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Course Materials
Required Textbook:
Saxon, S. V., Etten, M. J., Perkins, E. A. (2010). Physical Change and Aging: A Guide for Helping
Professionals, 5th Edition. New York: Springer Press, Inc.
Additional Required Readings (on OWL/Sakai):
Aldwin, C. M., & Gilmer, D. F. (2004). Health, illness, and optimal aging: Biological and
psychological perspectives. Thousand Oaks, CA: Sage Publications.
Buettner, D. (2005). New wrinkles on aging. National Geographic, 208 , 2-26.
Ferrini, A., & Ferrini, R. (2008). Health in the Later Years, 4
th
 ed. Columbus, OH: McGraw-Hill.
Gertner, J. (2009). The Calorie-restriction experiement. New York Times Magazine. Oct. 11.
Kahn, R., L (2003). Successful aging: Intended and unintended consequences of a concept. In L.
W Poon, S. H. Gueldner, & B. M. Sprouse (Eds.), Successful Aging and Adaptation with
Chronic Diseases (pp. 55-69), New York: Springer Publishing Company.
National Institute on Aging (2010). Can we prevent aging? National Institutes of Health,
Washington, D.C.
Olshansky, S., Hayflick, L., & Carnes, B. (2002). No truth to the fountain of youth. Scientific
American, 286(6), 92.
Riley, M. W. (1998). Letter to the editor. The Gerontologist, 38, 51.

Rowe, J. W., & Kahn, R. L. (1997). Successful aging. The Gerontologist, 37, 433-440.

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Session: Date Readings/Assignments
1: Sept. 10
Overview of Course
Perspectives on Aging; Is Aging a Disease?: Saxon et al. (2010) Ch. 1
Successful Aging : Baltes & Baltes (1990), Riley (1998), Rowe & Kahn (1997),
Kahn (2003)
Exercise: “Will you live to be 100?”
Biological Theories of Aging: Saxon et al. (2010) Ch. 2 (p. 9-13)
2: Sept. 12
Attempts to Extend the Length of Life: Olshansky et al. (2002)
Discussion: Can Aging be Reversed? National Institute on Aging (2010);
Gertner (2009)
Caloric Restriction, Human Growth Hormones, Anti-Aging
Supplemental: Fontana & Klein (2007), Fontana (2009)
3: Sept. 17
Age Related Changes and Disorders in the Musculoskeletal System: Saxon et
al. (2010) Ch. 4
4: Sept. 19
Age Related Changes and Disorders in the Nervous System: Saxon et al.
(2010) Ch. 5
5: Sept. 24 Dementia and Delerium: Saxon et al. (2010) Ch. 6
6: Sept. 26
Age Related Changes and Disorders in the Respiratory System: Saxon et al.
(2010) Ch. 9

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23: Nov. 26
Health Promotion and Exercise: Saxon et al. (2010) Ch. 17
Medication Use: Ferrini & Ferrini (2008), Ch. 8
24: Nov. 28 Medication Use (con’t): Ferrini & Ferrini (2008), Ch. 8
25: Dec. 3 Blue Zones: Buettner (2005)
26: Dec. 5 Review

Evaluation
Class attendance is mandatory. There will be two midterm examinations and a final
examination. The midterm exams will include multiple choice and true/false questions. The
final exam will include multiple choice, true/false questions and short answer questions. Each
midterm examination accounts for 30% of your final grade; the final examination accounts for

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http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf
The University recognizes that a student’s ability to meet his/her academic responsibilities may,