



**College of Education and Human Development
Department of Counseling, Health & Kinesiology**

**EDKN 4344 Health and Aging
FALL 2025**

Instructor: Dr. Annmarie Chizewski

Class time: MW 7:00-8:15pm

Location: Science & Technology 179

E-mail: achizewski@tamusa.edu

Office Hours: By appointment only (please email)

Required Textbooks: All readings will be provided in Blackboard via PDF.

Albert W. Taylor, Michel J. Johnson (2022). *Physiology of Exercise and Healthy Aging (2nd Edition)*. ISBN 9781492597254

Danielle R. Bouchard (2021). *Exercise and Physical Activity for Older Adult*. ISBN 9781492572909

Course Description: This course explores the physiological changes that occur across body systems during the aging process and their implications for health and physical function. Students will examine age-related adaptations in cardiopulmonary, musculoskeletal, nervous, sensory, and endocrine systems, with special emphasis on gender-specific health considerations and bone health. Through evidence-based research and practical applications, students will develop understanding of how exercise and lifestyle interventions can optimize healthy aging and address age-related health challenges.

Course Overview: This comprehensive aging and health course provides students with an in-depth understanding of the biological processes associated with aging and their impact on overall health and quality of life. The course takes a systems-based approach, examining how each major body system changes with age and exploring evidence-based strategies for promoting healthy aging

Students will investigate the complex interplay between aging, disease, and physical activity, with particular attention to conditions commonly affecting older adults such as osteoporosis, osteoarthritis, and incontinence. The course emphasizes the role of exercise as both a preventive and therapeutic intervention for age-related health decline.

Through individual assignments, group projects, and collaborative learning experiences, students will develop critical thinking skills to evaluate current research on aging and health, analyze case studies, and propose evidence-based interventions for promoting healthy aging across diverse populations.

Learning Outcomes:

At the end of this course, the student will be able to:

- **Describe** the fundamental biological processes and theories underlying human aging
- **Analyze** age-related changes in cardiovascular and pulmonary function and their impact on exercise capacity
- **Examine** musculoskeletal system adaptations during aging and their effects on strength, mobility, and independence
- **Evaluate** nervous system and sensory changes associated with aging and their implications for balance, coordination, and safety
- **Assess** endocrine system modifications during aging and their influence on metabolism, body composition, and health
- **Identify** gender-specific health concerns in aging, particularly women's pelvic floor health and incontinence issues
- **Analyze** the relationship between bone health, osteoporosis, and physical activity across the lifespan
- **Synthesize** research on osteoarthritis management and the role of physical activity in joint health
- **Design** evidence-based exercise interventions tailored to address age-related health challenges
- **Create** comprehensive health promotion strategies for optimizing healthy aging in diverse populations

Course Policies:

The general policy outlined by the University will be followed as stated in the [Student Handbook](#). There are no 'free' unexcused absences.

The instructor's policy for this course includes:

Your presence is expected in class daily except for emergencies. Students assume responsibility for any material missed in class. Arrange to pick up handouts as soon as possible. It is YOUR responsibility to make up missed work.

Requests to be absent from class for official University business (athletics, field trips, student government, etc.) shall be made prior to the anticipated absence. Arrangements for missed work will be made at that time.

If you miss an exam or quiz or do not show up on the day of a presentation/exam or when an assignment is due without **prior arrangement** with the instructor, no make-up will be allowed unless there is a *documented* emergency.

If there is an emergency (hospital, funeral, etc.) please contact me the day of the problem or the day you missed class.

If you cannot participate in a class activity you must have documentation (hurt ankle, sick, etc.), otherwise you will receive half credit for being there but not participating.

Excused Absences:

A. In the event that you need to be away for a given period of time (e.g. funerals, hospital stays, family emergencies, military duty, etc.), you should contact [Student Counseling Center](mailto:StudentCounseling@tamusa.edu) (210-784-1331 (or 1329); StuCounseling@tamusa.edu or StuWellness@tamusa.edu). If you will be missing more than a week of classes (whether continuous or not), inform them of the situation and they can send a notice to all your instructors rather than you having to explain to each of them your circumstances.

Attendance and Course Expectations:

Regular class attendance is a crucial component of a student's educational experience. Missing classes can significantly affect the quality of a student's coursework, potentially leading to unsatisfactory grades. In some cases, excessive absences may even result in a student being dropped from courses at the recommendation of the instructor to the Provost and Vice President for Academic Affairs.

