

TEXAS A&M UNIVERSITY–SAN ANTONIO

Department of Health & Kinesiology | College of Education & Human Development

KINE 4344 – Health and Aging

Fall 2026 Syllabus | Section: 101 | CRN: 14070

1. Instructor & Course Information

Instructor:	David Mandeville, Ph.D.
Email:	dmandeville@tamusa.edu
Office Location:	STEM 142D
Office Hours & Phone:	M, T/Th 11:00 AM – 2:00 PM; or by appointment via zoom Phone: (210) 784-****
Class Meeting Time & Location:	T&Th 2:00 PM – 3:15 PM Location: STEM 166

2. Course Description & Prerequisites

Course Description: This course will explore in-depth information regarding the health issues of aging individuals including physical health, psychological health, legal and ethical issues of health, and Medicare/Medicaid.

TSI Restriction(s): Reading, Math, and Writing

3. Course & Program Learning Outcomes

Student Learning Outcomes (SLOs):

1. Describe and explain the major health problems and issues for older populations and the implications for public health practice.
2. Describe the nutrition and physical activity recommendations for older adults.
3. Identify current strategies for health promotion and disease prevention for older adults.
4. Research a health issue impacting older adults and facilitate a health discussion or physical activity demonstration.

4. Course Materials & Textbooks

Status	Title	Author	ISBN / Notes
Recommended	Physical Change and Aging	Sue Saxon et al.	ISBN: 978-0-8261-5056-1

Supplementary Readings: Selected peer-reviewed articles posted to Blackboard/Canvas.

5. Grading Criteria & Method of Evaluation

Grading Policy: To pass this course and progress within the Kinesiology program, students must attain an overall course average of 70% (C) or higher. A grade of 'D' is not recognized as a passing grade in major Kinesiology courses. **Equal contribution to all group work and peer reviews is expected; a minimum 50%-point deduction will occur if peer contributions are not met.**

Grade	Percentage Range
A	90.0% – 100.0%
B	80.0% – 89.9%
C	70.0% – 79.9%
D	60.0% - 69.0%
F	59.9% & Below

Method of Evaluation & Assessment Breakdown (Group Work in Bold)

Assessment / Requirement	Points Possible	Percentage of Total
Peer Reviews (9 reviews @ 5 pts each)	45	9.0%
Quizzes (11 Quizzes @ 15 pts each)	165	33.0%
Assignments (11 @ 10 pts each)	110	22.0%
Exam 1	65	13.0%
Exam 2	65	13.0%
Final Research Presentation	50	10.0%
TOTAL	500 pts	100.0%

6. Specific Course Policies & Expectations

- **Attendance & Absence Policy:** Your presence is expected in class each day except for emergencies. Proactive communication and official documentation are required for excused absences. If you miss an exam or quiz or do not show up on the day of a presentation without prior arrangement with the instructor, no makeup will be allowed unless there is a documented emergency. If you need to be away for a given period (e.g. funerals, hospital stays, family emergencies, military duty, etc.) you should contact Student Counseling Center (210.784.1331 (or 1329); StuCounseling@tamusa.edu or StuWellness@tamusa.edu. If you will be missing more than a week of classes, 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.
- **Late Work & Extra Credit:** All class work is due on the date and time assigned. Work received later than the due date will not be accepted, No Exceptions. I do not offer extra credit or Independent Studies if an acceptable grade is not earned.
- **Instructional Methods:** Much of the work in this course will occur online in Blackboard. Online activities and in class activities are designed to build on each other. Active participation in online and in class activities is required for this course. 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.
- **Assignments:** Throughout the semester, 10 group work assignments will be given in which each student is expected to contribute equally. These assignments involve a presentation to the class about last week's material. For each assignment, your contribution will be evaluated by your peers. Equal contribution to all group work and peer reviews is expected; a minimum 50%-point deduction will occur if peer contributions are not met. Individual work will be accepted for those who can not contribute equally.
- **Examinations & Lockdown Browser:** Every exam will be administered asynchronously. Students must have a fully charged laptop compatible with Respondus Lockdown Browser.
- **Quizzes & Pop Assessments:** Throughout the semester, 11 quizzes will be administered asynchronously. Students must have a fully charged laptop compatible with Respondus Lockdown Browser. Quizzes will be due Sunday, midnight and will cover assigned readings and lecture topics. Make-up quizzes are permitted strictly for documented, pre-approved excused absences.
- **Syllabus Subject to Change:** The instructor reserves the right to make reasonable adjustments to the schedule, topic sequence, and assignments based on class pacing and unforeseen circumstances. Prompt notice will be provided via university email/announcement.

