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PUBH 4231- Health Aspects of Aging

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Georgia Southern University
Jiann-Ping Hsu College of Public Health

PUBH 4231- Health Aspects of Aging
Fall 2019

<u>Instructor:</u>	Jamie Cromley, MPH
<u>Office:</u>	Hendricks Hall, Room 2002
<u>Phone:</u>	(912) 478-2291
<u>E-Mail Address:</u>	jcromley@georgiasouthern.edu
<u>Office Hours:</u>	Tuesdays 10:15am-12:15pm and 2:00pm-3:00pm Thursdays 10:15am-12:15pm
<u>Class Meets:</u>	Online

Course Catalog available at: http://em.georgiasouthern.edu/registrar/resources/catalogs/ under Jiann-Ping Hsu College of Public Health Programs

Prerequisites: HLTH 1520-Healthful living, sophomore status and above

FOLIO Access: <https://my.georgiasouthern.edu/portal/portal.php>

Catalog Description

This course is intended to familiarize students with promotion of health in an aging population, the notion that aging is a natural part of the lifecycle, community, state and federal health programs and services for the aged. Students will become acquainted with the process of and problems associated with aging in order to effectively manage this important public health issue. Specific health concerns of the elderly including the increase in life expectancy, current life extending research and technology and successful aging will also be examined. Knowledge and understanding of biological, psychological, and sociological aspects of aging as related to health and wellness will be discussed

Required Textbook:

Health In the Later Years by Rebecca and Armeda Ferrini (2013), 5th edition. ISBN: 978-0-07-802849-6

Folio readings: Additional readings will be posted under each learning module

Performance Outcomes:

At the end of this class, the student will:

- Describe the impact of healthful aging on the individual, family, and society.
- Identify health implications of living longer, as well as the physiological and psychological aspects of aging and health promotion issues.
- Articulate attitudes toward the elderly of discrimination, sexuality, and institutionalization.
- Examine inherent medical and social problems encountered by the aged, including the dynamics of poverty and elder abuse.
- Describe retirement trends and its implications for the health of older person.
- Discuss the effects of increased longevity on healthy aging, as well as the effects of death and terminal illness on the family.
- Compare and contrast living arrangements in later life, including those for the healthy, frail, and mentally ill.
- Describe trends in primary, secondary, and tertiary elder health care, including managed care and Medicare.

Class Organization

There are six modules to complete during the course. Even though this is an online course, it is not a work at your own pace course. Each module will have a start date and an end date. It is important that you review the course schedule and deadlines regularly to complete the course. Each module has a task list for you to complete. Assignment requirements will vary from module to module. Please review the task list for EACH module to make sure you have completed the necessary coursework to proceed to the next module.

Module #	Module Name	Start Date	End Date	Points
1	State of Aging in the United States	Monday, 8/19/19	Friday, 9/6/19	50
2	What is Healthy Aging?	Monday, 9/9/19	Friday, 9/27/19	50
3	Other Health Concerns	Monday, 9/30/19	Friday, 10/11/19	50
4	Health Promotion and Prevention in Older Adults	Monday 10/14/19	Friday, 10/25/19	50
5	End of Life Care and Decisions	Monday 10/28/19	Friday, 11/15/19	50
6	Public Health in an Aging Society	Monday, 11/18/19	Friday, 12/6/19	50

Tentative Course Schedule

Abbreviations key: *Health in the Later Years* textbook- **HLY**; **Folio Readings**– ***Please read all additional articles and links posted on Folio.**

Week/Date	Topic	Reading Assignment	Important Dates and Reminders
Week 1 819-8/23 Module 1	<i>Begin Module 1: State of Aging in the United States</i> 1.1 Our Nation's Older Adults: The Facts	HLY: Intro & Chapter 1 Folio Readings	Introduction Discussion Post due 8/21 by 10pm (Attendance Verification)

