

The University of Western Ontario  
School of Health Studies

Health Sciences HSB3701A001  
The Aging Body

Instructor: Dr. Marie Y. Savundranayagan, PhD

September 2011

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Office Room Number: HSB219

Office Hours: By Appointment Hours: By Appointment Meeting DseB0 Tc <00033.4T2 1 Tf TD .0011 Tc (

event that you are dropped from a course for failing to have the necessary prerequisites. Please refer to the Western's current Academic Calendar at [www.westerncalendar.uwo.ca](http://www.westerncalendar.uwo.ca)

### Course Information

This course will provide an overview of the age-related physiologic changes that occur throughout the adult human life span. Many age-related changes are gradual. They can begin in early adulthood, while other changes appear in late adulthood. Age-related changes are both visible and invisible, but do not necessarily result in diminished quality of life for older adults. This course will also discuss the role of individual and environmental adaptations that promote health aging.

Learning Outcomes Participation in this course will enable students to:

1. Explain the major theories of biological aging.
2. Summarize research on reversing the effects of aging.
3. Describe the effects of aging on the body.



	Video: Do you want to live forever?
3: Sept.16	Biological Theories of Aging: Saxoret al. (2010)Ch.2 (p. 9-13) Exercise Death Calculator
4: Sept.21	Discussion Can Aging be Reversed? National Institute on Aging (2010) Caloric Restriction Human Growth Hormones Anti Aging
5: Sept.23	Age Related Changes and Disorders in the Musculoskeletal System: Saxoret al. (2010)Ch.4
6: Sept.28	Age Related Changes and Disorders in the Nervous System Saxoret al. (2010)Ch.5 Dementia and Delirium: Saxoret al. (2010)Ch.6
7: Sept.30	Age Related Changes and Disorders in the Respiratory System Saxoret al. (2010)Ch.9
8: Oct.5	Midterm Exam1
9: Oct.7	Age Related Changes and Disorders in the Integumentary System Saxoret al. (2010)Ch.3
10: Oct.12	Age Related Changes and Disorders in the Sensory Systems Saxoret al. (2010)Ch.7
11: Oct.14	Age Related Changes and Disorders in the Gastrointestinal & Urinary Systems Saxoret al. (2010)Ch.10, 11
12: Oct.19	Age Related Changes and Disorders in the Cardiovascular Saxoret al. (2010)Ch.8
13: Oct.21	Age Related Changes and Disorders in the Endocrine System Saxoret al. (2010)Ch.13
14: Oct.26	Age Related Changes and Disorders in the Reproductive System: Saxoret al. (2010)Ch.12
15: Oct.28	Age Related Changes and Disorders in the Immune System: Saxoret al. (2010)Ch.14



No electronic devices will or will not be allowed during tests and examinations with the exception of a computer for online tests/exams. For final exams, use of communication equipment (e.g., cell phones) is prohibited.

## ADDITIONAL STATEMENTS

### Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>

### English Proficiency for the Assignment of Grades

follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodations shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HS Room 222.

### Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically the definition of what constitutes a Scholastic Offence, at the following website: [http://www.uwo.ca/univsec/handbook/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf)

Additionally,

1. All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as sourced documents in the referenced database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).
2. Computer marked multiple choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

### Support Services

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre <http://www.sdc.uwo.ca/ssd/>
2. Student Health <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office <http://www.registrar.uwo.ca/>
4. Ombuds Office <http://www.uwo.ca/ombuds/>