7. Schedule of Topics and Assignments

Week / Date	Agenda / Lecture Topic	Readings	Assignments & Deadlines Due
Week 1 (Aug 24)	Introduction, Syllabus Ch 01: Perspectives on Aging	Syllabus, Introduction	Assignment 1: Introduction
Week 2 (Aug 31)	Ch 02: Theories of Aging	Lecture Notes	Quiz 1: Theories & Perspectives on Aging; Assignment 2: Core Values
Week 3 (Sep 7)	Ch 16: Special Topics (Alcoholism, falls, footcare)	Lecture Notes	Quiz 2: Falls; Assignment 3: Perspectives on Aging
Week 4 (Sep 14)	Ch 07: Aging Sensory System	Lecture Notes	Quiz 3: Aging Sensory System; Assignment 4: Falls; Peer Review 1
Week 5 (Sep 21)	Ch 05: Aging Nervous System	Lecture Notes	Quiz 4: Aging Nervous System; Assignment 5: Aging Sensory System: Peer Review 2
Week 6 (Sep 28)	Ch 06: Dementia	Lecture Notes	Quiz 5: Dementia; Assignment 6: Aging Nervous System; Peer Review 3
Week 7 (Oct 5)	Midterm Review	Synthesize Lecture Notes	Exam 1
Week 8 (Oct 12)	Ch 08: Aging Cardiovascular System	Lecture Notes	Quiz 6: Aging Cardiovascular System
Week 9 (Oct 19)	Ch 15: Aging with Lifelong Disability	Lecture Notes	Quiz 7: Aging & Disability Assignment 7: Aging Cardiovascular System; Peer Review 4
Week 10 (Oct 26)	Ch 17: Health Promotion & Exercise	Lecture Notes	Quiz 8: Health Promotion & Exercise; Assignment 8: Aging & Disability; Peer Review 5
Week 11 (Nov 2)	Ch 19: Nutrition	Lecture Notes	Quiz 9: Nutrition; Assignment 9: Health Promotion & Exercise; Peer Review 6
Week 12 (Nov 9)	Ch 21: Teaching Older Adults	Lecture Notes	Quiz 10: Teaching Older Adults; Assignment 10: Nutrition; Peer Review 7
Week 13 (Nov 16)	Ch 22: Caregiving	Lecture Notes	Quiz 11: Caregiving; Assignment 11: Teaching Older Adults; Peer Review 8
Week 14 (Nov 23)	Exam 2 Review	Synthesize Lecture Notes	Exam 2

8. Texas A&M University–San Antonio Institutional Policies & Student Resources

University Email Policy and Course Communications

All correspondence between professors and students must occur via official university email accounts. You must have your Jaguar email account ready and working. If it is not working, contact the ITS Help Desk at helpdesk@tamusa.edu or at (210) 784-HELP (4357). If you do not hear back within 48 hours, please follow up promptly.

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 (DSS) is located in the Central Academic Building (CAB), Suite 210. You can also contact DSS via phone at (210) 784-1335, visit the website, or email dss@tamusa.edu. All students are encouraged to discuss their academic accommodation with Disability Support Services and their instructors as soon as possible.

Academic Learning Center & Tutoring Services

All currently enrolled students at Texas A&M University-San Antonio can utilize the Academic Learning Center (ALC) for subject-area tutoring. The ALC provides free course-based tutoring. Students wishing to work with a tutor can make appointments through the Brainfuse online tutoring platform (accessible via Blackboard / Canvas Tools). You can contact the ALC by emailing tutoring@tamusa.edu, calling (210) 784-1307, or visiting Central Academic Building (CAB) Room 202. Online tutoring is also available for after-hours and weekend assistance.

- Math Walk-In & Appointment Hours: Monday–Thursday 8:00 AM – 6:00 PM (Walk-in: 9 AM – 5 PM); Friday 8:00 AM – 5:00 PM (Walk-in: 11 AM – 4 PM).

Counseling & Mental Health Resources

Personal stressors can interfere with academic performance and daily functioning. Support is available through the Student Counseling Center (SCC). To schedule an appointment, visit the SCC website, call (210) 784-1331, or visit Madla 120 (Monday–Friday 8:00 AM – 5:00 PM). All mental health services provided by the SCC are free and confidential (as permitted by law), offering individual/group therapy, crisis intervention, consultation, and case management.

- 24/7/365 Crisis Support: Call (210) 784-1331 or access the TELUS Student Support App (available on iOS and Android for immediate 24/7 chat, phone, screenings, podcasts, and mental wellbeing resources).

Emergency Preparedness & JagE Alert

JagE Alert is Texas A&M University-San Antonio's mass notification system for emergency situations such as severe inclement weather. Students, faculty, and staff can register or update information at <https://tamusa.bbcportal.com/>. In case of emergency, contact University Police at (210) 784-1911 (Non-Emergency: 210-784-1900) or use the SafeZone App (<https://safezoneapp.com/>).

