

Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.

COURSE SYLLABUS

HLTH 637

PERSPECTIVES ON HEALTHY AGING

COURSE DESCRIPTION

This course presents an analysis of contemporary issues that contribute to health risk factors for aging populations. Students will learn methods and strategies leading to health promotion and disease prevention for the elderly. Spiritual health and cultural issues are also addressed as they relate to aging, death, and dying.

RATIONALE

This course serves as an elective for all concentrations within the Master of Public Health degree program. It offers practical approaches to a variety of health problems and health risks faced by aging individuals. Older persons comprise the fastest growing demographic in the U.S. and among the fastest growing globally; health professions students of all areas will benefit from exposure to the perspectives and approaches for healthy aging presented in this course.

I. PREREQUISITE

For information regarding prerequisites for this course, please refer to the [Academic Course Catalog](#).

II. REQUIRED RESOURCE PURCHASE

Click on the following link to view the required resource(s) for the term in which you are registered: <http://bookstore.mbsdirect.net/liberty.htm>

III. ADDITIONAL MATERIALS FOR LEARNING

- A. Computer with basic audio/video output equipment
- B. Internet access (broadband recommended)
- C. Microsoft Word
(Microsoft Office is available at a special discount to Liberty University students.)

IV. MEASURABLE LEARNING OUTCOMES

Upon successful completion of this course, the student will be able to:

- A. Describe human aging in terms of its physical, psychological, social, and spiritual dimensions.
- B. Describe basic demographic trends of aging populations in the U.S. and globally.
- C. Identify common behavioral, social, and environmental risk factors that contribute to major health issues in aging populations.
- D. Propose appropriate and effective strategies for health promotion and for primary and secondary disease prevention among older populations.
- E. Discuss approaches to personal and public health practices for aging populations as guided by the Christian worldview.

V. COURSE REQUIREMENTS AND ASSIGNMENTS

- A. Textbook readings and lecture presentations
- B. Course Requirements Checklist

After reading the Syllabus and [Student Expectations](#), the student will complete the related checklist found in Module/Week 1.

- C. Discussion Board Forums (4)

The student is required to provide a thread in response to the provided prompt for each forum. Each thread must be 400–500 words and demonstrate course-related knowledge. In addition to the thread, the student is required to reply to 2 other classmates’ threads. Each reply must be 200–250 words.

- D. Health Promotion Applications (6)

The student will write six 800–1,000-word papers synthesizing an assigned health topic for seniors. Each paper must include direct application to senior adults and incorporate at least 2 peer-reviewed published sources in addition to the textbook and the Bible. Each paper must be in current AMA format.

- E. Exams (4)

The student will complete 4 exams consisting of 50 questions each in a variety of formats, including multiple-choice and true/false. Each exam is open-book/open-notes and must be completed in 1 hour and 30 minutes.

VI. COURSE GRADING AND POLICIES

- A. Points

Course Requirements Checklist	10
Discussion Board Forums (4 at 75 pts ea)	300
Health Promotion Applications (6 at 50 pts ea)	300
Exams (4 at 100 pts ea)	400
Total	1010

B. Scale

A = 940–1010 A- = 920–939 B+ = 900–919 B = 860–899 B- = 840–859
C+ = 820–839 C = 780–819 C- = 760–779 D+ = 740–759 D = 700–739
D- = 680–699 F = 0–679

C. Disability Assistance

Students with a documented disability may contact Liberty University Online's Office of Disability Academic Support (ODAS) at LUOODAS@liberty.edu to make arrangements for academic accommodations. Further information can be found at www.liberty.edu/disabilitysupport.

COURSE SCHEDULE

HLTH 637

Textbook: Haber, *Health Promotion and Aging* (2016).

MODULE/ WEEK	READING & STUDY	ASSIGNMENTS	POINTS
1	Haber: chs. 1–2 2 presentations 1 website	Course Requirements Checklist Class Introductions DB Forum 1	10 0 75
2	Haber: ch. 3 1 presentation	Health Promotion Application 1 Exam 1	50 100
3	Haber: ch. 4 1 presentation 1 website	DB Forum 2 Health Promotion Application 2	75 50
4	Haber: chs. 5–6 1 presentation	Health Promotion Application 3 Exam 2	50 100
5	Haber: ch. 7 1 presentation 1 video	DB Forum 3 Health Promotion Application 4	75 50
6	Haber: chs. 8–9 1 presentation 1 video	Health Promotion Application 5 Exam 3	50 100
7	Haber: ch. 10 1 presentation 1 video	DB Forum 4	75
8	Haber: ch. 11 1 presentation	Health Promotion Application 6 Exam 4	50 100
TOTAL			1010

DB = Discussion Board

NOTE: Each course module/week begins on Monday morning at 12:00 a.m. (ET) and ends on Sunday night at 11:59 p.m. (ET). The final module/week ends at 11:59 p.m. (ET) on Friday.