Week 2 8/26-8/30 Module 1	<i>Continue Module 1: State of Aging in the United States</i> 1.2 Biological Aging Theories and Longevity	HLY- Chapter 2 Folio Readings	
Week 3 9/2-9/6 Module 1	1.2 Biological Aging Theories and Longevity cont. <i>End Module 1: State of Aging in the United States</i>	HLY- Chapter 2 Folio Readings	Module 1 Due 9/6 by 10pm
Week 4 9/9-9/13 Module 2	<i>Begin Module 2: What is Healthy Aging?</i> 2.1 Age Associated Changes	HLY- Chapter 3 Folio Readings	
Week 5 9/16-9/20 Module 2	<i>Continue Module 2: What is Healthy Aging?</i> 2.2 Chronic Diseases	HLY- Chapter 4 & 5 Folio Readings	
Week 6 9/23-9/27 Module 2	2.3 Acute Illnesses and Accidents <i>End Module 2: What is Healthy Aging?</i>	HLY-Chapter 6 Folio Readings	Module 2 Due 9/27 by 10pm
Week 7 9/30-10/4 Module 3	<i>Begin Module 3: Other Health Concerns</i> 3.1 Mental Health 3.2 Medication Use	HLY- Chapter 7 & 8 Folio Readings	
Week 8 10/7-10/11 Module 3	3.3 Sexuality 3.4 Beauty and Aging <i>End Module 3: Other Health Concerns</i>	HLY: Chapter 11 Folio Readings	Module 3 Due 10/11 by 10pm
Week 9 10/14-10/18 Module 4	<i>Begin Module 4: Health Promotion and Prevention in Older Adults</i> 4.1 Physical Activity and Nutrition	HLY- Chapter 9 & 10 Folio Readings	
Week 10			

10/21-10/25 Module 4	4.2 Prevention and Health Education <i>End Module 4: Health Promotion and Prevention in Older Adults</i>	HLY- Chapter 12 Folio Readings	Module 4 Due 10/25 by 10pm
Week 11 10/28-11/1 Module 5	<i>Begin Module 5: End of Life Care and Decisions</i> 5.1 Elder Abuse	Folio Readings	
Week 12 11/4-11/8 Module 5	5.2 Long Term Care and Caregiving 5.3 Hospice	HLY: Chapter 14 Folio Readings	
Week 13 11/11-11/15 Module 5	5.4 Dying, Death and Grief <i>End Module 5: End of Life Care and Decisions</i>	HLY: Chapter 15 Folio Readings	Module 5 Due 11/15 by 10pm
Week 14 11/18-11/22 Module 6	<i>Begin Module 6: Public Health in an Aging Society</i> 6.1 Social Policies, Programs and Services for Older Adults	HLY: Chapter 13 Folio Readings	
11/25-11/29	Thanksgiving Holidays		
Week 15 12/2-12/6 Module 6	6.2 Emerging Issues in Public Health <i>End Module 6: Public Health in an Aging Society</i>	Folio Readings	Aging Interview Due 12/2 by 10pm Extra Credit- The Intern Due 12/6 by 10 pm Module 6 Due 12/6 by 10pm
	Final Exams		Final Exam Due 12/11 by 10pm

Student Performance Evaluation:

1. **Module Grades (300 points):** This course consists of 6 online learning modules. Module grades are composed of online assessments and activities. Activities may be Dropbox assignments or discussion posts. Please refer to Module Introduction for each of the six modules to view the grading breakdown for each Module. Each Module is worth 50 points.

2. **Aging Interview (40 points):** Guidelines for the Interview with an older adult available on Folio. Print a copy for your reference. Although AARP begins sending information on membership at age 50, your interview guidelines specify that your older adult be **62 or older**.
3. **Exams:** Online assessments may consist of any or all of the following: multiple choice, true-false, matching items, and short answer and/or essay questions covering course material covered in the corresponding module.
 - a. **Midterm Exam (30 points)**
 - b. **Final Exam (30 points)**

Course Evaluation:

Module 1	50 points
Module 2	50 points
Module 3	50 points
Module 4	50 points
Module 5	50 points
Module 6	50 points
Aging Interview	40 points
Midterm Exam	30 points
Final Exam	30 points

Total points possible 400 pts.

