

Department Name and Number Department of Psychiatry, 29120000

Recommended SCNS Course Identification
 Prefix M D U Level 4 Course Number X X X Lab Code
 Full Course Title Healthy Aging and Society
 Transcript Title (please limit to 21 characters) HealthyAgingSociety

Effective Term and Year Spring 2014 Rotating Topic yes no

Amount of Credit 3 Contact Hour: Base X or Headcount S/U Only yes no

Repeatable Credit yes no If yes, total repeatable credit allowed

Variable Credit yes no If yes, minimum and maximum credits per semester

Course Description (50 words or less)
 This online course provides a global view of aging — current, projected and possible. Students will learn that aging is a process that can be modified by individuals and social groups. They also will learn methods for adapting to projected future societal impacts of current behaviors.

Prerequisites None	Co-requisites None
-----------------------	-----------------------

Degree Type (mark all that apply) Baccalaureate Graduate Professional Other

Category of Instruction Introductory Intermediate Advanced

Rationale and place in curriculum
 As the U.S. experiences the initial surge of "baby boomers" entering their seventh decade of life and beyond, the projected impact on society of both successful aging and unsuccessful aging will be significant. This online undergraduate-level course will engage students and help prepare them to become decision-makers and policy makers regarding how society can adapt to or mitigate those impacts. This course will further examine aging, anti-aging and life extension processes and projections through the lens of psychiatry, exploring the interplay of molecular biology and social interactions. This course will attract students from a range of disciplines, including medicine, public health, population studies, environmental studies and urban studies and planning.

Department Contact	Name <u>Czerne Reid, Ph.D.</u> Phone <u>(352) 294-4921</u>	Email <u>czerne@ufl.edu</u>
--------------------	---	-----------------------------

College Contact	Name <u>PAUL GULIG, PhD</u> Phone <u>(352) 294-5544</u>	Email <u>GULIG@UFL.EDU</u>
-----------------	--	----------------------------



Healthy Aging and Society MDU 4XXX Syllabus: Spring 2014

Elearning Sakai Online Course

3 Credit Hours

Course Professor:

Herbert E. Ward, M.D., Associate Professor and Vice Chair, Adult Psychiatry, Department of Psychiatry

Joseph E. Thornton, M.D., Assistant Chief, Psychiatry Service, Malcom Randall VA Medical Center, and Assistant Professor, Department of Psychiatry

Eric Braverman, M.D., Courtesy Assistant Professor, Department of Psychiatry

Course Coordinator:

TBD, Department of Psychiatry & Other Department

Lecturers and Instructors:

TBD

Primary Contacts:

Contact the Course Coordinator, TBD, regarding any issues or questions related to the content of the course or grading. Please email HIM/HER directly at TBD@ufl.edu

Support Services: Problems with the website (such as not being able to log in, not being able to attach a document, not being able to click on a link, or not being able to view a video or reading) should be directed to the UF computing Help Desk at 352-392-HELP. If there is a problem with a video, please 1) alert UF Help, 2) Email Course coordinator, then 3) attempt the assignment without the video.

Course Description: This online course provides a global view of aging — current, projected and possible. Students will learn that aging is a process that can be modified by individuals and social groups. They also will learn methods for adapting to projected future societal impact of current behaviors.

As the U.S. experiences the initial surge of "baby boomers" entering their seventh decade of life and beyond, the projected impact on society of both successful aging and unsuccessful aging will be significant. This course will engage students and help prepare them to become decision-makers and policy makers regarding how society can adapt to or mitigate those impacts. This course will further examine aging, anti-aging and life extension processes and projections

through the lens of psychiatry, exploring the interplay of molecular biology and social interactions. This course will attract students from a range of disciplines, including medicine, public health, population studies, environmental studies and urban studies and planning.

Course Objectives: After completing this course, students should be able to:

- Discuss the demographics of aging at the global level
- Explain the economic and social impact of common changes associated with aging
- Show the relation between age-related molecular changes and social functions
- Compare four to six popular health strategies for healthy aging and life extension
- Describe the role of university research in advancing social goals for healthy life extension.

Educational Philosophy: The educational philosophy of the Department of Psychiatry is to provide students with a learning environment that is current, interactive and supportive. The online and unconventional nature of the course provides students with flexibility for listening to lectures, submitting assessments, writing essays and completing a research paper. The class can be completed without ever setting foot on the University of Florida campus or ever leaving home. With this freedom comes responsibility and expectations. The course is accredited for 3 UF credits and as a result, it requires at least 3 hours per week in direct “contact,” as well as 6 additional hours to complete assignments and course-related research. Due to the online nature of the course, the contact hours have been replaced with online lectures and readings. In total, this course should require up to 9 hours per week, just as any other 3-credit course would normally require. Students are asked to check their email at least twice a week (preferably on Monday and Fridays) and to keep an account of all due dates.

Elearning Sakai Online Course Format: All enrolled students must navigate to UF’s Elearning server found at <http://lss.at.ufl.edu> and login with their Gatorlink username and password. In order for the course to be delivered properly to your computer, it must be configured. This includes:

- 1) Installing the latest JAVA program
- 2) Configuring your Internet and security settings properly
- 3) Disabling pop-up blockers (pop-ups must be allowed).

