



TEXAS A&M UNIVERSITY
SAN ANTONIO

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

**EDKN 4344 Health and Aging
SPRING 2025**

Instructor: Mr. Angel Vega, MPH
Class time: Tuesday (Online) & Thursday (5:30 PM to 6:45 PM)

Location: STEM 105
E-mail: angel.vega@tamusa.edu
Office Hours: By appointment only (please email)

Optional Textbooks: All readings will be provided in Blackboard via PDF. Saxon, Sue V., Etten, Mary J., and Perkins, Elizabeth, A. (2021). *Physical Change & Aging. A Guide for the Helping Professions* (7th ed.). Springer Publishing Company. ISBN 13-978-0826150554

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

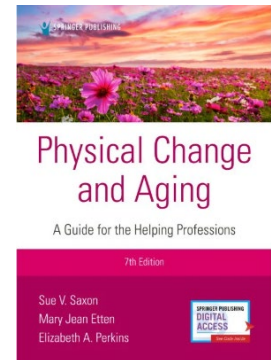
Course Overview:

The course is designed to provide exercise and health professionals with an overview of issues related to health and aging. The course will cover the concept of successful aging, the implications of chronic disease and disability, health promotion and programs/services for the aging population. For the semester project, students will research a topic on a current health issue and will practice leading and/or facilitating a health topic presentation or physical activity demonstration to their peers.

Learning Outcomes:

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

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



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](#) (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 ones life.

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

Instructional Methods:

This course is offered as a blended course. 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 the online activities and completion of all coursework is required in this course. In Blackboard, you will interact with course content, your classmates, and myself in a variety of online activities. I suggest setting aside days and times for completing the online course activities.

The typical structure in Blackboard will consist of learning modules, which include:

- Short Video/PowerPoint Lectures
- Readings
- Online Discussions
- Quizzes
- Assignments
- Article Summaries

This course will meet face-to-face one day per week (Thursdays). 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.

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.

- **Basics of the APA Style or Avoiding Plagiarism Workshop (5 points)-Assignment**

Each student will be required to complete an APA or avoiding plagiarism workshop online quiz: (<https://libguides.tamusa.edu/plagiarism>)

- **Discussion Board x10 (2 points each)**

Special topics will be posted on Blackboard weekly. You will read posted materials and engage in the discussion boards set up in Blackboard. You will utilize readings and information that you collect from various online sources to inform your discussion. Respect and critical thinking will guide these discussions.

Discussion board posts are a significant part of this course.

1. Students will post an initial post first of a minimum of 200 words (unless otherwise notated in the DB instructions).
2. Students will respond to 2 peers with a minimum of 100 words (unless otherwise noted in the DB instructions)

Each discussion board with open on Mondays and are due with 2 peer responses on Sunday at 11:59 PM.

- **Article Summaries x10 (2 points each)**

To encourage deep engagement and critical thinking regarding weekly readings on health and aging, students will write a reflection article assessing the content, their personal insights, and potential applications of the knowledge gained.

- **Mid-Term Exam (25 points).**

Students will complete a mid-term exam covering half of the semester. The exam are located in Blackboard (Exams & Quizzes). The exams are closed book/note exams. Students are required to read the chapters, videos and or lecture slides before beginning an exam.

Please have a hard-wired internet connection before beginning the exam. The information for all the exams will come from all material within the course, including lectures, documentaries, or

videos.

The exam will be made of multiple-choice, true/false, and or matching questions. All exam questions will be delivered in a randomized order; no one will have the same version of the exam. Your questions will be delivered one at a time and must be answered as presented, or you will forfeit the opportunity to answer the question.

- **Successful Aging Interview/Essay-Assignment (10 points) & Final Exam: Research Essay (25 points).**

In this course, students will be required to complete one essay following the APA (American Psychological Association) format. This assignment is designed to enhance analytical and writing skills, with a focus on adhering to the structured guidelines of APA style. Through these essays, students will demonstrate their ability to conduct research, critically engage with material, and present their findings in a clear, professional manner.

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.***

Helpful Tips:

- Use headings and subheadings to organize your essay effectively.
- Include specific examples or case studies to illustrate key points where appropriate.
- Critically analyze the interplay between the Transtheoretical Model and environmental factors in holistic community health.
- Conclude your essay with a summary of key points and implications for future research or practice in community health.
- Proofread your essay carefully for grammar, spelling, and clarity before submission.

Remember to balance theoretical discussion with practical applications and maintain a scholarly tone throughout your writing.