Course Grading Scale

Point Scale*	Percent	Grade
360-400	90 – 100%	A
320-359	80 – 89%	B
280-319	70 – 79%	C
240-279	60 – 69%	D
≤ 240	0 – 59%	F

Student Expectations and Course Policies:

1. For every one-credit hour, you should expect to work roughly two hours outside the classroom each week. For example, for a three credit hour course, during a regular fifteen week semester, you should expect approximately ninety hours of work outside of class. You are responsible for all course content and communication (grade feedback, news announcements, and emails) for the course. Please check Folio and your Georgia Southern email address regularly.
2. Students are expected to keep up with the class, to read the required material, and to submit assignments and activities by due dates and times. All assignments will be submitted through Folio (a day and time will be posted).
3. Students are expected to independently complete all activities, exercises, assignments, and assessments including exams.

4. Students are expected to produce quality work. Typos and grammar errors should be kept to a minimum. The format and readability of submissions will be taken into consideration when assigning a grade.
5. Remember to check when assignments are due. It is recommended that you stay ahead of schedule on the assignments, so if an emergency happens, your assignment will be completed and ready to submit within the designated time frame. It is your responsibility to keep track of the due dates for each assignment. You are responsible for downloading notes BEFORE you come into class. Please regularly check Folio for any messages that I might have for you. Late assignments will not be accepted.
6. There will be no make-up exams given. Exams are the property of the professor, any exams removed from the classroom by students will result in the score of a "0" for that exam, and an "F" for the entire course. You must notify the professor IN ADVANCE if you have a university excused absence or a make-up test will not be offered.

No make-up tests are given except for **an university excused absence with full documentation**. If you miss a test, you have one week to make the exam up. If it is not made up **within one week**, you will receive 0 points for the exam. **You have 24 hours** after a test is taken by the class to contact me via email to schedule your make-up exam.

7. The final exam is mandatory and will be given during finals week. Early final exams will not be given. If this scheduled time is a problem, please consider dropping this course.
8. The first week of classes (by Wednesday at 10:00pm) all students must complete an introduction of themselves to be counted as University attendance verification. Failure to complete the instruction post the first week of class will result in the student being automatically dropped.
9. Last day to withdraw from class without academic penalty is **October 14th, 2019**. Students who stop attending class without officially withdrawing from the class will receive a final grade of "F".
10. When you need to contact me, please do so through the **jcromley@georgiasouthern.edu** email account for I check this one more frequently than the Folio mail messages. I will do my best to respond within 48 hours (with the exception of weekends and holidays).
11. Please do not email the last week of classes asking to round up your grade. You have the entire semester to earn your grade and extra credit opportunities will not be given the last week of class or finals week.
12. Please consult the STUDENT CONDUCT CODE 2019-2020 for course policy concerning issues related to academic dishonesty. Anyone caught violating any of these regulations will immediately be reported to GSU's Judicial Board, and assigned an "F" for the course.

My Commitment to You:

As a student in my class, you are important to me. I am committed to your continued learning and college experience. You are never an interruption of my work. You are the purpose of it. Students are the most important people at Georgia Southern University. I am honored that you entrust your education to me. I encourage all of you to stop by during my office hours or make an appointment to discuss your progress, review your exams or assignments or discuss your career choices. Furthermore, I believe that the collegiate learning experience must involve collaboration. Students and the professor have reciprocal obligations to each other that must be fulfilled, if the learning process is to be mutually beneficial and successful. Please feel free to visit my office, call, or e-mail me at any time.

Open Door/ Closed Door Office Policy: Most of the time, when I am in my office, my door is open. Please feel free to come in and visit any time when the door is open. When my office door is closed, it means that I am not there or I am working on something and can't be disturbed. Please respect this and don't knock unless it is a dire emergency.

Response Times

During a normal work week (i.e., Monday 9:00 AM through Friday 5:00 PM) students can expect responses as follows:

- Email: within 48 hours
- Discussion posts: within 72 hours to one week (excluding weekends)
- Assignment grades: within 72 hours to one week of submission date (excluding weekends)

Exceptions: I may not check FOLIO or GSU email over the weekends. If you send me an email after 5:00 PM on Friday, please do not expect a response until the following Monday.

