

Senate Committee on Academic Standards, Curriculum & Pedagogy

Faculty of Health School of Kinesiology and Health Sciences

Course: KINE 3349. 3.0 – Physiology of aging

Course Webpage: eClass

Term: Winter 2024

Prerequisite / Co-requisite: HH/KINE 3012

Course Instructor

Heather Edgell, PhD

edgell@yorku.ca

consultation hours: By appointment

Time and Location

Lectures

MW 11:30-1pm (Room: SLH-E)

Expanded Course Description

This course describes the physiology of normal aging. This includes the aging of cells, organs, bones and joints, muscle and fat, skin, circadian rhythm, nervous system and brain, cardiorespiratory system, and the gastrointestinal and renal systems. The course will introduce some pathophysiology often seen with aging (e.g. osteoporosis and coronary artery disease) but will highlight that aging does not necessitate development of disease.

Course Objectives

This course describes the aging process within many branches of physiology including those described above. While this course focuses on healthy physiology, some pathophysiology will be introduced in this course as well. However, throughout the course it will be emphasized that the process of aging does not equate to the development of chronic disease.

During this course students will be exposed to information pertaining to both fundamental knowledge of the physiology of aging and introduced to new research evidence.

Ongoing in-class and eClass Discussion groups will allow students to instigate and conduct academic discussions with their peer-group on the topics of interest. Daily iClicker questions will allow students to assess their own progress in the course.

Course Learning Outcomes

After completing this course, students will be able to:

1. Accurately describe the basic physiological function of major bodily structures, in the systems discussed.
2. Exhibit intermediate-level knowledge of physiology by utilizing correct terminology to accurately describe the physiology of healthy aging
3. Relate the healthy changes of anatomy and physiology in the context of aging.
4. Understand the introductory aspects of pathophysiological process that can (but not will) occur with aging.
5. Understand that aging does not necessitate the development of pathophysiological conditions.

Course Text / Readings

Recommended textbook - Physical Change & Aging, 7th edition - Sue V. Saxon, Mary Jean Etten, and Elizabeth A. Perkins. Springer Publishing Company 2014.

Alternate resource - Physiology of Exercise and Healthy Aging - Albert W. Taylor and Michael J. Johnson. Human Kinetics 2008.

Alternate resource - <https://www.merckmanuals.com/en-ca/home/older-people%E2%80%99s-health-issues/the-aging-body/changes-in-the-body-with-aging>

Evaluation:

Midterm 1: 30% (January 31st during class)

Midterm 2: 30% (March 6th during class)

Final Exam: 20% (cumulative; April 3rd during class)

Group Presentation: 10%

Participation:

3% peer evaluation for group presentations,

3% overall class participation (iClicker attendance)

Reflection essays at beginning and end of course: 4% (2% each)

Grading:

The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar - http://calendars.registrar.yorku.ca/2012-2013/faculty_rules/AP/grading.htm)

“Final course grades may be adjusted to conform to Program or Faculty grades distribution profiles.”

Missed Exams:

Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g. doctor's letter) may request accommodation from the Course Instructor. Further extensions or accommodation will require students to submit a formal petition to the Faculty. The deferred midterm or final exam date is May 3rd 2024.

Important Course Information:

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) <http://secretariat-policies.info.yorku.ca/>.

Search for:

1. Academic Honesty (Policy)
2. Research Involving Human Participants (Policy)
3. Academic Accommodation for Students with Disabilities (Policy)
4. Disruptive and /or Harassing Behaviour in Academic Situations (Policy and Procedures)
5. Religious Observance Accommodation
(<https://w2prod.sis.yorku.ca/Apps/WebObjects/cdm.woa/wa/regobs>)

NOTE: No cell phones, iPods, iPads, earphones, etc. are permitted during the exams.

Email communication

When emailing, please INCLUDE YOUR FIRST AND LAST NAME AND STUDENT ID. Emails are a form of communication and the spelling, grammar and tone will reflect your communication skills. Emails should be written

using professional language that would be acceptable in a workplace to a manager. Emails that include inappropriate form/language (i.e. "Hey", "c u l8tr", etc.) or without student name and ID will not be read or returned.

Student Code of Conduct

Students and instructors are expected to maintain a professional relationship characterized by courtesy and mutual respect and to refrain from actions disruptive to such a relationship. Moreover, it is the responsibility of the instructor to maintain an appropriate academic environment, and the responsibility of the student to cooperate in that endeavor. Students must conduct themselves in accordance with York University's Student Code of Conduct. This includes all aspects of the course, including online environments and email. A statement of the policy and procedures involving disruptive and/or harassing behaviour by students in academic situations is available at: <https://oscr.students.yorku.ca/student-conduct>.

NOTE: ANY derogatory online posts or emails are regarded as harassment and will be directed to the Office of Student Conduct.

Student Code of Rights and Responsibilities

This code is intended to be educative and promote accountability among students toward their peers and other members of the York community. This code identifies those behaviours that are disruptive to the educational purposes of the University, make the campus less safe, diminish the dignity of individuals and groups, and the enjoyment of their rights. It applies specifically to students because the behaviours of non-student members of the University community are held to comparable standards of account by provincial laws, University policies, and their unions' collective agreements. Information about how to address a concern or a complaint regarding a faculty or staff member can be found at: <http://oscr.students.yorku.ca/>.

Course Withdrawal Policy

Students have an option to withdraw from a course past the drop deadline. During the time period after the last day to drop a course without receiving a grade for a term up until the last day of classes for the term, York University undergraduate students can still withdraw from a course. The course enrolment will remain in the University's records and on official transcripts, displayed with a "W" (Withdrawn from Course) notation. This policy gives an option to students who are struggling in a course and/or who have become overwhelmed by their circumstances: it lets students minimize the impact on their academic standing, reduce their course load and focus on successfully completing their other courses.

To see all important dates in different terms, please visit: <http://registrar.yorku.ca/enrol/dates>

You can withdraw from the course using the online Registration and Enrolment Module. Select the course as you normally do to drop the course and the online tool will lead you through the withdrawal process.

The option to withdraw does not apply to:

- Graduate programs
- JD program
- Practica / internships / co-op or other experiential learning placements
- Exchange / Co-registration courses taken at another institution

For more information, please visit: <http://secretariat-policies.info.yorku.ca/policies/withdrawn-from-course-w-policy-and-guidelines/>

Please note: Petitions for removal of the "W" (Withdrawn from Course) notation are not permitted.

If you have any questions, please contact the Faculty of Health, Office of Student and Academic Services at 416-736-5299.

Accessibility

York University provides services for students with accessibility concerns (including physical, medical, learning, and psychiatric), who require accommodation related to teaching and evaluation methods/materials. It is the student's

responsibility to register with Student Accessibility Services as early as possible to ensure that appropriate academic accommodation can be provided with advance notice. You are encouraged to email a copy of your accommodation letter to your instructor within 2 weeks of the beginning of the term. Failure to make these arrangements may jeopardize your opportunity to receive academic accommodations. Requiring accommodation does not relieve students from following course policies. Student Accessibility Services can be accessed here: <https://accessibility.students.yorku.ca/>.