

Gerontology 556 – Biological Aspects of Aging (3 credits)

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Text: Christiansen, J . and J.M. Grzybowski. 1999.
Biology of Aging. McGraw-Hill Publishing. 344
pp.

Grade:

Paper	10%
Discussion	15%
Homework	15%
Quizzes	15%
Final	15%
Project	30%

Goal: The underlying goal is to perceive biological aging as a normal sequence in the developmental process of change from conception to death.

Objectives:

- 1) To provide a ***knowledge*** base about the biological related changes of “normal” or related aging.
 - a. what are the biological changes related to aging?
 - b. what are changes associated with biological aging?
 - c. what are the diseases associated with biological aging?
- 2) To increase ***awareness*** of factors that influence the ‘normal’ rate of biological aging
 - a. successful aging
 - b. usual aging

- 3) To develop a ***realistic attitude*** on how health professionals should view biological aging as a positive process of development.
- 4) To ***increase awareness*** that the study and practice related to biological aging is holistic and multidiscipline.

Sessions:

There are 16 sessions

Session due dates

Session 1	Demog/introd	Sept 1
Session 2	Factors affecting aging	Sept 8
Session 3	Theories on aging	Sept 14
Session 4	Myths on aging	Sept 20
Session 5	ID and aging	Sept 23
Session 6	Skin	Sept 28
Session 7	Nervous system/dementia	Oct 4
Session 8	Cardiovascular	Oct 15
Session 9	Skeletal/muscle	Oct 22
Session 10	Joints	Oct 29
Session 11	Excretory	Nov 5
Session 12	Reproduction	Nov 12
Session 13	Pulmonary	Nov 16
	Thanksgiving	Nov 19-13
Session 14	Digestive	Nov 27
Session 15	Endocrine	Dec 3
Session 16	Medication	Dec 7

Important dates:

Aug 22	Start of class
Dec 5	paper due
Dec 7	Project due
Dec 7	All work turned in
Dec 10	Final Exam sent (24 hrs to return)
Dec 12	Course ends

Grade Explanation:

Quizzes- There will be a quiz after each section. Once you have sent in your questions I will comment on the answers, give you a grade (see grade link), return the questions (with comments) along with the

quiz. Download the quiz to your hard drive. **YOU MUST READ THE COMMENTS FROM THE QUESTIONS BEFORE YOU ANSWER THE QUIZ.**

Homework: Answer the questions based on text, PP, readings (if appropriate) and outline. Due date above and in Blackboard course content link

Discussion: You will be required to participate in 3 discussion forums. They will be announced

General paper:

A 5-8 page term paper on some aspect of aging (either you choose a topic or I will provide one).

You need 3-5 primary sources.

The structure of the paper is as follows:

- Introduction of the topic – a history
- Description of the aging change
- Impact on society (health cost, family cost)
- Interventions if appropriate
- Prevention if appropriate
- Conclusion

Final Exam: The final is comprehensive with same format as the test.

Graduate Research Project

The research project should focus on the biological changes related to aging with original conclusion. There are two types of research projects to choose from: a) library research paper on the impact of some aspect of aging, or b) an original research project on some the impact of improving successful aging within your community or where you work.

You should begin to think about what question(s) you should be addressing for either research project. In a short time we will discuss your thoughts via the chat link. The research paper or research project must be original. You may form a partnership with other graduate students.

instructions

A. Time table:

1. Within 2 weeks from the beginning of the course you will submit a brief description of your project. We will then discuss the project and define it to meet your goals (THIS CAN BE SUBJECT TO CHANGE AS YOU DO THE RESEARCH)
 - a. Hypothesis or question
 - b. Objectives
 - c. Methodology
2. Middle of the course – Summary of the results and potential conclusion that include policy impact
3. Last day of the course – Final project

B. Overriding guides:

1. Must focus on past, current or future aging issues (examples - trends in younger populations that will impact future aging populations, trends in the current health of the older population, interventions in policy or education to prevent over use of medications)
2. Can be individual or a group project
3. Can be a retrospective study on past policies to determine current or future epidemiological morbidity or mortality trends in health care, health cost, interventions or demographics
4. Can be a prospective study on new strategies in reducing health care cost
5. If the project is a library research project, there must be a new interpretation of the literature review

C. Examples: (this is not an inclusive list, only examples)_ remember these are only suggestion, you can be as creative or innovative as you want.

