

**California State University, Chico College of Behavioral and Social Sciences
DEPARTMENT OF HEALTH AND COMMUNITY SERVICES (HCSV)**

- I. Program Affiliation:** Health and Community Services (HCSV)
- Course Number and Title:** HCSV 541-01 Health in the Later Years
- Prerequisites:** None
- Professor:** Jeanne Freeman, PhD, CHES
Office: Butte 647
Office Phone: (530) 898-5633
Office FAX: (530) 898-5107
Office Hours: Mondays 2:00-3:30pm; Wednesdays 2:00-4:00pm;
Thursdays 2:00-3:30pm or by appointment.
E-mail: JMFreeman@csuchico.edu (Subject heading:
Health in the Later Years)
- Course Meeting Days & Time:** Tuesday & Thursday 9:30-10:45pm
Course Meeting Room: Butte Hall 229

II. Relationship to Knowledge Base

This **web-enhanced** course presents is designed to provide upper division undergraduate and graduate students with an overview of critical issues related to aging and health. Topics covered include: physiology of aging, health behavior, bio-psycho-social influences on elder health, managing illness, medical care, and death and dying. Students will be expected to master a number of theoretical and empirical approaches to health.

III. Required Textbooks

Ferrini, A.F. & Ferrini, R.L. (2000). *Health in the Later Years*. (3rd ed.) San Francisco, CA: McGraw-Hill. ISBN: 0-697-26263-4.

Albom, M. (1997). *Tuesdays with Morrie*. New York, NY: Broadway Books. ISBN: 0-7679-0592-X

IV. Goals

The overall goal of this course is to help students understand factors influencing health issues during the elderly years of life. Additionally this course is to help students develop sensitivity in relation to the elderly population. This course will create an atmosphere where the thorough discussion of issues and **all** views will be given value. Finally, this course will give the student the chance to be an active participant in their learning process.

V. Competencies/Objectives

After completing this course, the student should be able to:

- A. Describe the major chronic and acute health problems affecting older adults.
- B. Identify biological, social, behavioral, and psychological factors related to health outcomes.
- C. Develop skills in assisting individuals who differ in their abilities.
- D. Demonstrate sensitivity to diversity.
- E. Gain self-awareness of identity and values.
- F. Demonstrate responsibility, independence, autonomy, and assertiveness within the classroom and community setting.
- G. Articulate personal values, attitudes, and beliefs.

- H. Utilize a variety of ways (e.g., discussion, presentations, written assignments) to communicate information effectively.

VI. Evaluation

Students have the opportunity to earn **575 points**. Points are earned based on performance in the following areas:

Ethnicity/Heritage Paper	150 points
Ethnicity/Heritage Presentation	50 points
Dying Paper	100 points
Living Paper	100 points
Article Responses (2 @ 25 points each)	50 points
Discussion of Book	75 points
Attendance	50 points
Final Exam (optional)	[115 points]
Total Points	575 points

- A. Papers: Guidelines for each respective paper are available on the portal.
- B. Article Responses: During the semester two articles will be posted as additional readings on the portal account for this course. You are required to read these articles and post your response to the readings under the discussion board icon in the portal account for this course. Your responses are to be well thought out and thorough meaning that it should be evident from what you post that you read the article and you considered how the information relates to the class as a whole and you as an individual. Your responses will be public for everyone else in the class to read. Therefore, appropriate language is to be applied when posting your responses.
- Your response to a particular article will have a due date. Therefore, the discussion boards will be available for a limited amount of time and will close down, prohibiting your access, after the due date and time. I strongly encourage you to read your classmates' responses and be prepared to discuss, in class, how the responses varied among your peers.
- C. Discussion of Book: Throughout the semester we will be reading Tuesdays with Morrie. This book by Mitch Albom explores a variety of issue in a format that allows for a lot of discussion. Throughout the semester pages from this book will be assigned. You are to have read the pages prior to coming to class and be prepared for active participation regarding the topic(s). To **earn** the discussion points for that day in class, you **MUST** talk in class by providing your personal input, ideas, and beliefs. If you simply listen and do not **actively** participate, you will not **earn** points for that day's discussion.
- D. Attendance: Attendance is an important component in your success to understanding the topics covered in this course. Attendance will be recorded each class period. Only two absences will be excused without penalty **regardless** of the reason. Therefore, **DO NOT** schedule doctors' appointments, advisor appointments, etc. during class time. If the times for the class routinely conflict with your other commitments (e.g., work, family), please do not take the class until you can commit to the class times listed.