All assignments will be graded promptly so that students may accurately calculate their grades at any point in time during the semester. There are times when extraordinary circumstances occur (e.g., serious illness, death in the family, etc.). In such circumstances, and/or if you need additional time to satisfactorily complete any course requirement, please consult with the instructor within a reasonable amount of time. Extensions are not guaranteed and will be granted solely at the discretion of the instructor.

Course Expectations

Texting and Use of Cell Phones (and Other Technologies)

Please do not text in class or use your cell phone during class! Texting during class (or in a meeting) is disruptive and rude...at least to me. My preference is that you put cell phones away during class meetings so they are not a source of temptation. Offenders will be asked to leave.

Class Attendance and Participation Policy

Federal regulations require attendance be verified prior to distribution of financial aid allotments. Regular attendance is expected. Your attendance will be verified at the first regular class session.

It is the policy of the University to permit students, faculty, and staff to observe those holidays set aside by their chosen religious faith. The faculty should be sensitive to the observance of these holidays so that students who choose to observe these holidays are not seriously disadvantaged. It is the responsibility of those who wish to be absent to make arrangements in advance with their instructors.

Students participating in authorized activities as an official representative of the University (i.e., athletic events, delegate to regional or national meetings or conferences, participation in university-sponsored performances, and **JPHCOPH funded**) will not receive academic penalties and, in consultation with the instructor of record, will be given reasonable opportunities to complete assignments and exams or given compensatory assignment(s) if needed. The student must provide written confirmation from a faculty or staff advisor to the course instructor(s) at least 10 days prior to the date for which the student will be absent from the class. The student is responsible for all material presented in class and for all announcements and assignments. When possible, students are expected to complete these assignments before their absences. In the event of a disagreement regarding this policy, an appeal may be made by either the student or the instructor of record to the corresponding college dean. (*University Undergraduate & Graduate Catalog*)

Professional Dispositions:

BSPH are expected to graduate the program with competent professional skills. Professional skills and dispositions are also expected while completing the internship experience. As a student in this course, you are expected to exhibit professionalism at all times. The following is a list of skills BSPH majors are expected to demonstrate:

- Written communication skills: Student uses appropriate professional title, grammar, structure, punctuation, spelling, tone, etc.
 - Email and other media communication: Student uses appropriate professional title, grammar, structure, punctuation, tone, etc. To write a professional email, please include the following:
 - a salutation,
 - identify who you are,
 - what the contact is in reference to (i.e. PUBH4132), and
 - what you would like me to do.
- At the bottom of the email, please type out your name.
- Oral and non-verbal communication skills:
 - In interpersonal communication, student uses or maintains appropriate tone, language, attitude, interpersonal space, etc.
 - In public speaking, student uses or displays appropriate volume, speed, enunciation, eye contact, structure, etc.
- Organization: Student keeps track of assignments and materials, is prepared for presentations, etc.
- Initiative: Student can begin tasks and work independently, initiate tasks/projects, etc.
- Reliability: Student is punctual, completes assignments, meets deadlines, and is prepared for class etc.

- Collegiality: Student exhibits appropriate exhibits appropriate, positive, helpful interactions with others
- Collaboration: Student collaborates with others on tasks or projects accepts others' suggestions and criticisms, participates in and provides constructive inputs to discussion and debate, etc.
- Judgment: Student considers options and their implications when making decisions, does not act impulsively, etc.
- Respectful: Student respects confidentiality, treats others with respect, etc.
- Self-Presentation: Student is well groomed, dressed appropriately, well rested, etc.
- Interpersonal interactions: Students will practice civility when interacting with faculty and fellow students; in cases of disagreement or conflict, students will make every effort to resolve such matters in a respectful manner with a goal towards mutual resolution.