1. 1. Prospective project -

Evaluation of an agency or institution's current policies or programs or the development of new programs

2. Retrospective project – review of mortality or morbidity health records

D. Format:

1. Pose a question or hypothesis
2. Objectives on the impact on present or future Public Health Policy
3. Literature review (with citations – the format for citations will depend on your program). The only requirement will be for proper internal citation on original publications (author last name and date - Jones, 2002). Full citations are in the reference cited
4. Methodology - how you will collect the data – could be completed during the course or establishing a protocol for further use. Need not be long or involved
5. Results - must either support or refute your question.
6. How the results could be used to formulate public policy
7. Conclusion
8. Literature cited
9. Appendix if applicable

E. Number of pages:

The number of pages are not stipulated, this is your discussion and will be based on when YOU feel you have answered your research question. Remember this is not a master or PhD paper, make it succinct and concise.

F. Group projects:

Suggestion is to assign the collection of information to different members of the group. Evaluations will be handed out so each member of the team can evaluate the input from the other members

If you need help to identify an agency or in developing your project please contact the suggested links on public and health care

<http://www.aarp.org/research/>

<http://www.agingsociety.org/agingsociety>
<http://www.os.dhhs.gov/>
<http://www.agingresearch.org/healhtopics.cfm>
http://www.cdc.gov/nccdphp/aag/aag_aging.htm

References for paper should be cited as follows:

Note-

You may use the Gerontology journals to research your paper online by using the NMSU <http://library.nmsu.edu/>

Journals

- Author(s). date. Name of article. Name of Journal. Volume number. Pages

Example

Smith, James. 2003. Causes of Alzheimer's Diseases. J of Geriatrics. 30:45-67

Books

- Author(s). date. Name of Book. Publisher. Pages

Example

Smith, James. 2003. Alzheimer's Diseases. Springer Press. Boston, MA. 350pp

On-Line Citations

- Name. Date. Article title. Web address

Example

Smith, James. 2003. Causes of Alzheimer's. <http://www.latimes.com/features/health>

Note - Copy address and paste it to your document

Session format:

Each Session will contain the following links

- **OPEN AND READ FIRST** – This will open the assignment (chapter, outline and readings (when appropriate)) and outcome section
- **OUTLINE** The information is important and will supplement the chapters and readings
- **ARTICLES AND GRAPHS** - Chapters 1 to 3 will have a combination of articles and graphs that must be opened and read before answering any questions
- **QUESTIONS** – When you have read the chapter, the outline, and articles and charts then answer the questions. You must download the questions to your hard drive. Then answer all the questions. When finished, label the file (see below) and email it back to me within WebCT. Go to email link.
- **POWER POINTS** – Some of the session will have power point presentations to add to your body of knowledge

Power Point Instructions

Some of the sessions will have content in a power point format. If you never used PP, the first thing you do is to double click on the file to open it

- Go to the bottom of the PP screen. You will see three small icons,
- Link on the farthest to the right that appears to be a small screen.
- The PP will open to see one slide at a time.

- To advance or return hit the up or down arrows on the key board
- When finished, move the cursor to the top of the screen, a small file will open on the bottom left side
- Click on the arrow, when it opens click on “end show”

LABELING FILES - IMPORTANT – Label all work being sent to me in the following format:

YOUR LAST NAME, TYPE OF SESSION HW OR Q AND THE SESSION NUMBER.

FOR EXAMPLE—jonesHW4.doc or JonesQ4.doc