

**Eastern Oregon University**  
**College of Education**  
**Division of Physical Activity and Health**

HWS 422 Gerontology and Healthy Activity

Course Description: The study of the dynamics of later life and the process of aging with an emphasis on healthy activities. Includes theories of aging, physiological and behavioral dimensions of the aging process, coping strategies, and successful aging. Also, explores the social concerns of aging in contemporary American society and elsewhere.

Credit Hours: 2 credit hours. Concurrent enrollment in PES 409 Adult Health and Development Program is required.

Course Times: This class will meet Monday and Wednesday throughout the term (ten week session) at 1:00.

Course Objectives: Upon completion of the course, the student will:

1. Identify the characteristics and dimensions of aging
2. Describe healthy practices to slow the effects of aging
3. Explain behavioral strategies to change behavior
4. Discuss problems associated with aging, such as: social, economic, and health issues.
5. Work with older adults in an activity session each week.

Required Text:

Physical Activity Instruction of Older Adults ; Jones and Rose, Human Kinetics

Criteria for Evaluation and Grading:

1. Successfully complete all reading assignments, class discussions, and other assignments.
2. All written assignments must be typed. Late (unless prior arrangement has been made) assignments will not be accepted.

Class Discussions, Assignments, and Older Adult Experience = 300 points

Assignment #1 = 25 points

Assignment #2 - 6 = 125 points

Participation in class discussions = 50 points

Working with Older Adult = 50 points (This applies to PES 409)

Final Exam – 100 points. The Final meets Wednesday, December 5 from 10:00 to 12:00

A	=96%to100%	C+	=71% to75%
A-	=91% to 95%	C	=66% to70%
B+	=86% to90%	C-	=61% to65%
B	=81% to85%	D	=56% to60%
B	=76% to80%	F	=55% or below

## Reading and Writing Assignments

Topic 1. Myths of Aging ( [http://www.psichi.org/pubs/article.asp?article\\_id=38](http://www.psichi.org/pubs/article.asp?article_id=38) )

AHDP: <http://www.aahperd.org/iejhe/archive/leviton.pdf>

Thinking in Time: <http://www.trinity.edu/~mkearl/ger-time.html>

Gender and Race: <http://www.trinity.edu/~mkearl/gersopsy.html#tj>

Family and Aging: <http://www.trinity.edu/~mkearl/ger-fam.html>

Community and Aging: <http://www.trinity.edu/~mkearl/ger-comm.html>

Aging and Media: <http://www.trinity.edu/~mkearl/ger-tv.html>

Biology of Aging: <http://www.trinity.edu/~mkearl/ger-biol.html>

Psychology of Aging: <http://www.trinity.edu/~mkearl/ger-psyc.html>

Social Psychology of Aging: <http://www.trinity.edu/~mkearl/gersopsy.html>

Politics and Aging: <http://www.trinity.edu/~mkearl/ger-pol.html>

Medicalization of Old Age: <http://www.trinity.edu/~mkearl/ger-med.html>

Economic of Aging: <http://www.trinity.edu/~mkearl/ger-econ.html>

Religion and Aging: <http://www.trinity.edu/~mkearl/ger-relg.html>

Tips on Aging Well: <http://www.iog.wayne.edu/iog/agingwell/tips/>

**\*\*\*Assignment #1:** Write a summary paper of the Myths of Aging. Use the resources listed and cite them in your paper. 1500 words minimum. Due at the end of week one during Fall term.

Topic 2. Physical Activity Instruction of Older Adults

**\*\*\*Assignment #2-6:** Complete ALL "Study Questions" and "Application Activities" from each of the chapters (YES, ALL 22) in the text, PHYSICAL ACTIVITY INSTRUCTION OF OLDER ADULTS.

Schedule of Assignment #2-6 completion:

2. Chapters One through Four (Part 1) are due at the end of the second week of the term.
3. Chapters Five through Eight (Part 2) are due at the end of the fourth week of the term
4. Chapters Nine through Fourteen (Part 3) are due at the end of sixth week of the term.
5. Chapters Fifteen through Seventeen (Part 4) are due at the end of the eighth week.
6. Chapters Eighteen through Twenty Two (Part 5) are due at the end of the tenth week.

**Statement on Academic Misconduct:** Eastern Oregon University places a high value upon the integrity of its student scholars. Any student found guilty of an act of academic misconduct (including, but not limited to cheating; plagiarism; or theft of an examination or supplies) may be subject to having his or her grade reduced in the course in question, being placed on probation or suspended from the university, or being expelled from the university - or a combination of these.

See Section II of the Student Handbook and Planning Calendar for clarification.

**Statement on Americans with Disabilities:** If you have a documented disability or suspect that you have a learning problem and need reasonable accommodations, please contact the Disability Services Program in Loso Hall 234. Telephone: 962-3081.

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