You are expected to arrive for class on time and to remain for the entire class period. If you arrive late or leave early it will count as an absence. Your attendance is more than your physical presence. In order to actively participate in the class, you are not to work on tasks for other courses and you are to be awake.

E. Final Exam: The final exam for this class will be comprehensive and will cover all reading materials, guest speaker presentations, and course discussions. The exam will be made up of multiple choice, short answer, and essay questions. There will be a review sheet provided for the final exam.

The final exam is optional. On the Friday prior to finals week (**12/9**), you will be notified of your grade in the class and what you need to earn on the final to move up to the next two grade levels. Be aware however, that the final exam can also hurt your final grade in the class. It is not designed to be an “extra boost” to your grade without risk.

If you are happy with your grade as of December 9th, you do not need to take the final. You simply need to tell me that you will **NOT** be taking the exam. If you want to take the final exam, you must notify me by **Monday, December 12th at 2pm.**

VII. Syllabus Change

The Instructor reserves the right to make changes as necessary to this syllabus. If changes are made, at least two weeks of advance notification will be given to the class. Changes will be announced in class and posted on the course portal account.

VIII. Grading Scale

A = 93-100%	(534.75-575 points)	C = 73-76%	(419.75-442.25 points)
A- = 90-92%	(517.5-534.5 points)	C- = 70-72%	(402.5-419.25 points)
B+ = 87-89%	(500.25-517 points)	D+ = 67-69%	(385.25-402 points)
B = 83-86%	(477.25-499.75 points)	D = 63-66%	(362.25-384.75 points)
B- = 80-82%	(460-476.75 points)	D- = 60-62%	(345-361.75 points)
C+ = 77-79%	(442.75-459.5 points)	F = ≤ 59%	(≤ 344.5 points)

All assignments are to be handed in at the beginning of class on their due dates. Late assignments will be accepted with a 20% grade reduction **per day or fraction of a day** for that assignment. Assignments submitted more than five days late (including weekend and holiday days) will not be accepted for credit and a zero will be entered for that assignment. **This policy will be strictly enforced!** All **late** assignments are to be submitted to my mail box in BUTTE HALL 607 and are to be date and time stamped by the administrative assistant. **Do not submit assignments by sliding them under my office door. If it is slid under my office door it will receive zero credit.** You can always turn an assignment in early. All assignments are to be typed or word-processed. Assignments submitted by electronic mail will NOT be accepted unless prior arrangements have been made with the instructor.

IX. Extra Credit

During the semester you will have the opportunity to earn a total of 25 points extra credit. Various opportunities will be made available at the discretion of the instructor. Point values for each opportunity will range from 1-10 points each. NO LATE extra credit assignments will be accepted.

X. Academic Honesty

The guidelines for the CSU Chico Academic Honesty Policy, as stated in the University Catalog, will be fully adhered to in this course. Grades and degrees earned by dishonest means devalue those earned by all students; therefore, it is important that students are aware of the CSU Chico Academic Honesty Policy as stated on pages 144 & 623 of the 2005-2007 catalog. Academic dishonesty involves acts that may subvert or compromise the integrity of the educational process.

XI. Accommodations

Students with disabilities requesting reasonable accommodations must first register with Disability Support Services (DSS) by calling 530-898-5959. DSS is located in Building E and on the web at:

<http://www.csuchico.edu/dss/>. DSS provides documentation to students with disabilities who must then provide this documentation to their course instructors. Students with disabilities should notify their course instructors of their need for reasonable accommodations in a timely manner to ensure sufficient time to arrange reasonable accommodation implementation and effectiveness. A typical time frame for arranging reasonable accommodations for students who are registered with DSS is approximately one to two weeks.

