



**College of Education
School of Physical Activity and Health**

HWS 423 Aging and Society

Course Description: The course examines the relationship between the quality of ones life in old age and the life experiences, choices made in younger years, the opportunities that a person has grasp, and the many constraints and potential barriers that life has presented. The course discusses how race, class, gender, and culture combine with age to determine how an individual can achieve a healthy life in all of life's many dimensions such as physical, spiritual, and emotional areas.

Credit Hours: 3 Credits

Course Time: Monday and Wednesday; 1:00 to 1:50 (additional time required for aging lab TBA)

Prerequisites: HWS 422; admission to the Health and Wellness Studies program; or consent of instructor.

Course Objectives: Students will demonstrate an understanding of the following concepts:

1. Theories of Aging
2. Demographics of Aging
3. Lifespan Development
4. Historical Perspectives of Aging
5. Racial Perspectives of Aging
6. Family Relationships and Aging
7. Leisure and Recreation
8. Religion and Aging
9. Work and Retirement
10. Health Care and Aging
11. Dying, Death, and Bereavement
12. Economics and Politics of Aging

Text: Novak, Mark; Issues in Aging; Allyn and Bacon 2006 (Required)

Supplemental Readings (**on reserve in Pierce Library**):

- a. Handbook of the Biology of Aging, Mosoro and Austad
- b. Handbook of the Psychology of Aging, Birren and Schaie
- c. Handbook of Aging and the Social Sciences, Binstock and George

Additional Readings (Database Search)

- a. *Telomerase research.*, By: Hodes, Richard J., Cahill, Susan, National Forum, 01621831, Spring98, Vol. 78, Issue 2, page 19
- b. *Older Americans: Who will they be?*, By: Seeman, Teresa E., Adler, Nancy, National Forum, 01621831, Spring98, Vol. 78, Issue 2, page 22
- c. *Social security: The real story.*, By: Sherman, Gordon, National Forum, 01621831, Spring98, Vol. 78, Issue 2, page 26
- d. *Perceptions of aging in America.*, By: Achenbaum, W. Andrew, National Forum, 01621831, Spring98, Vol. 78, Issue 2, page 30
- e. *Memory and aging.*, By: Cavanaugh, John C., National Forum, 01621831, Spring98, Vol. 78, Issue 2, page 34
- f. *Aging in rural communities.*, By: Bull, C. Neil, National Forum, 01621831, Spring98, Vol. 78, Issue 2, page 38
- g. *Physician assisted suicide or palliative care?*, By: Capps Jr., R. Henry, National Forum, 01621831, Spring98, Vol. 78, Issue 2, page 42
- h. *The Fountain of Health.* By: Rotman, David. Technology Review, Mar/Apr2006, Vol. 109 Issue 1, p72-75, 4p;

To access these articles, follow these steps.

1. Go to EOU Home page
2. Select "Pierce Library" and then choose "Database List)
3. Select the top listing, "Academic Search Premier"
4. Click on the "Publications" link under "Advanced Search"
5. Select the letter, "N", and scroll down to "National Forum"
6. Click on the highlighted "national forum"
7. On the next page select "1998"
8. Select Vol 78 Issue 2 Spring 98

Grading:

1. Quizzes, Written Assignments, and Class Discussions – 200 Points
 - a. Each class will center around the readings, etc. You are expected to come to class prepared to discuss the topics. You should be able to quote specific readings while presenting your own opinions.
 - b. Discussion of Readings. At the end of each class, students will submit a question from which the "final" questions will be selected.
2. Exams – 100 points
3. Project – 100 points
 - a. In our second class meeting, we will be going to the Grande Ronde Retirement Center on the corner of 12th and Gekeler Lane. Each of you will be assigned an older adult as a partner. You are required to meet with your partner at least weekly, but you are encouraged to meet more often if your schedule permits. This is an excellent opportunity to experience an intergenerational connection promoting healthy relationships and behaviors.
 - b. Keep regular notes of your experiences, and then using those notes to construct a final analysis paper and a brief oral presentation in class. Here are some ideas about what to record each day:
 - i. How would you describe your partner? (Consider social, psychological/emotional and physical factors).
 - ii. What information/insights did you share today?

- iii. What did you talk about or discuss?
- iv. What activities did you do together? What was the participation level (low energy to high energy)?
- c. At the end of the term you will use this journal to construct "your final analysis paper. This paper should be between 5 to 10 pages. The paper should be divided into section as follows:
 - i. What was the physical activity, psychological, social, medical, and economic status of your partner?
 - ii. How did the partner's health, physical abilities, social, and psychological well-being change while you worked with them, if at all?
 - iii. How did you serve as a change agent in your partner (if at all)?
 - iv. What did you learn while working with your partner? Your growth and perception of aging and old age, attitudes toward older people with special reference to the group living in a retirement center. Be insightful.
 - v. How did this experience affect your career aspirations? Do they include being an advocate for or a professional working in geriatrics or gerontology? In what ways?
 - vi. How well did the theory and materials presented in class fit with your clinical experience work with your partner? Use specific references from our class readings to support your ideas.
 - vii. Evaluate the whole experience. Include ways that the instructor can help more, what would you change or keep the same, and how this experience compares with other educational experiences you've had at EOU.

The paper is due on March 17, 2008. Presentations will be made during the Final.

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.

Instructor:
 Dr. Danny Mielke
 Zabel Hall 262D
 (541) 962-3399
dmielke@eou.edu

“Teachers open the door, you enter yourself.”

HWS 423 Schedule: Monday and Wednesday, 1:00 p.m. to 1:50 p.m.

January

Readings

- 7 Introduction to Aging and Society
Course Objectives and Format
Discussion of Requirements and Project
- 9 Grande Ronde Retirement Center
- 14 Aging Today Novak, 1; Binstock & George, 1
Video: Stealing Time Part 1: Quest for Immortality (EVH 2705)
- 16 Theories Novak, 2; Birren and Schaie, 1;
Hodes and Cahill
- 21 Martin Luther King Holiday
- 23 History of Aging Novak, 3; Binstock & George, 4;
Rotman; Achenbaum
Video: Stealing Time Part 2: Turning Back the Clock
- 28 Demography Novak, 4; Binstock & George, 2;
Seeman and Alder
- 30 Health and Well-being Novak, 5; Mosoro and Austad, 2
Binstock and George, 17

February

- 4 Life Span Development Novak, 6; Birren and Schaie, 5;
Cavanaugh
Video: Stealing Time Part 3: Mastering the Mind
- 6 Race Novak, 7; Binstock and George, 6
- 11 Health Care Novak, 8; Binstock and George, 21
- 13 Finances and Aging Novak, 9; Binstock and George, 13
Sherman
- 18 Retirement Novak, 10; Binstock and George, 20
- 20 Housing Novak, 11; Bull
- 25 Leisure Novak, 12; Binstock and George, 17
- 27 Family Life Novak, 13; Binstock and George, 10;
Binstock and George, 11

March

- 3 Death and Dying Novak, 14; Binstock and George, 24;
Birren and Schaie, 17; Capps
- 5 Politics and Aging Novak, 15; Binstock and George, 19
- 10 Religion and Aging Binstock and George, 16;
Birren and Schaie, 22
- 12 Careers Novak, 16
- 20 FINAL EXAM (1:00-3:00)