

**HCSV 541 Health in the Later Years Syllabus**  
**Department of Health and Community Services**  
**Professor Mark Tomita**

Fall 2009	Office Hours: M 9-11am; W 9-11am, 2-3pm
HCSV 260	Office Location: Butte 604
Time: Sec. 1 (1501) M 2:00-4:50 PM	Ph. 530-354-6910 (cell) - No calls after 9pm. NO TEXT MESSAGES. Weekends okay. Calls that do not show up on my phone will not be answered, thus, if you have caller ID block, etc., your call may not go through.
Room: Butte 225	E-Mail: Use Vista

**REQUIRED TEXTS**

Ferrini, A. F., and Ferrini, R. L. (2008). Health in the later years (4th ed.). New York: McGraw-Hill. ISBN: 978-0-69-729445-6.

Freelove-Charton, J., Ornelas, V., Schuldberg, J., Tomita, M. (2009). Three generations of women: The granddaughter's perspective. Chico, CA: North State Academic Press. ISBN: 978-0-9820648-5-6. **ONLINE (FREE):** <http://www.csuchico.edu/~mtomita/nsap/index.htm>

Tomita, M., Johansen, P., Schuldberg, J., Freelove-Charton, J. (2009). Promoting intergenerational health. Chico, CA: North State Academic Press. ISBN: 978-0-9820648-4-9. **ONLINE (FREE):** <http://www.csuchico.edu/~mtomita/nsap/index.htm>

Week	Topic	Readings / Assignments
1 Aug 24	Course Overview & Book Project  Introduction	<b>BEGIN: Begin book chapter assignment.</b>  Introduction Ch. 1 Our Nation's Elders: The Facts
2 Aug 31	Longevity  Physiological Changes With Age	Ch. 2 Biologic Aging Theories and Longevity (Student Presentation — SP1) Ch. 3 Changes in the Body with Age (SP2)
<b>Sept 7</b>	<b>LABOR DAY HOLIDAY</b>	<b>UNIVERSITY CLOSED</b>
3 Sept 14	Chronic Illnesses	<b>DUE: FIRST draft of book chapter via Vista Discussion Section</b>  Ch. 4 Chronic Illnesses: The Major Killers (SP3) Ch. 5 Other Chronic Diseases and Conditions (SP4)
4 Sept 21	Acute Illnesses	<b>DUE: SECOND draft of book chapter via Vista Discussion Section</b>  Ch. 6 Acute Illnesses and Accidents (SP5)
5 Sept 28	Mental Health  Institutionalized Populations	<b>DUE: THIRD draft of book chapter via Vista Discussion Section</b>  Ch. 7 Mental Health and Mental Disorders (SP6)  Handout
6 Oct 5		<b>DUE: FINAL BOOK CHAPTER DUE VIA VISTA AS MS WORD ATTACHMENT</b>

Week	Topic	Readings / Assignments
	Medications, Substance Abuse	Ch. 8 Medication Use
7 Oct 12	Physical Activity & Nutrition	Ch. 9 Physical Activity (SP7) Ch. 10 Nutrition (SP8) <b>BEGIN: ONLINE DATING STUDY. Begin data collection today.</b>
8 Oct 19	Sexuality Health Promotion  Online Dating Study <i>cont.</i>	Ch. 11 Sexuality (SP9) Ch. 12 Prevention and Health Promotion (SP10) <b>Work in Groups. Collate data and begin analysis. Draft paper.</b>
9 Oct 26	<b>FURLOUGH DAY</b>	<b>NO CLASS</b>
<b>Nov 2</b>	<b>FURLOUGH DAY (Mandatory)</b>	<b>UNIVERSITY CLOSED</b>
10 Nov 9	<b>FURLOUGH DAY</b>	<b>NO CLASS</b>
11 Nov 16	Medical and Long-Term Care  Online Dating Study <i>cont.</i>	Ch. 13 Medical Care (SP11) Ch. 14 Long-Term Care (SP12) <b>Work in Groups. FINALIZE PAPER. HAND IN DRAFT BY FRIDAY, Nov 20 via Vista as an MS Word Attachment</b>
Nov. 23	<b>THANKSGIVING WEEK</b>	<b>NO CLASS</b>
12 Nov 30	<b>FURLOUGH DAY</b>	<b>NO CLASS</b>
13 Dec 7		<b>ONLINE DATING PAPERS DUE BY 2PM. SEND PAPERS AS MS WORD ATTACHMENTS VIA VISTA.</b>
	Dying, Death, and Grief	Ch. 15 Dying, Death, and Grief (SP13)
14 Dec 14	<b>Review Book Project</b> <b>Review Online Dating Study</b>	

### CLASS EXPECTATIONS

1. **Please be on time for class.** Class will start promptly at the designated class time. The class is always disrupted when people enter late. Please be courteous to your classmates and professor and not interrupt the lectures.
2. During class: **a) Turn off all pagers and cell phones before class starts.** Ringing cell phones and pagers are very disruptive to the class. Students with ringing cell phones or pagers (that includes vibrating pagers) will be asked to leave the classroom if it is a persistent problem; **b) You may not go in and out of the classroom to the bathroom, to get a soda, and so on.** Plan ahead and go to the bathroom before you come to class; **c) It is rude and disrespectful of students to talk to one another while someone is speaking** (the professor, guest speaker, a student discussing a point). Students who are interrupting the class by talking to one another will be asked to leave the room.