At Texas A&M - San Antonio, students are expected to attend all their classes. However, the university's attendance policy does provide exceptions for absences due to officially sanctioned university events, religious observances, or military service. Students qualifying for these excused absences should inform their instructor ahead of time and make arrangements to complete any missed assignments or exams.

Late Work & Extra Credit Policy:

All class work is due on the date and time assigned. Work received later than the due date will not be accepted, No Exceptions.

Students can receive an extension on an assignment, quiz or exam only if there is an unavoidable circumstance such as family emergencies or health emergency etc.

(non-emergency situations such as personal issues, computer/technology issues or work-related excuses will not be accepted). Documentation must be provided or will result in point deduction. Students must contact the instructor to receive the approval and make arrangements.

Maintain Communication with your instructor as things arise in one's life.

I do not offer extra credit or Independent Studies if an acceptable grade is not earned.

Instructional Methods:

This course will meet face-to-face two days per week (Monday/Wednesdays). The typical activities in the face-to-face classroom can include interacting with guest speakers, engaging with your classmates and myself in question-and-answer sessions, discussing major concepts, practicing difficult key concepts and completing exams. All assigned readings and assignment instructions will be provided on Blackboard.

Grade Requirements:

A grade of “C” or better must be earned in this course to satisfy Kinesiology requirements. Majors who do not earn a grade of “C” or better will be required to repeat the course. *Please note:* No changes to your final grade will occur once class has ended unless I have made a mistake. You are given the opportunity to follow your grade throughout the semester thus you should not be surprised with the grade you earn.

Blackboard: All announcements, assignments, power points and test etc., will be posted on Blackboard (except for those that require signatures).

Assignments and Assessments:

Turnitin-All written assignments for this course will be submitted through Turnitin, a plagiarism detection service, to verify the originality of your work. By submitting your assignments, you agree to have your work compared to a database of electronic sources and other student papers. While Turnitin provides a similarity report, the final determination of plagiarism rests with the instructor based on their review of the submitted work and relevant academic standards.

Generative Artificial Intelligence (GenAI) Policy:

No Use of Generative AI Permitted.

EDKN 4344 assumes that all work submitted by students will be generated by the students themselves, working individually or in groups. Students should not have another person/entity do the writing of any portion of an assignment for them, which includes hiring a person or a company to write assignments and/or using artificial intelligence (AI) tools like ChatGPT. Use of any AI-generated content in this course qualifies as academic dishonesty and violates Texas A&M-San Antonio’s standards of academic integrity.

APA Style: As students in this program, most of your papers are required to be in accordance with APA formatting standards. Students are encouraged to become familiar with the APA Manual; both content and format are important.

The top APA style requirements that are worthy of attention in the course are as follows:

- Cover page
- Page numbers (top right corner starting on cover page)
- Margins (1 inch all sides)
- Font size (12-point Times New Roman)
- Proper use of quotes and documenting them correctly
- Length (Instructor will provide limit)
- References (Instructor will provide limit)
- References and citations– APA style
- APA style paper with appropriate content

****Papers submitted without in-text references and a reference list will result in points deducted.***

Grading Policy

Evaluation:

	Points Worth Each	Total Points
Attendance	2	30
Monthly Individual Assignments	25	100
Monthly Group Projects	25	100
Pop Quizzes	5	25
Final Research Project	45	45
Total		300 points

Grading Scale:

268.5-300 points	A
238.5-268 points	B
208.5-238 points	C
178.5-238 points	D
0 – 178 points	F

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OVERVIEW OF COURSE CONTENT & SCHEDULE:

The course schedule, readings, assignments, and syllabus policies are subject to change at the instructor's discretion. You will be notified of changes via Blackboard Announcements and during class. Changes are often to benefit the needs of the class.