XII. Classroom Behavior

Appropriate classroom behavior is expected of the instructor and all students. Inappropriate and disruptive classroom behavior including inappropriate language and gestures, class disruptions, disrespect to other students or instructor, and other behavior as determined by the instructor will not be tolerated and will result in possible removal from the class and/or disciplinary action as per the university catalog.

XIII. Attendance

Every student is expected to attend class, arrive to class on time, and participate with in-class discussions, proposed questions and activities. Students who miss a class are responsible for finding out what material was covered or what assignments were given during their absence. The instructor does not repeat lectures. However, the instructor is available to clarify topics discussed in class during the student's absence. **Students are directed to consult with their fellow students to find out what was covered during their absence.**

Name of class partner: _____ Phone #: _____

XIV. Course Resources

CSU Chico Library
Writing Center – Taylor Hall 203 (530-898-5042)
CSU Portal – Course notes, assignment instructions, course calendar, and writing guidelines

XV. WebCT Information

This course is *web-enhanced*. Class notes and additional reading materials will be available on the HCSV 541-01 course pages on WebCT. **This is the only place this information will be available.** You will need to regularly access the WebCT course pages to obtain information and readings necessary for the exams. By registering for this class, you are automatically on the WebCT course roster. However, to access the class information on WebCT, you will need to initialize your CSU Chico portal account. Information on how to do this on the web is available at the following address: <http://www.csuchico.edu/stcp/portal/account.shtml>. You can also contact Student Computing (898-4357) to assist you in this process. DO NOT delay in setting up your account!

XVII. Recorded Grades (For Your Records)

Ethnicity/Hereditry Paper	_____ / 150 points	Dying Paper	_____ / 100 points
Ethnicity/Hereditry Present.	_____ / 50 points	Living Paper	_____ / 100 points
Article Response #1	_____ / 25 points	Article Response #2	_____ / 25 points
Book Discussion	_____ / 75 points	Attendance	_____ / 50 points

XVIII. Content & Important Dates

Date	Topic/Assignment	Chapter(s)/Page(s)
23-Aug	Course introduction	
25-Aug	Myths of aging	F: 1
30-Aug	Biological aging	F: 2
1-Sep	Biological aging; * Article Response #1 Due	F:2
6-Sep	Normal aging	F:3
8-Sep	Normal aging	F:3; A: 1-31
13-Sep	Physical activity	F:4
15-Sep	Physical activity	F:4; A: 32-61
20-Sep	Nutrition	F:5
22-Sep	Nutrition	F:5; A: 62-79
27-Sep	Sexuality	F:6
29-Sep	Sexuality * Dying Paper Due	F:6
4-Oct	Mental health	F:7
6-Oct	Mental health; * Article Response #2 Due	F:7
11-Oct	Chronic illness	F:8
13-Oct	Chronic illness	F:8; A:80-122
18-Oct	Acute illness	F:9
20-Oct	Acute illness	F:9; A: 123-159
25-Oct	Medication use	F:10
27-Oct	Health promotion	F:11; A: 160-192
1-Nov	Health promotion; * Living Paper Due	F:11
3-Nov	Medical care	F:12
8-Nov	Medical care	F:12
10-Nov	Long-term care	F:13
15-Nov	Dying, death, and grief	F:14
17-Nov	*Ethnicity/Heridity Papers Due; * Ethnicity/Heredity Presentations (6)	
29-Nov	* Ethnicity/Heredity Presentations (6)	
1-Dec	* Ethnicity/Heredity Presentations (6)	
6-Dec	* Ethnicity/Heredity Presentations (6)	
8-Dec	* Ethnicity/Heredity Presentations (6)	
13-Dec	Final Exam 12-1:50pm Butte Hall 229	

F = Ferrini Text (Chapters) A = Albom Book (Pages)