Financial Aid & Verification of Attendance

Per federal regulation 34 CFR 668.21 (U.S. Department of Education Title IV), federal financial aid eligibility is contingent on documented class attendance. Faculty must electronically verify attendance by the published Census Date. Any student receiving federal financial aid who does not attend prior to Census Date will have their aid terminated and returned to the Department of Education. Students who cease attendance during the semester may also be required to return funds.

Jaguar Writing, Language, and Digital Composing Center (WLDCC)

The WLDCC provides free multimodal support to graduate and undergraduate students across all colleges. Writing tutors assist with reading comprehension, oral presentations, planning, drafting, and revising written assignments. Language tutors support Spanish language coursework, and Digital Studio tutors support digital multimedia projects and ePortfolios. Appointments (face-to-face, synchronous online, or asynchronous eTutoring) can be scheduled via JagWire under Student Services. Contact: wldcc@tamusa.edu.

Meeting Basic Needs & CARE Team

Any student facing difficulties affording groceries, accessing sufficient food daily, or lacking a safe and stable place to live is urged to submit a CARE report or reach out to the General Student Support resources. An on-campus General Student Food Pantry is available to support students in need.

Office of Military Affairs

Veterans and active-duty military personnel are encouraged to visit the Office of Military Affairs for questions regarding federal or state VA Education Benefits (Hazlewood Act, GI Bill®). Visit Patriots' Casa, Room 202, email military.va@tamusa.edu, or call (210) 784-1397.

Religious Observances

Texas A&M University-San Antonio accommodates religious holy days and observances. Under university policy, students are provided an opportunity to make up examinations, study, or coursework missed due to religious observances, provided they notify instructors in writing before the end of the second week of classes for regular session terms.

The Six-Drop Rule (Senate Bill 1231)

Under Texas Senate Bill 1231, undergraduate students are limited to a maximum of six (6) non-punitive course drops during their entire undergraduate career. Course drops exceeding this limit will be recorded as 'F' grades and will negatively affect the student's cumulative GPA.

Statement of Harassment and Discrimination / Title IX

Texas A&M University-San Antonio prohibits discrimination and harassment on the basis of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, or pregnancy/parenting status. For reports or inquiries, contact the Civil Rights Officer / Title IX Coordinator at (210) 784-2061, titleix@tamusa.edu, CAB Suite 439K.

- **Mandatory Reporting:** All university employees (except designated confidential counselors in Madla 120) are mandatory reporters and required to report incidents of sexual misconduct or discrimination to the Title IX Coordinator.

Pregnant and Parenting Students

In accordance with Title IX and university policies, A&M-San Antonio provides reasonable accommodations to pregnant and parenting students (e.g., excused medical absences, modified deadlines, lecture access, and leaves of absence). The Title IX Coordinator also serves as the liaison for parenting students. Additionally, the 'Young Jaguars' program offers childcare support for eligible students with children aged 3–12 (Monday–Thursday 3:30 PM – 9:00 PM; contact youngjaguars@tamusa.edu / 210-784-2636).

Students' Rights and Responsibilities & Academic Integrity

Students enjoy fundamental rights of free inquiry, peaceful expression, equal access, privacy, and due process. In turn, students bear the responsibility to uphold academic integrity, respect community members, and adhere to published Student Rules and the Student Code of Conduct.

- **Academic Misconduct:** Any act giving unfair academic advantage (cheating, plagiarism, unauthorized collaboration) will result in disciplinary sanctions through the Office of Student Rights and Responsibilities (OSRR).

Generative AI Policy (Course & University Guidelines)

Use of artificial intelligence (AI) tools (e.g., ChatGPT) must strictly conform to course guidelines. Where permitted, students must properly cite AI-generated content (in-text citations and reference list per APA guidelines). Presenting AI-generated text, summaries, or data without attribution constitutes academic dishonesty and violates Texas A&M-San Antonio academic integrity standards.

9. Key Academic Calendar Dates Reference (A&M-San Antonio)

Date / Window	Academic Event / Milestone
August 20	Tuition & Fee Payment Deadline
August 24	First Day of Classes
September 7	Labor Day Holiday – No Classes / Campus Closed
September 9	Census Date – Verification of Attendance Deadline
October 5 – October 16	Midterm Grading Period
November 13	Last Day to Drop with an Automatic 'W'

November 25	Study Day – No Classes
November 26 – November 28	Thanksgiving Holiday – Campus Closed
November 30	Last Day to Drop a Course or Withdraw from University
December 4	Last Day of Scheduled Classes
December 5 – December 11	Final Examinations Period