****If a student fails to comply with the list of professional skills, the faculty will provide the student a warning for the first offense. If failure to improve behavior or to make progress in the relevant skills, the faculty member will immediately report the student to the University Student Conduct Board for violating the Student Code of Conduct.**

Academic Misconduct

As a student registered at this University, it is expected that you will adhere to only the strictest standards of conduct. It is recommended that you review the latest edition of the *Student Conduct Code* book, as well as the latest *Undergraduate & Graduate Catalog* to familiarize yourself with the University's policies in this regard. Your continued enrollment in this course is an implied contract between you and the instructor on this issue; from this point forward, it is assumed that you will conduct yourself appropriately.

Plagiarism:

According to the Academic Dishonesty Policy of Georgia Southern University, Plagiarism includes (but is not limited to):

- A. Directly quoting the words of others without using quotation marks or indented format to identify them.
- B. Using published or unpublished sources of information without identifying them.
- C. Paraphrasing material or ideas without identifying the source.
- D. Unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic material.

If you are accused of plagiarism by a JPHCOPH, the following policy, as per the Judicial Affairs website: (<http://students.georgiasouthern.edu/judicial/faculty.htm>) will be enforced:

PROCEDURES FOR ADJUDICATING ACADEMIC DISHONESTY CASES

First Offense - In Violation Plea

1. If the professor and the Dean of Students agree that the evidence is sufficient to warrant a charge of academic dishonesty, the professor should contact the Office of Judicial Affairs to determine if this is a first violation of academic dishonesty. The incident will be reported via the following website: <http://students.georgiasouthern.edu/judicial/faculty.htm>

2. If it is a first violation, the professor should talk with the student about the violation. **If the student accepts responsibility in writing and the professor decides to adjudicate the case, the following procedures will be followed:**

a. The student will be placed on disciplinary probation for a minimum of one semester by the Office of Judicial Affairs.

b. The student will be subject to any academic sanctions imposed by the professor (from receiving a 0 on the assignment to receiving a failing grade in the class).

c. A copy of all the material involved in the case (Academic Dishonesty Report Form and the Request for Instructor to Adjudicate Form) and a brief statement from the professor concerning the facts of the case and the course syllabus should be mailed to the Office of Judicial Affairs for inclusion in the student's discipline record.

First Offense - Not in Violation Plea (student does not admit the violation)

If the professor and the Dean of Students agree that the evidence is sufficient to warrant a charge of academic dishonesty, the professor should contact the Office of Judicial Affairs to determine if this is the first or second violation of academic dishonesty. The student will be charged with academic dishonesty and the University Judicial Board or a University Hearing Officer would hear the case. If the student is found responsible, the following penalty will normally be imposed:

a. The student will be placed on Disciplinary Probation for a minimum of one semester by the Office of Judicial Affairs.

b. The student will be subject to any academic sanctions imposed by the professor.

Second Violation of Academic Dishonesty

If the professor and the Dean of Students agree that the evidence is sufficient to warrant a charge of academic dishonesty, and if it is determined this is the second violation, the student will be charged with academic dishonesty and the University Judicial Board or a University Hearing Officer would hear the case.

If the student is found responsible, the following penalty will normally be imposed:

a. Suspension for a minimum of one semester or expulsion.

b. The student will be subject to any academic sanctions imposed by the professor.

NOT RESPONSIBLE FINDING

When a student is found not responsible of academic dishonesty, the work in question (assignment, paper, test, etc.) would be forwarded to the Department Chair. It is the responsibility of the Chair to ensure that the work is evaluated by a faculty member other than the individual who brought the charge and, if necessary, submit a final grade to the Registrar. For the protection of the faculty member and the student, the work in question should not be referred back to the faculty member who charged the student with academic dishonesty.

In the case of a Department Chair bringing charges against a student, an administrator at the Dean's level will ensure that the student's work is evaluated in an appropriate manner.

CONFIDENTIALITY

In accordance with provisions of the Family Educational Rights and Privacy Act of 1974 and the Georgia Open Records Act, any information related to a violation of academic dishonesty or the outcome of a judicial hearing regarding academic dishonesty, is prohibited and must be treated as confidential by members of the faculty."

