

Course Syllabus

Eastern Oregon University
College of Education
Physical Activity and Health (PHYSH)

PES 407 Seminar: Aging (Campus)

Course Description: Study of contemporary issues and controversies that deal with aging

Credit Hours: 1 hour

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

1. Describe concepts of growing old and promoting health
2. Identify and discuss characteristics of aging and creativity/cognitive decline
3. Gain an understanding of the significance of aging in an individuals reflections
4. Realize the role of entitlement programs in aging
5. Understand social security and retirement
6. Discuss health care reform and aging
7. Demonstrate knowledge in the areas of long term care issues
8. Describe lifestyle conditions effecting pain and illness related to aging
9. Discuss the effects of end-of-life choices

Reserve Text:

No text is required for the class. Students will research materials through various sources.

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Criteria for Evaluation and Grading:

1. Successfully complete all assignments, and class discussions,
 - a. Discussion topics
 - i. Week One Introduction and Research Methods
 - ii. Week Two Aging Theories – Why we grow old. Normal Aging
 - iii. Week Three Global Aging
 - iv. Week Four Active Aging
 - v. Week Five Determinants of entitlement – Social Security, Medicare, Retirement
 - vi. Week Six Evidence Based Disease Prevention
 - vii. Week Seven Health Care – Managing Chronic Disease – Alzheimer’s
 - viii. Week Eight Health Care – Long term care, Assisted living
 - ix. Week Nine Men’s and Women’s Health
 - x. Week Ten End of Life choices – Hospice,
 - b. Late submissions will receive a maximum of 70% or less.
 - c. All written assignments must be typed or word-processed. Handwritten assignments will receive a maximum of one-half credit. Citations use AMA style.
Discussions, and Assignments = 200 points

A =90%to 100%

B =75%to 89% D =45%to59%

C =60% to 74% F =44% or below

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.

Assignments:

Since we are not using a specific text, you will research the topics and find scholarly articles, etc, that pertain to the subject that we are discussing that day. For example, Our topic on April 13 is Aging Theories. First, go to the EOU Pierce Library home page (available on the menu bar at the left). On that page you will see a number of choices. You want to search for a journal or article by database subject or name (the first choice under "Find Journal/Newspaper Articles". One point to make here, using a database provides published, credible information for your scholarly work. While you can get information on a topic through "Google" or other search engines, these are not necessarily scholarly references.

In our example we will click on the "database..." and we now arrive at a page that lists all the databases available through EOU. These are collections of references, usually journal articles or books, that can be search through Keywords, authors, titles, subjects, etc. At the top of the page pull down at the "Choose Subject" box and select PE/Health then select "go". You now have several databases related to the area of PE and Health. You can select any of these, but for our example we will choose ERIC (EBSCO). Click that line.

In the first box, that says "find", we will write, "aging", and in the box to the right, select "descriptors". Then, in the box below where you wrote aging, write, "theories". Again in the next box select "descriptors". Then click search.

On the next page you have 20 of the 116 references found. As you can see on the left, you can narrow your search. But for now, look at the 20 references listed. Some say that you can get them through interlibrary loan. While this is a good service, it will take a few days and possibly more. What we want are full text references or items that are in Pierce library. For example, look at reference #5 – it is a PDF Full Text. When you click on this you will view the entire article. In reference #7 and #9, there is a "Full Text from ERIC" where again you can get the whole article. In references #13 and #14, you can select either an HTML or PDF full text of the article.

I would add that it is probably better to narrow the search. If you click on "Theories" under the "Narrow Results by Subject" you'll have only 24 references, 6 of which you can download right there.

While I selected only one database, you should search several others for articles also. Not everything will be listed on all databases. Each week you need to find at least five articles pertaining to the subject. At least three must be from a database search and be a published article. You can use other print resources as well. Two of the five could be from an internet search, but I'd recommend Google Scholar as the best search engine. Usually your instructor will provide you with at least one article each week.

After reading the articles, you will right a summary essay, INCLUDING REFERENCES IN AMA FORMAT, and submit this during class each week. Your sources will serve as the discussion in class.

I hope this search process is not new to you. If it is, spend some time an experiment with various topics in different databases.