

**Geriatrics**  
**Department of Physical Therapy, College of PPHP, University of Florida**  
**Spring, 2014**

Textbook: Spirduso, WW. Physical Dimensions of Aging (Second Edition). Human Kinetics. 2005

General Course Objectives. To be able to : 1. Describe and discuss changes that occur in the physiological systems of aging adults. 2. Describe and discuss basic neuropsychological changes that occur in aging adults. 3. Explain the effects of exercise and activity on physiological and neuropsychological systems of aging adults.

4. Interpret basic clinical evaluation data and develop effective treatment programs for elders.

**Class from 2- 4 on Mondays and Wednesdays meeting in G312.**

**Instructor: To be determined in 2014**

**Kathye E. Light PhD, P.T was past instructor and provide syllabus content.**

Office Hours: Mondays and Wednesdays 1– 2 pm and by appointment Email address: [klight@phpp.ufl.edu](mailto:klight@phpp.ufl.edu) phone: 352-273-6107

| <u>Week</u> | <u>Date</u> | <u>Topic</u>   | <u>Reading Assignment</u>       |
|-------------|-------------|--|---------------------------------|
| 1           | Jan 6       | Quantity and Quality of Life/ Individual Differences       | Chapters 1 and specifics Chap 2 |
| 2           | Jan 8       | Physical Development and Decline /Cardiopulmonary Function | Chapter 3 and 4                 |
| 2           | Jan 13      | Cardio Contd/ Muscle Strength and Power                    | Chapter 5                       |
| 3           | Jan 15      | Balance and Locomotion                                     | Chapter 6                       |
| 3           | Jan 20      | <b>MLK Holiday</b>   |                                 |
| 4           | Jan 22      | Case Studies   |                                 |
| 4           | Jan 27      | <b>Exam I</b>  |                                 |
| 5           | Jan 29      | Motor Coordination and Control                             | Chapter 8                       |
| 5           | Feb 3       | Case Studies   |                                 |
| 6           | Feb 5       | Health, Exercise Cognitive Function/ Quality of Life       | Chapter 9 & 10                  |
| 6           | Feb 10      | Case Studies   |                                 |
| 7           | Feb 12      | Physical Function of Older Adults                          | Chapter 11                      |
| 7           | Feb 17      | <b>Exam II</b>   |                                 |
| 8           | Feb 19      | Student Presentations                                      |                                 |
| 8           | Feb 24      | Student Presentations                                      |                                 |

**Class Objectives** The objectives for each chapter are clearly presented on the first page of each chapter.

**Study guides with specific questions will also prepare you for the emphasis of each class.**

**You are expected to read the assigned chapters for a given class before you come to class.**

**If you would like to have the slides before class you will be able to access those slides the day before class at <http://phpp.ufl.edu/~llight> . I will also post the study guides at this address.**

|                |                |             |   |
|----------------|----------------|-------------|---|
| <b>Grading</b> | <b>Exam I</b>  | <b>30%</b>  | <b>Exams will cover both assigned reading and lecture content</b>   |
|                | <b>Exam II</b> | <b>30%</b>  |   |
|                | <b>Paper</b>   | <b>15 %</b> | <b>Specific instructions found at <a href="http://phpp.ufl.edu/~llight">http://phpp.ufl.edu/~llight</a></b> |

|                     |            |   |
|---------------------|------------|---|
| <b>Interview</b>    | <b>15%</b> | <b>Specific instructions found at <a href="http://php.ufl.edu/~llight">http://php.ufl.edu/~llight</a></b> |
| <b>Presentation</b> | <b>10%</b> | <b>Specific instructions found at <a href="http://php.ufl.edu/~llight">http://php.ufl.edu/~llight</a></b> |

### ***Academic Integrity***

*Students are expected to act in accordance with the University of Florida policy on academic integrity (see Student Conduct Code, the Graduate Student Handbook or these web sites for more details: <http://www.dso.ufl.edu/sccr/honorcodes/conductcode.php>*

<http://www.dso.ufl.edu/studenthandbook/studentrights.php>

<http://gradschool.ufl.edu/students/introduction.html>

*Cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior.*

**We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.**

### **Attendance and Make-up Work**

I expect you to attend and be prepared to participate in all class sessions. Personal issues with respect to class attendance or fulfillment of course requirements will be handled on an individual basis.

### **Accommodations for Students with Disabilities**

If you require classroom accommodation because of a disability, you must first register with the Dean of Students Office (<http://www.dso.ufl.edu/>). The Dean of Students Office will provide documentation to you, which you then give to the instructor when requesting accommodation. The College is committed to providing reasonable accommodations to assist students in their coursework.

### ***Counseling and Student Health***

Students may occasionally have personal issues that arise in the course of pursuing higher education or that may interfere with their academic performance. If you find yourself facing problems affecting your coursework, you are encouraged to talk with an instructor and to seek confidential assistance at the UF Counseling & Wellness Center, 352-392-1575. Visit their web site for more information: <http://www.counseling.ufl.edu/>.

The Student Health Care Center at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services, including primary care, women's health care, immunizations, mental health care, and pharmacy services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: [www.health.ufl.edu/shcc](http://www.health.ufl.edu/shcc)

Crisis intervention is always available 24/7 from:

Alachua County Crisis Center:

(352) 264-6789

<http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx>

**BUT – Do not wait until you reach a crisis to come in and talk with us. We have helped many students through stressful situations impacting their academic performance. You are not alone so do not be afraid to ask for assistance.**