DATE	Monday	Wednesday
Week 1	Syllabus, Introductions, Course Expectations	NO CLASS Individual Assignment 1 Due Friday 8/29/2025 @ 11:59pm
Week 2	LABOR DAY NO CLASS	Introduction to Health and Aging
Week 3	Cardiopulmonary System and Aging	Musculoskeletal System and Aging
Week 4	Nervous System and Sensory System	Endocrine System Changes
Week 5	In-Class Group Workday	Group Assignment 1 Presentations Individual Assignment 2 Due Friday @ 11:59pm
Week 6	Women's Health: Aging, the Pelvic Floor, Incontinence, and Exercise	Bone Health, Osteoporosis, and Exercise; Osteoarthritis, Aging, and Physical Activity

Week 7	Mental Health, Aging, and Physical Activity	Sex, Aging, and Physical Activity
Week 8	In-Class Group Workday	Group Assignment 2 Presentations Individual Assignment 3 Due Friday @ 11:59pm
Week 9	Balance, Locomotion, and Falls	Motor Control
Week 10	Physical Functions	Physical Activity and Exercise Recommendations for Functional Health
Week 11	A Functional Approach to Exercise	Measurements of Exercise Specific to Older Adults
Week 12	In-Class Group Workday	Group Assignment 3 Presentations Individual Assignment 4 Due Friday @ 11:59pm
Week 13	Training for Muscle Performance for Older Adults	Training for Aerobic and Anaerobic Fitness
Week 14	Barriers and Solutions to Exercise Adherence	Masters Athletes
Week 15	In-Class Group Workday	Group Assignment 4 Presentations
Week 16	NO CLASS: Final Research Project	NO CLASS: Final Research Project

*This is a tentative schedule. The course schedule will change as the demands of the class/students dictate.



TEXAS A&M UNIVERSITY
SAN ANTONIO

IMPORTANT POLICIES AND RESOURCES

Academic Accommodations for Individuals with Disabilities: Texas A&M University-San Antonio is committed to providing all students with reasonable access to learning opportunities and accommodations in accordance with The Americans with Disabilities Act, as amended, and Section 504 of the Rehabilitation Act. If you experience barriers to your education due to a disability or think you may have a disability, Disability Support Services is located in the Central Academic Building, Suite 210. You can also contact us via phone at (210) 784-1335, visit us <https://www.tamusa.edu/Disability-Support-Services/index.html> or email us at dss@tamusa.edu. Disabilities may include, but are not limited to, attentional, learning, mental health, sensory, physical, or chronic health conditions. All students are encouraged to discuss their disability-related needs with Disability Support Services and their instructors as soon as possible.

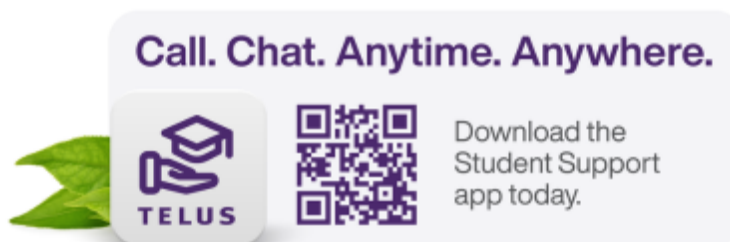
Academic Learning Center: The Academic Learning Center provides free course-based tutoring to all currently enrolled students at Texas A&M University-San Antonio. Students wishing to work with a tutor can make appointments through the Brainfuse online tutoring platform. Brainfuse can be accessed in the *Tools* section of Blackboard. You can contact the Academic Learning Center by emailing tutoring@tamusa.edu, calling (210) 784-1307, or visiting the Central Academic Building, room 202.

Counseling/Mental Health Resources: As a college student, there may be times when personal stressors interfere with your academic performance and negatively impact your daily functioning. If you are experiencing emotional difficulties or mental health concerns, support is available to you through the Student Counseling Center (SCC). To schedule an appointment, call 210-784-1331 or visit Madla 120.

All mental health services provided by the SCC are free and confidential (as the law allows). The Student Counseling Center provides brief individual and group therapy, crisis intervention, consultation, case management, and prevention services. For more information on SCC services visit tamusa.edu/studentcounseling

Crisis support is available 24/7 by calling the SCC at 210-784-1331 (after-hours select option '2').

Additionally, the TELUS Student Support App provides a variety of mental health resources to including support for in the moment distress, an anonymous peer to peer support network, mental health screenings, podcasts, and articles to improve your mental wellbeing.



Emergency Preparedness: JagE Alert is Texas A&M University-San Antonio's mass notification. In the event of an emergency, such as inclement weather, students, staff and faculty, who are registered, will have the option to receive a text message, email with instructions and updates. To register or update your information visit: <https://tamusa.bbcportal.com/>.

