

Required Readings

Ferrini, A.F. Ferrini, R.L. Health in the Later Years, 3rd ed. McGraw-Hill, 2000.

HSCI 396HA Course Reader—Purchase at Northridge Copy Center, 9130 Reseda Blvd (near Carl's Jr.)

Grading:

Your final grade is based on earned points for the course. It will be determined by your performance on the quizzes, final exam, and other assignments as follows:

Healthy Aging Resources Paper	(300 pts.)	30%
Aging Network Assignment	(100 pts.)	10%
Service Learning Reflective Journal (10)	(30 pts. each)	30%
Activity Assignments (4)	(75 pts. Each)	<u>30%</u>
		100 %

Grades will be based on total points as follows:

A: 90-100%	D: 60-69%
B: 80-89%	F: less than 60%
C: 70-79%	

Healthy Aging Resources Paper (300 points): Each student will prepare a resources paper (250 points) and presentation (50 points) on the health-related topic for which they have signed up. **The paper must address the following:**

1. Description of the topic and explanation for each of the types of resources identified
2. Identify name and location of at least 10 healthy aging resources relevant to seniors living in the San Fernando Valley. Examples of the format will be provided.
3. Summarize the resources available
4. Identify any gaps in programs and services which need to be addressed

Draft due: 11/15

Final Due: 12/6

Purpose:

1. To become aware of healthy aging resources in our community
2. To develop writing and research skills needed to work by professionals
3. To critically evaluate the availability and affordability of programs and services that address the health needs of seniors.

Grading Criteria

1. Content
 - a. Thoroughness in describing the program
 - b. Completeness of research in identifying resources
 - c. Assessment of unmet need for services
2. Standards

- a. Minimum of 10 pages in length
- b. Spelling, grammar and punctuation
- c. Quality of writing (ability to clearly express thoughts in writing)

Formatting: typed, 12-pt. Font, double spaced. 1" margins

Activity Assignments (75 points each): Students will be assigned activities to conduct with seniors in the community. These assignments will require students to use an instrument to evaluate nutritional status and risk of malnutrition, physical fitness, mental health, medications, home safety, etc.

Service Learning: Service learning extends the learning experience of students beyond the classroom by integrating the subject matter of the course with problems within the larger community. It transforms learning into an active experience in which you have the opportunity to apply your new knowledge and skills to provide education and needed service to your community. The service learning journal provides an opportunity for you to reflect on issues in ways that can bring personal insights and/or strengthen your sense of interconnectedness to others. Specifically, this service learning project allows you to: a) provide a needed service, and b) to relate the service-learning experience to the content of course by giving you an opportunity to directly interact with older adults.

Service Learning Journal

Participation in an intergenerational service learning (SL) project for 2 hours a week for 10 weeks is mandatory. Students will write weekly in a reflective journal over the 10 week period on how the SL experience relates to the material being covered in the class. Weekly journal entries must be turned in each week at the start of class for credit. No late journal entries will be accepted. Detailed instructions will be given in class and in a separate handout.

Activity Assignments: There will be 6 activities assigned during the semester which complement the readings. You will have the opportunity to choose one of several activities. A 2 paragraph (8 to 10 sentences) written summary answering any questions and detailing what you learned from the activity will be due the following week.

Attendance: Regular attendance is required and you are expected to arrive for class on time and to remain for the entire class period. If the times for the class routinely conflict with our other commitments (e.g., work, family), please do not take the class until you can commit to the class times listed. The classroom is a "No phone/No beep zone"-- please make sure your devices are turned off during class!

Participation: Active student participation during class is expected. Learning is an active process-- students are expected to have read the assigned materials prior to class and attend prepared to engage in discussions, ask questions, and share their ideas.

Class Schedule & Events*

Date	Lecture	Readings	Important Dates	Service Learning
Week 1 Aug. 30	Introduction Myths of Aging Video: Myths & Realities	1 Reader: Wk 1		
Week 2 Sept. 6	Biological Aging Video: How the Body Ages	2 Reader: Wk 2		Service Learning orgs visit
Week 3 Sept. 13	Normal Aging	3 Reader: Wk 3		SL Week 1
Week 4 Sept. 20	Fitness Video: Surfing for Life	4	Quiz 1: Ch. 1-3, SL Due: Journal 1	SL Week 2 Activity 1
Week 5 Sept. 27	Nutrition Guest: Dr. Carol Koprowski	5	Due: Activity 1 Journal 2	SL Week 3 Activity 2
Week 6 Oct. 4	Sexuality Video: Love, Intimacy & Sexuality	6	Quiz 1: Ch. 1-5, SL Due: Journal 3	SL Week 4
Week 7 Oct. 11	Mental Health Guest: Laura Rice-Oeschger Video: Inside Looking Out, MMSE	7 Reader: Wk 7	Due: Activity 2 Journal 4	SL Week 5
Week 8 Oct. 18	Chronic Illness Video: Illness & Disability	8 Reader: Wk 8	Due: Journal 5	SL Week 6 Activity 3
Week 9 Oct. 25	Acute Illnesses Medications	9 & 10	Activity 3 Due: Journal 6	SL Week 7
Week 10 Nov. 1	Medical Care/LTC	12 & 13 Reader: Wk 10	Quiz 2: Ch 6-10 Due: Journal 7	SL Week 8 Activity 4
Week 11 Nov. 8	Prevention and Health Promotion	11	Due: Activity 4 Due: Journal 8	SL Week 9 Activity 5
Week 12 Nov. 15	Health Education/Information Guest: Marcia Henry Meet Oviatt Library Information Desk	Reader-Wk 12	Due: Activity 5 Due: Journal 9	SL Week 10 Activity 6
Week 13 Nov. 22	Thanksgiving!			
Week 14 Nov. 29	Death and Dying Guest: Rachelle Dardeau	14	Due: Activity 6 Due: Journal 10	
Week 15 Dec. 6	Service Learning Presentations Review for Final Exam			
Week 16 Dec. 13			Final Exam: 50% on Ch. 11-14; 50% on all	

• Although unlikely, the class schedule and events are subject to change at my discretion.