

The University of Western Ontario  
School of Health Studies  
**Health Sciences: Health Issues in Aging**  
**HS2711B**  
January-April 2023

Instructor: Dr. Afshin Vafaei  
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Office Hours: Wednesdays 12:30 to 2:00 PM or by appointment  
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For office hours, please email your teaching assistant directly

Lecture Times: Wednesdays 2:30-4:30  
Location: Social Science Centre (SSC) – Room 2050  
Tutorials: see the schedule below  
Course Website: <https://owl.uwo.ca/>

**Prerequisite Checking:**

Minimum of 60% in each of Health Sciences 1001A/B and Health Sciences 1002A/B.

**Course Description:**

This course will examine, from an interdisciplinary perspective, fundamental issues associated with ageing and the complex interaction of physical, psychosocial, and environmental issues that influence the health and well-being of older adults.

**Learning Objectives:**

On completion of this course, students will be able to:

- a) provide students with an understanding of the multidisciplinary nature of issues related to health and aging at both the individual and population level.
- b) enable students to evaluate complex bio-psycho-social determinants of the aging process; interaction of disease, disability, frailty and the ability of our health system to cope with a rapidly aging population.
- c) recognize issues in aging, engage in critical reflection and advocate change in their families, communities and in their future careers in health care and research.

## **Textbook:**

➤ **Required:** Novak, Northcott, & Kobayashi (2022). *Aging and Society: Canadian Perspectives* (9<sup>th</sup> Ed.)

Bookstore link: [https://bookstore.uwo.ca/textbook-search?campus=UWO&term=W2022B&courses%5B0%5D=001\\_UW/HTH2711B](https://bookstore.uwo.ca/textbook-search?campus=UWO&term=W2022B&courses%5B0%5D=001_UW/HTH2711B)

Additional readings will be posted in OWL. A main requirement is arrangement for a strong internet connection for accessing online materials.

## **Statement on contingency plan for in-person class pivoting to online learning:**

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will not change. Any remaining assessments will also be conducted online as determined by the course instructor.

**In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction**, tests and examinations in this course will be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

## **Statement on Multiple Choice Exams:**

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.

## **Statement on Use of Electronic Devices:**

**During Exams:** Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

**During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class.

**Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

**Class Schedule (subject to change):**

The issues related to marginalized older adults will be explored systematically in three sections.

<b>Week/Date</b>	<b>Topic/Focus</b>	<b>Readings</b>	<b>Tutorial</b>
<b>Section 1. Status of Population Aging Today</b>			
1: Jan. 11, 2023	Aging today	Chapter 1	
2: Jan. 18, 2023	Aging population	Chapter 3	
3: Jan. 25, 2023	Social aspects of aging, ageism	Extra, on OWL. p. 36-50 of Funk	
<b>Section 2: Aging and Health</b>			
4: Feb. 1, 2023	Physical health and aging	Chapter 5	
5: Feb. 8, 2023	Mental health and aging	Chapter 6	
6: Feb. 15, 2023	Midterm		
<b>Fall Reading Week: February 21 -25</b>			
7: March 1, 2023	Social health and aging	Chapter 10	
8: March 8, 2023	The concept of healthy aging	Chapter 14 of Satariano & Maus; on OWL PHAC Healthy Aging document; on OWL Lu et al (2018). Domains and measurements of healthy aging in epidemiological studies: A review. <i>The Gerontologist</i>	
<b>Section 3: Care and Aging</b>			
9: March 15, 2023	Healthcare	Chapter 7	
10: March 22, 2023	Social support and caregiving	Chapter 13	
11: March 29, 2023	Dying and death	Chapter 14	
12: April 5, 2023	Public policy for an aging population Wrap up and final exam review	Page 420-426 of Wister 2019; on OWL	

## **Evaluation and Assignments:**

By **March 2<sup>nd</sup>**, 2023, students will know 25% of their final grade.

<b>Assessment</b>	<b>Weight of Final Mark</b>	<b>Due Date</b>
Midterm	25%	Feb. 15, 2022
Tutorial activities	20%	Jan. 16 until the last week
Summary and analysis of a poster presentation	20%	April 7, 2023
Final exam	35%	During the exam period (April 13-28, 2023)

## **Tutorial Activities: 20% of the overall grade**

Students are already assigned to one of the 10 weekly tutorial times (please refer to the Western Timetable). Students are expected to attend and participate actively in **all** tutorial activities. Assigned Teaching Assistants will facilitate and supervise the activities. For full marks, participation in 8 tutorials is required (2.5 each, \*8=20). Depending on the nature of the activity, students are expected to complete the task in-class or submit their work to Owl.

