

Healthy Aging I: Behavioral & Clinical Outcomes

Course Syllabus

Course Number: GMS6715

Credit Hours: Three (3) credit hours

Course Format: This online course is tailored for distance learners in an asynchronous format.

Course Description:

Behavior contributes significantly to health, well-being and longevity. An abundance of research supports numerous behavioral guidelines for health promotion in older adults, including: regular physical activity; the maintenance of appropriate weight; dietary intake of fruits, vegetables, and fiber, coupled with low consumption of saturated fats; moderate use of alcohol; and the ability to cope effectively with stress. Thus, the purpose of this course is to present an overview of effects of lifestyle interventions designed to promote health outcomes in older adults. The course will emphasize the role that specific lifestyle behaviors have in increasing risk of functional decline and/or chronic pain during aging, as well as the role lifestyle interventions can have in promoting health and function during aging. Behavioral approaches for conceptualizing and changing behaviors to improve health will represent the major focus of the course. The primary focus of the course will be intervention at the individual and group level; however, we will also touch upon the contributions of sociology, epidemiology, medicine, political science and economics to understanding health and illness.

Course Directors: Stephen Anton, PhD
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Schedule: This course will be offered yearly during the summer semester

Course Objective:

The objective of this course is an in-depth exploration of the major health issues facing the growing population of older adults, namely physical disability, cognitive decline, and chronic pain. We will examine the behavioral antecedents of major of chronic disease conditions that can affect functional capacity during aging and potentially decrease longevity. We will focus in detail on behavioral interventions to modify risk factors for disease and improve or maintain function, including the conceptual basis for the interventions, clinical trial data supporting their efficacy, and their application in clinical practice.

Learning Outcomes:

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

1. Discuss the role of lifestyle in the development of age-related conditions and diseases

2. Describe the effects of lifestyle interventions on clinical and functional outcomes relevant to older adults
3. Discuss theoretical models and strategies to improve adherence to lifestyle interventions in older adults
4. Find, analyze, and summarize pertinent peer-reviewed research literature in this area

Learning Resources:

1. Topic articles will be placed on the course website. The information in these articles is coordinated with online lecture materials and serves as the required text for the course.
2. Discussion questions will stimulate critical thinking about issues relevant to that week's topic.

Course Outline and Assignments:

Welcome to Lifestyle Interventions I. The course is set up in modules that correspond to each weeks' topic. Each Module contains a brief introduction, a list of required and supplemental readings, other associated content and finally the weekly assignment. Rubrics for grading are established for each assignment so that you are clear on the deliverables.

Grading

Grading Scale

| | |
|--------------|-------------|
| A = 93-100% | C+ = 77-79% |
| A- = 90-92% | C = 73-76% |
| B+ = 87-89% | C- = 70-72% |
| B = 83-86% | D+ = 67-69% |
| B- = 80-82%< | D = 63-66% |
| | D- = 59-62% |
| | E < 59% |

A grade of incomplete (I) may be given if a student fails to complete the course as scheduled for unforeseen circumstances beyond the student's control.

Academic Integrity:

Please review the University's complete policy regarding academic dishonesty, found online in the student handbook: <http://www.dso.ufl.edu/judicial/pdf/handbook2003.pdf>

Students are expected to abide by the University's Academic Honesty Policy, and to adhere to the following pledge:

“We, the member of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.”

On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied:

“On my honor, I have neither given nor received unauthorized aid in doing this assignment.”

According to the UF Student Guide, Academic dishonesty includes the following.

Cheating - copying another's work for academic gain. Plagiarism - representing another's work as your own.

Bribery - offering, giving, soliciting, or receiving goods or services of value for academic gain.

Misrepresentation - altering facts (e.g., signing an absent classmate's name to an attendance sheet).

Conspiracy - planning with others to commit academic dishonesty.

Fabrication - making up information to avoid punishment or other difficulty.

Copyright Information:

Please also review the policy for the use of copyrighted materials, which can be found on the Health Science Center Library's web page:

<http://www.library.health.ufl.edu/services/copyright.htm>

Accommodation Policy:

Students requesting classroom accommodation must first register with the Dean of Students' office, 202 Peabody Hall, 392-1261. The DSO will provide documentation to the student who must then provide this documentation to the instructor.

Student Support Services

As a student in a distance learning course or program you have access to the same student support services that on campus students have. For course content questions contact your instructor. For any technical issues you encounter with your course please contact the UF computing Help Desk at 352-392-4357. For Help Desk hours visit: <http://helpdesk.ufl.edu/>. For a list of additional student support services links and information please visit: <http://www.distance.ufl.edu/student-services>

Special Accommodations

Students requesting disability-related academic accommodations must first register with the Disability Resource Center. <http://www.dso.ufl.edu/drc/>

The Disability Resource Center will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation.

Complaints

Should you have any complaints with your experience in this course please visit <http://www.distance.ufl.edu/student-complaints> to submit a complaint.