3. If you are a student with recognized disabilities, and you need special accommodations, please inform the professor to work out specialized lessons and tests. Please refer to the Handbook (<http://www.csuchico.edu/dss/>). The CSUC Disability Support Services Office will contact the professor.
4. Although my office hours are on MW, I have always had an open-door policy for students MWF. If TTh are the only days you can meet with me, I will try to schedule you for an appointment.

## GRADING

The grading scale (percent) that will be used for this course is: A=93-100, A-=90-92, B+=87-89, B=83-86, B-=80-82, C+=77-79, C=73-76, C-=70-72, D+=67-69, D=63-66, D-=60-62, F=<60.

Your course grade will be computed as listed in the table below. If you miss class that day, you will not receive any points for that assignment. No exceptions.

Assignment	Due Date	Points
Online Dating Study (GROUP PROJECT)		30
Book Chapter - Draft	Sept 14, Sept 21, Sept 28	10
Book Chapter - Final	Oct 5	50
Student Presentations	Sign Up Sheet	30
Student Presentations – Written Critiques	Weekly	50
Vista Weekly Discussions	Weekly	30
<b>TOTAL</b>		<b>200</b>

## LATE ASSIGNMENTS

Students are expected to use their time wisely, thus, late assignments will not be accepted. For in-class assignments, you must complete the assignment by the end of the class period. No partial credits. For out-of-class assignments, you must hand in the assignment by the due date.

### 1. BOOK PROJECT (60 points): “Growing Old Together: Stories about Elderly and their Pets”

This semester, we will be working on a book entitled, “Growing Old Together: Stories about Elderly and their Pets.” Each student will be writing a story of an older adult living alone with a pet (preferably cat or dog). The pet may have been adopted through an animal shelter, rescue organization, or family and friends. The emphasis of your study is the older adult - companion pet relationship.

As we age, not everyone prefers to live with another human. Although older adults have many friends and family members, they sometimes choose pet companions over other humans. The life journey taken by the older adult and pet is usually meaningful, and there is an increased quality of life.

Your task in this assignment is to tell a story about one special older adult and a pet companion. A chronological discussion of the relationship is preferred.

The purpose of this assignment is to learn how to use storytelling teaching techniques in health education to communicate gerontological issues.

If a paper is really bad, and does not make the cut, it will not be published. I will be working with each of you separately to get your paper ready for publication. I expect all students to give me 110% effort on this project. Having a published book chapter will look really good on your résumés.

## INSTRUCTIONS

1. Please interview an older adult you know. The person should be 60 years and older, and preferably living alone. If you know someone in Butte County, that would be preferable.

2. Participation is purely voluntary. They may use their real names in the story, and if they would like, we can include a photo of the person and the pet. We will need written permission to use their name and photo. I

will give you a form later for the signature. If their names are not used, please use pseudonyms (fake names). Only the first names should be used for those who wish to remain anonymous.

3. If they would like to include a photo of themselves with their pets, please include the photo. The photo should be digitized and in JPEG format. Use your digital camera (or borrow one), and take the photo. Allow them to choose the photo they like. We will discuss in class how to take digital photos.

## **2. ONLINE DATING STUDY (30 PTS)**

We will examine: 1) characteristics of people 60 years of age and older who are on the cybermarket for dating, 2) how they present themselves, and 3) what they are looking for in a potential partner.

We will be collecting and analyzing data from an online dating study of people 60 years and older.

Craigslist: <http://geo.craigslist.org/iso/us/ca>

At Craigslist, many elderly people are not necessarily looking for a long-term relationship. Many simply want sex. Thus, those of you who will be collecting data from Craigslist, please be aware that there are sexually explicit language and photos. Those in the groups researching same-sex postings, especially for male-male, there are some graphic photos, thus, if you are offended by that, please do not choose that assignment.

**See separate file for instructions.**

## **4. WEEKLY DISCUSSION IN VISTA (30 points)**

We will have weekly online class discussions on various gerontology issues based on the textbook readings.

Each student must respond to the situation being posed and then respond to at least two comments made by other students. When you post your comments, support your statements with scientific facts from the textbook and NOT feelings and emotions. Since health is a science, there is no place for feelings and emotions.

## **5. STUDENT PRESENTATIONS (30 points)**

Students will be assigned to a group presentation on a topic covered in class. The presentation must be based on the textbook readings. Students have the option of supplementing the textbook information with current research findings. All presentations must be done using PowerPoint®. Students should be dressed appropriately for public speaking. During and following each presentation, all students are required to critique the presentation.

## **6. WRITTEN CRITIQUES (50 points)**

All student presentations will be critiqued by all students. No exceptions. You will critique each other for: professionalism, teaching strategies, comprehensiveness based on what was supposed to be covered from the textbook chapter. Critiques will be submitted via Vista.