More information about Emergency Operations Plan and the Emergency Action Plan can be found here: <https://www.tamusa.edu/about-us/emergency-management/>.

Download the SafeZone App (<https://safezoneapp.com/>) for emergencies or call (210) 784-1911. Non-Emergency (210) 784-1900.

Financial Aid and Verification of Attendance: According to the following federal regulation, 34 CFR 668.21: U.S. Department of Education (DoE) Title IV regulation, a student can only receive Title IV funds based on Title IV eligibility criteria which include class attendance. If Title IV funds are disbursed to ineligible students (including students who fail to begin attendance), the institution must return these funds to the U.S. DoE within 30 days of becoming aware that the student will not or has not begun attendance. Faculty will provide the Office of Financial Aid with an electronic notification if a student has not attended the first week of class. Any student receiving federal financial aid who does not attend the first week of class will have their aid terminated and returned to the DoE. Please note that any student who stops attending at any time during the semester may also need to return a portion of their federal aid.

Writing, Language, and Digital Composing Center: The Writing, Language, and Digital Composing Center supports graduate and undergraduate students in all three colleges as well as faculty and staff. Tutors work with students to develop reading skills, prepare oral presentations, and plan, draft, and revise their written assignments. Our language tutors support students enrolled in Spanish courses and students composing in Spanish for any assignment. Our digital studio tutors support students working on digital projects such as eportfolios, class presentations, or other digital multimedia projects. Students can schedule appointments through JagWire under the Student Services tab. Click on "Writing, Language, and Digital Composing Center" to make your appointment. The Center offers face-to-face, synchronous online, and asynchronous digital appointments. More information about what services we offer, how to make an appointment, and how to access your appointment can be found on our website at <https://www.tamusa.edu/academics/>.

Meeting Basic Needs: Any student who has difficulty affording groceries or accessing sufficient food to eat every day or who lacks a safe and stable place to live, and believes this may affect their performance in the course, is urged to submit a CARE referral (<https://www.tamusa.edu/university-policies/Student-Rights-and-Responsibilities/file-a-report.html>) for support. Furthermore, please notify the professor if you are comfortable in doing so. This will enable them to direct you to available resources.

Military Affairs: Veterans and active-duty military personnel are welcomed and encouraged to visit the Office of Military Affairs for any question involving federal or state VA Education Benefits. Visit the Patriots' Casa building, room 202, or to contact the Office of Military Affairs with any questions at military.va@tamusa.edu or (210)784-1397.

Religious Observances: Texas A&M University-San Antonio recognizes the diversity of faiths represented among the campus community and protects the rights of students, faculty, and staff to observe religious holidays according to their tradition. Under the policy, students are provided an opportunity to make up any examination, study, or course work requirements that may be missed due to a religious observance provided they notify their instructors before the end of the second week of classes for regular session classes.

The Six-Drop Rule: Students are subject to the requirements of Senate Bill (SB) 1231 passed by the Texas Legislature in 2007. SB 1231 limits students to a maximum of six (6) non-punitive course drops (i.e., courses a student chooses to drop) during their undergraduate careers. A non-punitive drop does not affect the student's GPA. However, course drops that exceed the maximum allowed by SB 1231 will be treated as "F" grades and will impact the student's GPA.

Statement of Harassment and Discrimination: Texas A&M University-San Antonio is committed to the fundamental principles of academic freedom, equal opportunity, and human dignity. To fulfill its multiple missions as an institution of higher learning, A&M-San Antonio encourages a climate that values and nurtures collegiality and the uniqueness of the individual within our state, nation, and world. All decisions and actions involving students and employees should be based on applicable law and individual merit. Texas A&M University-San Antonio, in accordance with applicable federal and state law, prohibits discrimination, including harassment, on the basis of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, gender expression, or pregnancy/parenting status. Individuals who believe they have experienced harassment or discrimination prohibited by this statement are encouraged to contact the appropriate offices within their respective units.

