



KES 3332

Health and Aging

Spring 2023 - GPC 105 - MWF 9:00-9:50am

**Mary Powers, M.S.
Lecturer in Kinesiology**

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Office Hours: Monday/Wednesday - 11:00 am – 1:00 pm, Friday – 10am – 1:00 pm
Required Text: Title: Lifespan Development 18th Ed.
Author: John Santrock
Publisher: McGraw-Hill Education
ISBN: 1260471950

Purpose of the Course

The purpose of this course is to provide an in-depth study of human development, its universal features, individual development, and its nature

Course Description

This course will cover the foundations of human development across a lifespan beginning with infancy, progressing through childhood, adolescence and adulthood. Discussion topics ranging from socioeconomic, physical, and cognitive development.

Course Student Learning Objectives Upon successful completion of this course students will:

1. Know more about life-span development.
2. Understand the best and most recent theory and research available about period of the human life-span.
3. Develop Connection across different points of the human life-span.
4. Apply content about the human life-span in the real world to help improve people's lives and motivate them to reflect more of their journey through life to better understand who they were, are, and will be.

Course: Marketable Skills

The following marketable skills are achieved in this course:

Critical Thinking/Problem Solving: Exercise sound reasoning to analyze issues, make decisions, and overcome problems. The individual is able to obtain, interpret, and use knowledge, facts, and data in this process, and may demonstrate originality and inventiveness.

Collaboration: Emphasis on professional etiquette through group activities/CPR work

Program Learning Outcomes

1. Students will explore the social, physical, mental, and spiritual aspects of health and aging over the course of a lifetime.
2. Students will understand the processes of Health and Aging over the course of a lifetime from conception to death.
3. Students will become familiar with the variety of ways that a human being can become and/or stay healthy as they age with regards to fitness, nutrition, and discuss of a variety of ailments that can arise throughout the lifespan, and how to adapt to these affects on the human body.

Style Of Teaching:

The objectives of this course will be met through an integrated teaching style that will include online presentations and discussion boards. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class. This is a face to face course that utilizes the online platform blackboard and McGraw Hill Connect. No assignments shall be accepted via email and all assignments shall be turned in on blackboard or during class.

Attendance

Attendance for class is mandatory. Every class day is a grade. You will receive 100% credit for being on time, 75% credit for being tardy. One letter grade will be deducted for every absence after four (4).

All Course Requirements Deadline

Due to the time requirement for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' at 11:59pm to be counted for credit towards the final letter grade in this course. There will be no exceptions to this policy. Late deductions will apply as per above policy.

Late Work Policy

All coursework must be submitted by the provided due dates in Blackboard or Connect. LearnSmart readings must be completed by the due date for credit – no late work will be accepted.

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Outcome Measure	Points Per Item	Number of Items	Available Points	Percentage of Grade
Connect\Smartbook Chapter Readings	20	20	400	40%
Attendance/ Participation	-	-	100	10%
Homework Assignments	50	4	200	20%
Unit Tests	100	1	100	10%
Final Project	200	1	200	20%
Total/Final Grade*	-	-	1000	100%

*Letter Grading as per SRSU policy will be used in this course.

Be sure to complete all assignments by the due date.

Late assignments will not be accepted.

COURSE REQUIREMENTS

I. **Chapter Readings** (e.g. SmartBook via Connect). 20 Chapters. **All due by May 5th**

II. Attendance/Participation. Participate and complete all daily in-class activities. 100 points possible. ***Friday blackboard discussions: In lieu of Friday classes, discussion board will be posted on blackboard. These will take the place of in class attendance and will be due by midnight every Friday. There is no make up for these discussion boards and they will count as an unexcused absence from class if they are not completed on time.***

III. Homework assignments. Three (4) available; will vary in difficulty and application and will be assigned at various times throughout the semester.

IV. Final Project. Students will conduct a proposal/program (either in pairs or on their own, TBD) with the community of Alpine in mind, that would benefit an age group of their choice that does not already exist for Alpine, utilizing aspects of the course content applicable to their proposals. Proposals/programs will need to be preapproved to avoid doubles of ideas.

UNIVERSITY POLICIES

Distance Education Statement

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

Accidents & Injuries

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

Academic Integrity Statement

Academic dishonesty hurts everyone and reduces the value of college degrees. Doing someone else's work, presenting the ideas and work of others as your own, submitting the same paper for multiple classes, and/or failing to cite your sources when you utilize the ideas of others, are all examples of academic dishonesty. It is your responsibility to read and understand the university's policy on academic dishonesty in the SRSU Student Handbook, as all violations will be taken

seriously and handled through the appropriate university process. The Student Handbook can be found at: <https://www.sulross.edu/page/2454/student-handbook> (page 80).

In addition, please note that plagiarism detection software will be used in this class for written assignments, as well as monitoring software for course exams.

Academic Civility Statement

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

Academic Affairs Service Statement

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

Academic Excellence Statement

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

ADA Statement

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartze, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartze@sulross.edu