Detailed instructions on how to do this are available on the Elearning website above and a configuration-checker is available on the login screen. Failure to configure your computer may result in problems such as: not being able to view videos, not being able to click links and/or readings, or not being able to submit written or extra credit assignments. Only work submitted through the website can be accepted and we will not accept work submitted via email. Please only email submissions to the coordinator after 1) alerting UF Help and 2) taking a screen shot of the difficulty. The course faculty and staff are not able to assist students with computer/website

issues. For help with this aspect, please do not email the course coordinator or staff, but rather call the UF Computing Help Desk at 352-392-HELP.

General Overview of Course Content: The course is divided into 15 modules. Each lesson introduces and overviews a major issue in the field. A typical lesson topic consists of a lecture, multiple readings, a short answer quiz, and a web-post essay assignment. Some also include quizzes. The course also consists of three 500-word discussion posts with two 250 word responses per discussion post. Each discussion post assignment (original post and responses) is worth 50 points.

Grading Scale: Final Grades are determined by the following scale and will be posted in Gradebook 2 on Sakai: % (points)

A > 93% A- 90-92% B+ 87-89% B 83-86% B- 80-82% C+ 77-79%
C 73-76% C- 70-72% D 65-69% E < 64%

View the current UF Grading Policy at
<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Point breakdown:

Quizzes (15 total worth 10 points each) = 150
Discussions (3: one for each Overarching Concept – One post and two responses) = 150 points
Tests (3: one for each Overarching Concept) = 150
Extra credits: 20

Accommodations for Students with Disabilities

Students requesting accommodations must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student, who must then provide this documentation to the course director when requesting an accommodation. Contact the Disability Resources Center, <http://www.dso.ufl.edu/drc/>, for information about available resources for students with disabilities.

COURSE SCHEDULE

SPRING 2014

MDU 4XXX

Lesson Due Dates
Wk#

Topic

Week 1-5: Overarching Concept 1="Aging"

1	Demographics
2	Historical changes
3	Normal (common) aging
4	Medical populations
5	Projections on aging
5	Test or Discussion Post

Week 6-10: Overarching Concept 2="Anti-Aging"

6	Molecular damage control
7	Healthy organs
8	Healthy minds
9	Integration
10	Social Factors
10	Test or Discussion Post
10	Extra Credit 1

Week 11-15: Overarching Concept 3="Life Extension"

11	Popular life extension strategies
12	Interpreting the data
13	Barriers to change
14	Current population level research
15	Projections on anti-aging life extension
15	Test or Discussion Post
15	Course Evaluation and Surveys

All quiz assessments and web-posted essay assignments are due on the specified dates by 8:00 AM EST. Thus, before each Saturday deadline you should submit your quiz and your response to the posted essay question. Be sure to continue to check your email for updates and announcements.

Video Lectures and Interviews: Videos typically include a lecture or interview from a professional who has established expertise in the area of the lesson. All lectures and videos in this course are available at any time online during the semester. The videos may be viewed either of two ways:

- 1) “Stream” means that the video will be sent to your computer in small packets and will begin immediately. This is best for slow internet connections. However, it may not always be available as UF can only support 200 users streaming videos at once.
- 2) “Download” means that the entire video (10 to 100 Mb) will be downloaded to your local computer for playback. This may take a couple of minutes before the video will show up and will only work with high speed connections. However, you will have more freedom to move back and forth in time and there is no UF user limit.

Viewing the videos may require updated versions of Real Player or Windows Media Player. Some video slides are presented in Microsoft PowerPoint and will require a version of PowerPoint viewer. All of these software programs are currently available to be downloaded free from the Internet. If a video is not working for you, it is likely because you do not have the latest Real Player or Windows Media Player installed or your computer is not configured correctly (see above). Students who have trouble with the technical aspect are asked to contact the UF Help Desk at 352-392-HELP for assistance in updating their computer software before requesting assistance from the Course Coordinator or MDU staff.

Recommended Readings and Web Links: Lecturers recommended articles that support and enhance the comprehension of the lesson topic. We selected material that addresses current issues in the field. Some of the quiz questions may require that you have understanding of specific aspects from these readings and websites.

Opinion Disclaimer: Please note that sometimes the professionals being videotaped or the author of an assigned article may offer an opinion about healthcare, perhaps even a controversial one. We wish to encourage open-minded thinking, evaluation, and critiquing in this course and so we also have web-posts where you may voice your opinions. However, it is important to recognize that the opinions expressed by the course lecturers/authors do not necessarily reflect those of the course professors, teaching assistants, the UF College of Medicine, the Department of Psychiatry, or the University of Florida.

Class demeanor/netiquette: All students should be courteous to each other and to course coordinators and instructors in all their communications, including discussion post assignments. Those found to be disrespectful of others run the risk of point deduction. View a guide for appropriate online communication at <http://teach.ufl.edu/wp-content/uploads/2012/08/NetiquetteGuideforOnlineCourses.pdf> Students should not upload or duplicate copyrighted information on online class discussion boards without express permission from the copyright holder. Students must complete assignments on time. Check email at least twice a week for course announcements, read and

follow directions carefully, be aware of your grades and raise any issues you have in a timely manner.