Texas A&M University-San Antonio faculty are committed to providing a safe learning environment for all students and for the university as a whole. If you have experienced any form of sex- or gender-based discrimination or harassment, including sexual assault, sexual harassment, domestic or dating violence, or stalking, know that help and support are available. A&M-San Antonio's Title IX Coordinator can support those impacted by such conduct in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, and more. The university strongly encourages all students to report any such incidents to the Title IX Coordinator. Please be aware that all A&M-San Antonio employees (other than those designated as confidential resources such as counselors and trained victim advocates) are required to report information about such discrimination and harassment to the university. This means that if you tell a faculty member about a situation of sexual harassment, sexual violence, or other related misconduct, the faculty member must share that information with the university's Title IX Coordinator (titleix@tamusa.edu, 210-784-2061, CAB 439K). If you wish to speak to a confidential employee who does not have this reporting requirement, you can contact the Student Counseling Center at (210) 784-1331 or visit them in Madla 120.

Pregnant/Parenting Students: Texas A&M-San Antonio does not require a pregnant or parenting student, solely because of that status or issues related to that status, to (1) take a leave of absence or withdraw from their degree or certificate program; (2) limit the student's studies; (3) participate in an alternative program; (4) change the student's major, degree, or certificate program; or (5) refrain from joining or cease participating in any course, activity, or program at the University. The university will provide such reasonable accommodations to pregnant students as

would be provided to a student with a temporary medical condition that are related to the health and safety of the student and the student's unborn child. These could include maintaining a safe distance from substances, areas, and activities known to be hazardous to pregnant individuals and their unborn child; excused absences because of illness or medical appointments; modified due dates for assignments; rescheduled tests/exams; taking a leave of absence; and being provided access to instructional materials and video recordings of lectures for excused absences, if these would be provided to any other student with an excused absence. Pregnant/parenting students are encouraged to contact the Title IX Coordinator with any questions or concerns related to their status (titleix@tamusa.edu; 210-784-2061; CAB 439K).

Texas A&M-San Antonio has also designated the Title IX Coordinator as the liaison officer for current or incoming students who are the parent or guardian of a child younger than 18 years of age. The Title IX Coordinator can provide students with information regarding support services and other resources.

Students' Rights and Responsibilities: The following statement of students' rights and responsibilities is intended to reflect the philosophical base upon which University Student Rules are built. This philosophy acknowledges the existence of both rights and responsibilities, which is inherent to an individual not only as a student at Texas A&M University-San Antonio but also as a citizen of this country.

Students' Rights

1. A student shall have the right to participate in a free exchange of ideas, and there shall be no University rule or administrative rule that in any way abridges the rights of freedom of speech, expression, petition and peaceful assembly as set forth in the U.S. Constitution.
2. Each student shall have the right to participate in all areas and activities of the University, free from any form of discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, sexual orientation, gender identity, gender expression, and pregnancy/parenting or veteran status in accordance with applicable federal and state laws.
3. A student has the right to personal privacy except as otherwise provided by law, and this will be observed by students and University authorities alike.
4. Each student subject to disciplinary action arising from violations of university student rules shall be assured a fundamentally fair process.

Students' Responsibilities

1. A student has the responsibility to respect the rights and property of others, including other students, the faculty, and administration.
2. A student has the responsibility to be fully acquainted with the published University Student Rules found in the Student Handbook, [Student Code of Conduct](#), on our website, and University Catalog, and to comply with them, as well as with federal, state, and local laws.

3. A student has the responsibility to recognize that student actions reflect upon the individuals involved and upon the entire University community.
4. A student has the responsibility to recognize the University's obligation to provide a safe environment for learning.
5. A student has the responsibility to check their university email for any updates or official university notifications.

We expect that students will behave in a manner that is dignified, respectful, and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation, or disability. Conduct that infringes on the rights of another individual will not be tolerated.

Students are expected to exhibit a high level of honesty and integrity in their pursuit of higher education. Students engaging in an act that violates the standards of academic integrity will find themselves facing academic and/or disciplinary sanctions. Academic misconduct is any act, or attempt, which gives an unfair advantage to the student. Additionally, any behavior specifically prohibited by a faculty member in the course syllabus or class discussion may be considered as academic misconduct. For more information on academic misconduct policies and procedures please review the Student Code of Conduct (<https://www.tamusa.edu/university-policies/student-rights-and-responsibilities/documents/Student-Handbook-2022-23.pdf>) or visit the resources available in the OSRR website (<https://www.tamusa.edu/university-policies/student-rights-and-responsibilities/academic-integrity.html>).