Grading Policy

Evaluation:

	Points Worth Each	Total Points
Assignments (2) -APA Workshop -Aging Interview	5	10
Article Summary (x10)	2	20
Discussion Board (x10)	2	20
Midterm Exam	25	25
Final Research Project Essay	25	25
Total		100 points

Grading Scale:

90 – 100	A
80 – 89	B
70 – 79	C
60 – 69	D
0 – 59	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	READING SCHEDULE	ASSIGNMENT & DUE DATE
Week 1 January 21 st	Syllabus, Introductions, Course Expectations	APA Style or Avoiding Plagiarism Workshop Due Jan 26th @ 11:59 PM
Week 2 January 28 th	Chapter 1. Perspectives on Aging Chapter 2. Theories of Aging	Discussions & Article Summaries starts weekly Due: Every Sunday @ 11:59 PM
Week 3 February 4 th	Chapter 3. The Skin, Hair, and Nails Chapter 4. The Musculoskeletal System	
Week 4 February 11 th	Chapter 5. The Nervous System Chapter 6. Dementia and Delirium	
Week 5 February 18 th	Chapter 7. The Sensory System Chapter 8. The Cardiovascular System	Assignment: Successful Aging Interview/Essay Due: Feb 23rd @ 11:59
Week 6 February 25 st	Chapter 9. The Respiratory System Chapter 11. The Urinary System	
Week 7 March 4 th	Chapter 10. The Gastrointestinal System Chapter 13. The Endocrine System	Mid-Term Exam Chapters 1-11

Week 8 March 10 th	SPRING BREAK	NO CLASSES
Week 9 March 18	Chapter 12. The Reproductive System Chapter 14. The Immune System	
Week 10 April 1 st	Chapter 16. Special Topics (Alcoholism, Falls, Footcare)	
Week 11 April 8 th	Chapter 17. Health Promotion and exercise Chapter 19. Nutrition	
Week 12 April 15 th	Chapter 18. Complementary, Alternative Medicine Chapter 20. Medications	
Week 13 April 22 nd	Chapter 21. Teaching Older Adults Chapter 15. Aging with Lifelong Disabilities	
Week 14 April 29 th	Chapter 22. Gerontechnology Chapter 23. Caregiving	
Week 15 April 24 th	Chapter 24. Death and Grief	
Week 16 May 6 th	Final Exam TBA	

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



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IMPORTANT POLICIES AND RESOURCES

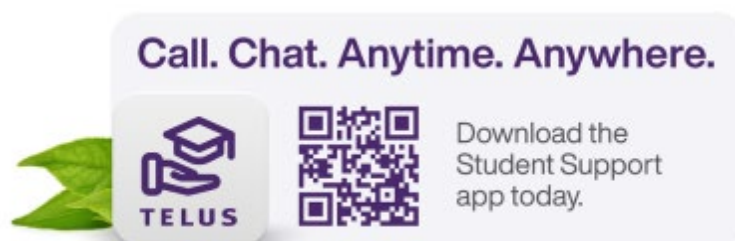
Academic Accommodations for Individuals with Disabilities: Texas A&M University-San Antonio is committed to providing all students with reasonable access to learning opportunities and accommodations in accordance with The Americans with Disabilities Act, as amended, and Section 504 of the Rehabilitation 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>).

Spring 2025 Regular 16-Week Session

October 21	Monday	Registration opens
December 23-January 1	Monday-Wednesday	Winter Break
January 14	Tuesday	Tuition & fee payment deadline
January 16	Thursday	Drop for non-payment
January 17	Friday	Last day for students withdrawing to receive 100% refund (0% responsibility) for tuition
January 20	Monday	Martin Luther King, Jr. Day - No classes
January 21	Tuesday	First class day
January 28	Tuesday	Last day to register
February 5	Wednesday	Census Date
February 6	Thursday	Drop for non-payment
February 24-March 7	Monday-Friday	Midterm grading period
March 10-March 15	Monday-Saturday	Spring Break
April 18	Friday	Study day - No classes
April 21	Monday	Last day to drop with an automatic grade of "W"
April 28	Monday	Last day to withdraw from the university
May 5	Monday	Last day of scheduled classes for weekday classes
May 6	Tuesday	Study day - No classes
May 7-May 13	Wednesday-Tuesday	Final examinations
May 13	Tuesday	End of term
May 16	Friday	All grades due by noon
May 19	Monday	Grades available in JagWire
May 20	Tuesday	Commencement

<https://www.tamusa.edu/academics/documents/AY2025-Academic-Calendar.pdf>