Quiz-Assessments: All of the lessons contain a quiz located in the Assessments Tab consisting of 5 questions each worth 2 points, for a total of 10 points per quiz. Most questions can be answered from watching the video lectures but some are based on the readings and web links. They are designed to not only ensure that you have viewed the lecture and completed the readings, but to also test your ability to apply what you have learned. All quizzes should be graded shortly after the deadline has passed. You should then be able to view your score. If you find any of the questions ambiguous or if you have a conflict with the scoring, then you may contact the Course Coordinator via email.

Quiz Assessment Checklist:

1. Did you answer the questions and all subparts directly and thoroughly?
2. Did you write your responses in complete sentences unless the question only asked for a list or term?
3. Did you base your answer on a specific aspect from the lecture video or from the reading materials or web links provided? (You are not expected to spend time doing outside research for the quizzes. Save this effort for the essays.)

Discussion Posts: Discussion sections will open at the beginning of an Overarching Concept section (i.e. Modules 1, 6, and 11) and close at the end of the section (i.e. Modules 5, 10, and 15). At the end of each section, 50 points will be assigned for the completion of a discussion post and two responses to another student's discussion post. This is to promote collaboration and discussion among peers. Specific topics and the rubric for grading will be presented within the discussion board.

Tests: All of the Overarching Concept sections contain a test located in the Assessment tab consisting of 10 multiple choice questions each worth 5 points for a total of 50 points per test. Most questions can be answered based on the video lectures but some are based on the readings and web links. They are designed to not only ensure that you have viewed the lecture and completed the readings, but to also test your ability to apply what you have learned. All tests should be graded shortly after the deadline has passed. You should then be able to view your score. If you find any of the questions ambiguous or if you have a conflict with the scoring, email the course coordinator.

Academic Honesty: Online classes are subject to the same guidelines of academic honesty as all on-campus classes. Please review and be familiar with the Student Honor Code, which can be found at <http://www.dso.ufl.edu/sccr/honorcodes/honorcode.php>. UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the

following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code, and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor or course coordinator.

Special Note on Plagiarism: Plagiarism is presenting another’s work as your own. Cheating and plagiarizing are against the University of Florida Student Conduct Code and will not be tolerated. Every submission in this course is checked via Turnitin.com (<http://www.turnitin.com>), an online service that compares documents with each other and with every page on the Internet as well as with other assignments turned in this and previous semesters. If portions of your document were directly copied and pasted from another student’s assignment (past or present) or from a World Wide Web page, that constitutes plagiarism. Any form of plagiarism will be investigated as set out by the University of Florida Student Conduct Code. Procedures on investigations can be found at: <http://www.dso.ufl.edu/judicial/>. Students in this course caught cheating (copying) and plagiarizing, will be immediately given a failing grade and prosecuted in the UF Honor Court. The reader of your paper should know exactly from where all your outside information originates. It may be acceptable to place a few comments in quotes with a citation, but it is never acceptable to copy and paste a long string of text from a source, even if it is cited and even if you change a few words. Anything from another source that is not in quotations must be paraphrased. Also, please note that UF policies require that you create original work for each course. Thus, students are not permitted to submit papers they prepared previously outside of this class, such as for high school or other UF courses.

Late/Make up policy: Since students are informed of topic areas and deadlines at the beginning of the semester, it is difficult for us to accept late assignments. As previously mentioned, by waiting until the last minute to begin working you may run the risk of computer problems. Websites being down or your personal computer giving you technical problems is not an excuse for late work. For this reason, we strongly suggest working on all assignments and quizzes at least 1-2 days ahead of time to avoid such issues. If you believe you have a legitimate reason for missing work, you may request an extension from the course coordinator before the deadline passes. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>. View the UF policies regarding medical excuse from classes at <http://shcc.ufl.edu/forms-records/excuse-notes/>.

Extra Credit: There will be opportunities throughout the semester to earn extra credit. No more than 20 extra credit points can be earned. Attempting these extra credits does not guarantee that you will earn a full bonus. You must complete the tasks thoroughly and exceptionally and the

Coordinator will grade them as separate scores. One of the extra credit assessments is the course evaluation at the end of the semester.

Course Evaluation: Students are expected to provide feedback on the quality of instruction in this course. Evaluations are conducted online at <https://evaluations.ufl.edu> and are typically open during the last two or three weeks of the semester. Students will be told the specific times when evaluations are open. Summary results of these assessments are available at <https://evaluations.ufl.edu>.

External Consultation Results (departments with potential overlap or interest in proposed course, if any)

Department	Name and Title
_____	_____
Phone Number	E-mail
_____	_____
Comments	

Department	Name and Title
_____	_____
Phone Number	E-mail
_____	_____
Comments	

Department	Name and Title
_____	_____
Phone Number	E-mail
_____	_____
Comments	