**GERO 122/222 Week in a glance**

| Week | Topic | Activities | Assignments |
| --- | --- | --- | --- |
| 1  **Zoom**  **Class** | -Overview of  course  -Introduction to health of older adults | • Review Syllabus  • Complete Course Welcome Module  • Explore Gerontological Websites • Saxon et al. (2014): Ch 1  Perspectives on Aging, Ch 2  Theories of Aging | • Course  Orientation  Assignments |
| 2 | -Chronic  Diseases and Changes of the Endocrine,  Immune, &  Musculoskeletal systems | • Saxon et al. (2014): Ch 13 Endocrine, Ch 14 Immune, Ch 4 Musculoskeletal,  • ConsultGeri Resources on Canvas  • Videos on Canvas | • Resources  Table  assignment  • Choose  Presentation  Topic for final  assignment |
| 3  **Zoom**  **Class** | -Chronic  Diseases and Changes of the Cardiovascular & Respiratory Systems | • Saxon et al. (2014): Ch 8  Cardiovascular, Ch 9 Respiratory • ConsultGeri Cardiovascular and Respiratory resources  • American Heart Association Website  • Videos on Canvas | • Cardiovascular & Respiratory  rows of  resources table  assignment  • Class  discussion  participation |
| 4 | Chronic  Diseases and Changes of the Gastrointestinal, Urinary/ Renal, and  Reproductive  systems | • Saxon et al. (2014): Ch 10 Gastrointestinal, Ch 11 Urinary, & Ch 12 Reproductive  • ConsultGeri Chronic Disease resources  • Explore NIH websites  • Videos on Canvas | • Chronic  Disease  Diagnosis  discussion  board  • Resources  table |
| 5 | -Chronic  Diseases of the Nervous  System, -Sleep, &  -Normal  Cognitive  changes | • Saxon et al. (2014), Ch 5  Nervous system  • Readings and videos on Canvas • Self-selected articles related to Presentation Topic | • Cognitive Aging quiz  • Sleep quiz |
| 6  **Zoom**  **Class** | -Cognitive  Impairments  -Dementia | • Saxon et al. (2014), Ch 6  Dementia and Delirium  • ConsultGeri website linked in Canvas  • Self-selected articles related to Presentation Topic | • Cognitive  Impairments/  Dementia class  discussion  assignment |
| 7 | -Mental Health Issues in Older Adults | • Saxon et al. (2014), Ch 16 Special Topics (Alcoholism -  267-9) | • Mental Health quiz |

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| Week | Topic | Activities | Assignments |
| --- | --- | --- | --- |
|  |  | • Articles & videos in canvas • Websites linked in Canvas • Self-selected articles related to Presentation Topic | • PHQ-9 Sleep Assessment  assignment  • Sleep quiz |
| 8 | -Self  management  -Health  Promotion  Programs  -Exercise/  Mobility | • Saxon et al. (2014), Ch 17 Health Promotion & Exercise  • Assigned articles in Canvas • NCOA EBHP Module  • Self-selected articles related to Presentation Topic | • Health  Promotion  Program  Assignment |
| 9  **Zoom**  **Class** | -Medications  -Aging with a  disability  -Oral Health | • Saxon et al. (2014), Ch 15 Aging with lifelong disabilities, Ch 20 Medications  • Articles and videos in Canvas • Class discussion  • ConsultGeri resources on oral health | • Medication quiz • Disabilities  class  assignment |
| 10 | -Skin, Foot care -Nutrition | • Saxon et al. (2014), Ch 3: Skin, Hair & Nails, & Ch 19: Nutrition, Ch 16 Foot care  • Online lecture and videos on Canvas  • Self-selected articles related to Presentation Topic | • Online  assignments on  skin, foot care,  and nutrition on  Canvas |
| 11 | Quality at EoL: Hospice &  Palliative Care | • Saxon et al. (2014) Ch 23 Death & Grief in the later years  • Websites & videos on Canvas • Self-selected articles related to Presentation Topic | • EoL Care Quiz |
| 12  **Zoom**  **Class** | Assessment  Faire  Pain & falls  Sensory system | • Saxon et al. (2014), Ch 7  Sensory, Ch 16 Special Topics – Falls & Pain, Appendix A,  • Articles, websites & videos in Canvas on pain and falls | • Assessment  Faire  Assignment |
| 13 | Caregiving  Housing /  Levels of Care | • Saxon et al. (2014), Ch 22 Caregiving  • Online websites, articles, and videos on canvas  • Self-selected articles related to Presentation Topic | • Caregiving  assignment |
| 14 | Global Health for the aging  population | • Saxon et al. (2014) Ch 18 Complementary Therapies, Ch 21 Teaching  • Self-selected articles and  websites on global aging related to presentation topic | • Global aging discussion  board |

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| Week | Topic | Activities | Assignments |
| --- | --- | --- | --- |
| 15-16  **Zoom**  **Class** | Presentations online | • Self-selected articles related to Presentation Topic  • Completion of final assignment • Review of peers’ presentations | • Presentations due and peer  responses |