## **Tutorial Schedule:**

<b>Section</b>	<b>Group</b>	<b>Day</b>	<b>Time</b>	<b>Room</b>	<b>TA</b>
002	1	Monday	09:30 am -10:30 am	UCC-59	Niharika Khanal
003	2	Monday	10:30 am -11:30 am	HSB-9	Niharika Khanal
004	3	Wednesday	09:30 am -10:30 am	UCC-54B	Mohammed Jwaied
005	4	Wednesday	10:30 am -11:30 am	UCC-54B	Mohammed Jwaied
006	5	Friday	11:30 am -12:30 pm	UCC-54B	Marjan Saeedi
007	6	Thursday	09:30 am -10:30 am	HSB-9	Oluwakemi Oluwole
008	7	Thursday	10:30 am -11:30 am	UCC-58	Oluwakemi Oluwole
009	8	Friday	10:30 am -11:30 am	UCC-54B	Marjan Saeedi
010	9	Wednesday	11:30 am -12:30 pm	PAB-117	Nafisa Diya
011	10	Wednesday	04:30 pm- 05:30 pm	UCC-63	Nafisa Diya

### **Summary and Analysis Assignment: 20% of the overall grade**

In this visually driven assignment, students will apply their critical thinking and analysis to an issue that relates to health and aging. A sample of posters that have been presented in various international and national conferences and have been through rigorous peer-reviews will be available. Students will select a poster and analyze the content using the course materials. In writing, you must meet the following requirements:

- **Summary of the content** presented in a short paragraph with a focus on the core issue(s) brought up in the poster
- **Develop a central question** to help you understand core issues from the paragraph
- **Use course materials** (e.g., theories, concepts, themes) to build your critical analysis
- **Conclude your analysis** with a strong takeaway message

How to do well in this assignment? You must make close connections between your work and course materials. The analysis should go beyond the definition of concepts or theories and demonstrate how it helps you to understand and explain the core issues. Further details will be discussed in the class during the term.

This assignment should be **3 double-spaced typed pages (12- font)** excluding cover and reference pages. You must cite **at least 4 references** from relevant course materials, such as lectures and assigned readings. Please use the 7<sup>th</sup> edition of the APA for this assignment and **fully edit your paper** before your submission by **Friday, April 7 before 11:59 pm**. Please make sure you **indicate my name, your TA's name as well as your section** on the cover page. Deduction will apply to late submissions of 5% (out the 20% weight) per day unless you have academic accommodation. Submissions later than 3 days will have a mark of zero (0).

### **Midterm (25%) and Final (35%) Exams:**

Two exams will evaluate students' deep understanding of course materials. The midterm exam will take place at the regular meeting time (2:30-4:30 PM) on February 15, 2023 while the final exam will be scheduled by the *Exam Central* during the formal exam period (April 13 to April 28; 2023). Both exams will be in multiple choice and matching format. **The final exam is cumulative.**

### **Missed Work:**

This is one of the mandatory courses in the School of Health Studies and attendance in all lectures and tutorials is essential for learning. It is not possible to provide equal opportunity to make-up for the missed classes. **All materials covered in all classes are testable.**

### **Missed Exams:**

If you are too ill to write a quiz or exam or there are other 'extenuating circumstances beyond your control' you **must** document this either with a medical certificate (if available) or by notifying the instructor in writing (with your signature). If you are ill for an extended period of time, it is your responsibility to contact the instructor immediately on your return to campus.

## ADDITIONAL STATEMENTS

### **Statement on Academic 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 Web site: [Academic Calendar - Western University \(uwo.ca\)](#)

### **Statement on use of electronic devices:**

**During Exams:** Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

**During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class.

**Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

### **Accommodation for illness:**

*The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.*

*Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:*

- (i) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or*
- (ii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to academic advising office in their Faculty of registration, in order to be eligible for academic consideration.*

*Students seeking academic consideration:*

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;*
- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;*

- *Must communicate with their instructors no later than 24 hours after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;*
- *Are advised that all necessary documentation, forms, etc. are to be submitted to academic advising office within two business days after the date specified for resuming responsibilities*

### **Support Services:**

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

1. Student Development Centre -- <http://academicsupport.uwo.ca/>
2. Student Health -- <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

### **Health and Wellness:**

The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually. Finding ways to balance scholarly life with our personal lives can be tough, but it's important to learn how to manage stress. Western provides several health and wellness-related services to students, which may be found at <http://www.health.uwo.ca/>. You can also check out the Campus Recreation Centre or the McIntosh Gallery (<http://www.mcintoshgallery.ca/>), for alternative spaces to reconnect with your bodies and restore your spirit. You may also want to access local resources that are closer to where you are living during the school year. Recalibrating ourselves emotionally begins with slowing down, reminding ourselves that we are ok, and taking a few deep, slow breaths. This remarkably effective strategy brings the body from stress mode into a more relaxed state.

If you are in emotional or mental distress should refer to Mental Health@Western [Mental Health Support - Health & Wellness - Western University \(uwo.ca\)](#) for a complete list of options about how to obtain help or Thames Valley Family Services (<https://www.familyservicethamesvalley.com/>), a trusted provider within the community. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: [Health & Wellness - Western University \(uwo.ca\)](#). It's also advisable to have a wellness safety plan if you don't want to reach out to formal services. Having the numbers of a few trusted individuals is another strategy.

**Grade Policy:**

The university-wide descriptor of the meaning of letter grades, as approved by Senate:

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

It is expected that the grades for this course will fall **between 70-74**. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student's grade, by the instructor, to bring the class average in line with school policy.