The University of Western Ontario
School of Health Studies
Health Sciences HS3701A-001
The Aging Body

Instructor: Dr. Marie Y. Savundranayagam, PhD
Email: msavund@uwo.ca
Office Room Number: HSB219
Office Hours: By Appointment

Course Meeting Times: Wednesday, 12:30-2:30 p.m., Friday, 12:30-1:30 p.m.

Location: Talbot College 341

Prerequisite Checking

Unless you have either the requisites for this course or written special permission from your Dean to enrol in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites. Please refer to the Western’s current Academic Calendar at www.westerncalendar.uwo.ca.

Course Information

This course will provide an overview of the age-related physiological changes that occur throughout the adult human life span. Many age-related changes are gradual. They can begin in early adulthood, while other changes appear in late adulthood. Age-related changes are both visible and invisible, but do not necessarily result in diminished quality of life for older adults. This course will also discuss the role of individual and environmental adaptations that promote health aging.

Learning Outcomes: Participation in this course will enable students to:

1. Explain the major theories of biological aging.
2. Summarize research on reversing the effects of aging.
3. Describe the effects of aging on body composition.
4. Identify the impact of age-related changes on different organ systems and the implications of these changes for older people’s ability to interact with their social and physical environment.
5. Discuss the ways in which the environment can be modified to help accommodate the biological changes experienced by most older adults.

Course Materials

Required Textbook:


Additional Required Readings (on WebCT):


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<th>Session: Date</th>
<th>Readings/Assignments</th>
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| 3: Sept. 16 | Video: Do you want to live forever?  
**Biological Theories of Aging:** Saxon et al. (2010) Ch. 2 (p. 9-13)  
Exercise: Death Calculator |
| 4: Sept. 21 | **Discussion: Can Aging be Reversed?** National Institute on Aging (2010)  
Caloric Restriction  
Human Growth Hormones  
Anti-Aging |
| 5: Sept. 23 | **Age Related Changes and Disorders in the Musculoskeletal System:** Saxon et al. (2010) Ch. 4 |
| 6: Sept. 28 | **Age Related Changes and Disorders in the Nervous System:** Saxon et al. (2010) Ch. 5  
**Dementia and Delerium:** Saxon et al. (2010) Ch. 6 |
| 7: Sept. 30 | **Age Related Changes and Disorders in the Respiratory System:** Saxon et al. (2010) Ch. 9 |
| 8: Oct. 5   | **Midterm Exam 1** |
| 9: Oct. 7   | **Age-Related Changes and Disorders in the Integumentary System:** Saxon et al. (2010) Ch. 3 |
| 10: Oct. 12 | **Age Related Changes and Disorders in the Sensory Systems** : Saxon et al. (2010) Ch. 7 |
| 11: Oct. 14 | **Age Related Changes and Disorders in the Gastrointestinal & Urinary Systems:** Saxon et al. (2010) Ch. 10, 11 |
| 12: Oct. 19 | **Age Related Changes and Disorders in the Cardiovascular** : Saxon et al. (2010) Ch. 8 |
| 13: Oct. 21 | **Age Related Changes and Disorders in the Endocrine System:** Saxon et al. (2010) Ch. 13 |
| 14: Oct. 26 | **Age Related Changes and Disorders in the Reproductive System** : Saxon et al. (2010) Ch. 12 |
| 15: Oct 28  | **Age Related Changes and Disorders in the Immune System:** Saxon et al. (2010) Ch. 14 |
Evaluation

Class attendance is mandatory. There will be two midterm examinations and a final examination. These exams will be comprised of multiple choice and short answer questions. Each midterm examination accounts for 30% of your final grade; the final examination accounts for 40%. The content of examinations will be facilitated through lecture material and assigned readings.

Midterm examination #1 = 30%
Midterm examination #2 = 30%
Final Examination = 40%  (to be scheduled between Dec. 8-20, 2011)

Note: Examinations must be taken on the day and time they are scheduled unless other arrangements are made due to health reasons that can be fully documented according to the requirement of the School of Health Sciences program and the University of Western Ontario. If an examination is missed without appropriate documentation as required, no make-up examination will be offered and the student will forfeit that portion of the exam weighting. All approvals for make-up exams must be processed through the School of Health Studies; once approved, they will notify the instructor as to whether a make-up exam is to be scheduled.

Statement on Use of Electronic Devices
No electronic devices will or will not be allowed during tests and examinations, with the exception of a computer for online tests/exams. For final exams, use of communication equipment (e.g., cell phones) is prohibited.

**ADDITIONAL STATEMENTS**

**Student Code of Conduct**

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit [http://www.uwo.ca/univsec/board/code.pdf](http://www.uwo.ca/univsec/board/code.pdf).

**English Proficiency for the Assignment of Grades**


**Accommodation for Medical Illness or Non-Medical Absences**


The University recognizes that a student’s ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student’s overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: [https://studentservices.uwo.ca/secure/index.cfm](https://studentservices.uwo.ca/secure/index.cfm).

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must
follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student’s Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222.

**Scholastic Offences**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website: [http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf).

Additionally,

1. All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com ([http://www.turnitin.com](http://www.turnitin.com)).

2. Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

**Support Services**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- [http://www.sdc.uwo.ca/ssl/](http://www.sdc.uwo.ca/ssl/)