2, 3, 5</p> <p>Both must be completed before midnight</p>
	Chapter 4: Cognition, Memory, Intelligence and Learning	<p>Activity: Memory and Aging</p> <p>Go to the following website: http://www.memoro.org/us-en/?gclid=COSl-7r4jssCFdJbhgod-WcEwg</p> <p>Review at least one story from each decade starting with 1910. What common characteristics do you observe in those who have contributed to this project? How useful is a tool like “Memoro” in helping to preserve an older adult’s memories?</p> <p>Due: before midnight Because this is spring break you may want to get this done ahead of time and relax!</p>
	Chapter 6: Pharmacology	<p>Discussion: Taking Medical Advice</p> <p>Why do you think “collaborative care” increases adherence?</p> <p>Due before midnight</p>

	Chapter 7 Nutrition	<p>Activity: Eating Awareness:</p> <p>Go to the following website: https://www.supertracker.usda.gov/default.aspx</p> <p>and keep track of what you eat for one week. What issues/concerns have you identified? Look at fat, salt, sugar, calories etc. What changes should you make now to help ensure a healthy older age?</p> <p>Due before midnight</p>
	Chapter 9: Sexuality	<p>Discussion: Sex and Aging</p> <p>Why do you think people are uncomfortable discussing sexuality and older adults?</p> <p>Test 2: Chapters 4, 6, 7, 9</p> <p>Both must be completed before midnight</p>
	Chapter 10: Living Options	<p>Activity: Designing Your Space</p> <p>Keeping in mind the 7 principles of universal design and your own personal preferences design a living space for yourself where you can “age in place”. Where would it be? What would it look like? How would you help to ensure that you meet all your future needs across the dimensions of wellness?</p> <p>Due: before midnight</p>

	Chapter 11: Policy and Ethics	<p>Activity: How long will you live?</p> <p>Go to the following website and complete the lifespan calculator. www.media.nmf.com/network/lifespan/#13</p> <p>How long are you expected to live? Now, go back and make some adjustments, for example if you stop smoking how long will you live? In what areas do you need to make changes? How will these changes impact the quality not just the quantity of your life?</p> <p>Due: before midnight</p>
	Chapter 12: Health Literacy and Communication	<p>Activity: Health Literacy</p> <p>A recurrent theme in this chapter is health literacy. Following the guidelines given in the chapter for "plain language" translate the information given on the NIA website into a 1 page user friendly Alzheimer's disease guide.</p> <p>https://www.nia.nih.gov/alzheimers/topics/alzheimers-basics</p> <p>Due: before midnight</p>
	Chapter 13: Future Concerns	<p>Discussion: Final Question</p> <p>Why can it be said that everything you do today impacts your tomorrows? Explain and be specific.</p> <p>Signature Assignment: Your Future Self</p>

This assignment allows you to pull together everything you have learned in the course. It is worth 40 points so please take your time and think about it.

Test 3: Chapters 10, 11, 12, 13
All three of these assignments
are due before midnight