

The University of Western Ontario
School of Health Studies
Health Sciences: Health Issues in Aging
HS2711B

Instructor: Dr. Afshin Vafaei
Email: avafaei2@uwo.ca
Office Hours: or by appointment

TAs:
TBD
For office hours, please email your teaching assistant directly

Lecture Times:
Location: 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* (9th Ed.)

Bookstore link:

Additional readings will be posted in OWL. A main requirement is arrangement for a strong internet connection for accessing online materials and submission of class works on time.

Class Schedule (subject to change):

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

Week/Date	Topic/Focus	Readings	Tutorial
Section 1. Status of Population Aging Today			
1:	Aging today	Chapter 1	No tutorial
2:	Aging population	Chapter 3	
3.	Social aspects of aging, ageism	Extra, on OWL. p. 36-50 of Funk	
Section 2: Aging and Health			
4.	Physical health and aging	Chapter 5	
5.	Mental health and aging	Chapter 6	
6.	Midterm		
Fall Reading Week:			
7.	Social health and aging	Chapter 10	
8.	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>	
Section 3: Care and Aging			
9.	Healthcare	Chapter 7	
10.	Social support and caregiving	Chapter 13	
11.	Dying and death	Chapter 14	No tutorial
12.	Public policy for an aging population Wrap up and final exam review	Page 420-426 of Wister 2019; on OWL	No tutorial

Evaluation and Assignments:

By , students will know 25% of their final grade. **Assessment**

Weight of Final Mark		Due Date
Midterm	25%	
Tutorial activities	20%	
Summary and analysis of a poster presentation	20%	
Final exam	35%	During the exam period ()

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 for your section, **change of sections are NOT allowed**). Students are expected to attend and participate actively in **all** tutorial activities facilitated and supervised by assigned Teaching Assistants. For a full grade, 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:

Section	Day	Time	Room	TA
002	Monday			
003	Monday			
004	Friday			
005	Thursday			
006	Friday			
007	Thursday			
008	Thursday			
009	Friday			
010	Wednesday			
011	Wednesday			

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 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
- **Development of a central question** to help you understand core issues from the paragraph
- **Use of course materials** (e.g., theories, concepts, themes) to build your critical analysis
- **Conclusion of the analysis** with a strong takeaway message

A key requirement for this assignment is providing 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 in the whole population of older adults. 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 7th edition of the APA for this assignment and **fully edit your paper** before your submission by **before 11:59 pm**. Please make sure you **indicate my name, your TA's name as well as your section** on the cover page. A 5% per day deduction will apply to late submissions (out the 20% weight) unless you have approved 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 (9:30-11:30 AM) on and the final exam will be scheduled by the *Exam Central* during the formal exam period (). Both exams will be in multiple choice and matching format. **The final exam is cumulative.**

Missed work

Attendance at all classes is **mandatory**, and it is not possible to provide equal opportunity for all students to make-up for the missed classes. **All materials** covered in the classes are **testable**. If you are absent from a graded class activity, you will receive a zero for the activity.

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 teaching team immediately on your return to campus.

Only **one** make-up time will be scheduled for missed midterm in the week after the reading week on **TENTATIVE final examination common make-up** dates in will be provided when the Final Exam schedule is released by the *Exam Central*.

MARKS

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 anticipated that the course averages in years 1 through 4 grades will vary and this is the normative breakdown of average grades/year:

Year 1: 68-72

Year 2: 70-74 (core) and 72-76 (elective)

Year 3: 72-76 (core) and 74-78 (elective)

Year 4: 74-80

POLICIES

Prerequisites

Unless you have either the requisites for this course or written special permission from your Dean to enroll 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.

Covid -19 Contingency Plan for in-person class pivoting to 100% 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>.

Late assignments

Assignments must not be missed unless there is a medical condition, family emergency, or other unforeseen circumstances. A note from your Physician indicating the nature of your condition must be submitted to the School of Health Studies Main Office, and only upon receipt of such a letter will instructors consider a new due date for an assignment. Late assignments may be docked a certain percentage per day, which is determined by the instructor.

Attendance and Classroom Behaviour (online and/or in-person)

In the School of Health Studies, each course instructor sets specific expectations for attendance and participation that are specific to the course, teaching objectives, and learning outcomes. Regular attendance is expected and essential for all courses, but particularly those that include participation grades in their evaluation schemes. Participation means not only attendance, but active engagement in the class, including (for example) contribution to small and large group discussions, a demonstrated effort to prepare for class by completing assigned readings before class, and following the instructor's guidelines for use of electronic devices during class time. **Students who miss classes, or parts of classes, are responsible for the material they have missed. Instructors are not obliged to review the contents of missed lectures.**

Use of Recording Devices and Course Content

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.**

Use of Plagiarism Checking Software

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>).

Student Code of Conduct

Code of Student Conduct defines the standard of conduct expected of students registered at The University of Western Ontario, provides examples of behaviour that constitutes a breach of this conduct, provides examples of sanctions that may be imposed, and sets out the disciplinary procedures that the University follows. 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 \(uwo.ca\)](http://www.uwo.ca/academic/calendar).

Academic Consideration

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;
- **Must communicate with their instructors no later than 24 hours** after the end of the period covered by 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 \(uwo.ca\)](http://www.uwo.ca/mentalhealth/) 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 \(uwo.ca\)](http://www.uwo.ca/health/). 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.

Common Concerns Guidelines

The table below summarizes a list of common student concerns and how they are to be resolved. If you have a concern that is not listed here, then please email your instructor.

Concern	How to address concern
Course administrative matters	Read through the course outline or email instructor if question <i>cannot be answered</i> from information in the course outline
Course content questions	Refer to the OWL Resources (notes, calendar, etc). Email the instructor.
Grade disputes and requests for appeals	<p>A student requesting an appeal to a specific course with respect to a grade for an assignment or examination must first contact their instructor to discuss such matters.</p> <p>Visit the following website for guide on submitting an appeal: https://uwo.ca/fhs/policies/appeals.html</p>