Disability-related Accommodations

Georgia Southern University is committed to providing reasonable accommodations to students with documented disabilities as required under federal law. Disabilities may include ADD or AD/HD, autism spectrum disorder, brain injury, chronic medical conditions, communication disorders, hearing loss, learning disabilities, mobility impairment, psychological disorders, visual impairment or temporary injuries. The purpose of disability accommodation is to provide equal access to the academic material and equal access to demonstrate mastery of the material. If you have a disability and need accommodations, please contact the Student Accessibility Resource Center (SARC). You will need to meet with a SARC staff member who can help you gather documentation of your disability or refer you to an appropriate resource for assessment. Once documentation of the disability is approved, SARC staff will provide you with an accommodation letter detailing the approved accommodations which you should present to me so we can discuss and implement your accommodations. Disability accommodations work best starting at the beginning of the semester, but can be approved and started at any point in the semester. Accommodations start at the time the accommodation letter is presented to faculty within reasonable timelines; accommodations are not given retroactively. SARC on the Statesboro campus is located on the second floor of Cone Hall and the phone number is (912) 478-1566. SARC for Savannah and Liberty campuses is located on the second floor of Memorial College Center and the phone number is (912) 344-2572.

University Calendar for the Semester

The University Calendar is located with the semester schedule, and can be found at:
<http://em.georgiasouthern.edu/registrar/resources/calendars/>

One Final Note

The contents of this syllabus are as complete and accurate as possible. **The instructor reserves the right to make any changes necessary to the syllabus and course material to ensure better student learning.** The instructor will announce any such changes in class. It is the responsibility of the student to know what changes have been made in order to successfully complete the requirements of the course.

This syllabus, my lecture notes, and all materials distributed and presented during this course are protected by copyright law. You are authorized to take notes in this class but that authorization extends to only making one set of notes for your personal use and no other use. You are not authorized to sell, license, commercially publish, distribute, transmit, display, or record notes from this class unless you have my written consent to do so.

STUDENT CONDUCT CODE

The Student Conduct Code is the official University publication governing student conduct and behavior. It is the responsibility of each student to become familiar with the rules and regulations governing student life. Student conduct procedures, appeal procedures, and disciplinary sanctions are found in the Student Conduct Code at <http://students.georgiasouthern.edu/conduct>. I acknowledge that I have read and understand this statement referencing the Student Conduct Code.

ACADEMIC DISHONESTY

The University goal is to foster an intellectual atmosphere that produces educated, literate people. Because cheating and plagiarism are at odds with that goal, they shall not be tolerated in any form. Students are expected to adhere to the rules and regulations as set forth in the Student Conduct Code. Therefore, all work submitted by a student must represent that student's own ideas and effort; when the work does not, the student has engaged in academic dishonesty. Plagiarism occurs when a person passes in another person's work as his or her own, borrows directly from another person's work without proper documentation, and resubmits his or her own work that has been previously submitted without explicit approval from the instructor. For example, academic dishonesty occurs whenever a student participates in any of the following: Cheating submitting material that is not yours as part of your course performance; using information or devices that are not allowed by the faculty; obtaining and/or using unauthorized materials; fabricating information, research, and/or results; violating procedures prescribed to protect the integrity of an assignment, test, or other evaluation; collaborating with others on assignments without the faculty's consent; cooperating with and/or helping another student to cheat; demonstrating any other forms of dishonest behavior. Plagiarism directly quoting the words of others without using quotation marks or indented format to identify them; using sources of information (published or unpublished) without identifying them; paraphrasing materials or ideas without identifying the source; self-plagiarism - resubmitting work previously submitted without explicit approval from the instructor; unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic material. NOTICE: The list above is intended only to provide general guidelines for recognizing and avoiding common types of academic dishonesty. It is in no way an exhaustive or comprehensive list of all the types of academic dishonesty. For more information about academic honesty, see the Student Conduct Code at <http://students.georgiasouthern.edu/conduct>. I acknowledge that I have read and understand the Academic Dishonesty Policy.

I have read the syllabus and understand the contents and course requirements.

Student Name (print)

Student Signature

Date

***For online classes you will need to post in your first week introduction post the following statement:**

“I have read the syllabus and understand the contents and course requirements.”

