

HLTHAGE 2J03 – BODY IMAGE AND AGING Winter 2019

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B132

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Course Description

This course will examine the mental health of older adults from a variety of perspectives. Key topics include changes in cognitive functioning, dementia, assessment protocols, treatment methods, and older adults' sources of resilience.

Course Objectives

By the end of the course students should be able to:

- Define body image and measurement issues as they relate to aging;
- Explain and apply theories of body image in older adults;
- Understand correlates of body image in older adults;
- Explain ways of changing body image;
- Use critical thinking to challenge assumptions about aging and body image; and
- apply your knowledge to develop a body image change strategy for older adults.

Required Materials and Texts

- Any readings for the course will be made available on Avenue to Learn

Class Format

Class format is lecture only. Three broad areas of focus will be introduced: theories, experience, and research. Lecture outlines will be posted on Avenue to Learn.

Course Evaluation – Overview

1. Test #1 – 30%, held in class February 11th
2. Test #2 – 25%, held in class March 25th
3. Assignment #1 – 20%, due March 11th via Avenue to Learn
4. Assignment #2 – 25%, due April 1 or 8th according to presentation sign-up

Course Evaluation – Details

Test #1 (30%), held in class February 11th

Material from weeks 1 through 4 will be assessed using multiple choice and short answer questions.

Test #2 (25%), held in class March 25th

Material from weeks 5 through 9 will be assessed using multiple choice and short answer questions.

Assignment #1 (20%), due March 13th

AgingBooth Reflection: Take a picture of yourself using the AgingBooth App and reflect on what you see, think and feel. Draw on the aging stereotypes you may have to

unpack your body image perceptions, cognitions, and emotions. Guiding questions will be provided on Avenue to Learn. Apply course content and use research to support your reflection. More information for this assignment is posted on Avenue to Learn.

Assignment #2 (25%), due April 1-8th

Positive body image change strategy and Dragon's Den pitch. Apply your knowledge of body image in older adults. More information, including guiding questions, are provided on Avenue to Learn to help in your analysis.

Weekly Course Schedule and Required Readings

Week 1 (Jan 7)

Jan 7 – Introduction to body image and aging

Week 2 (Jan 14)

Jan 14 – Theoretical perspectives

Week 3 (Jan 21)

Jan 21 – Correlates

Week 4 (Jan 28)

Jan 28 – Chronic conditions and body image

Week 5 (Feb 4)

Feb 4 – Social influences

Week 6 (Feb 11)

Feb 11 – Test 1

Week 7 (Feb 18-22) – Reading Week

Feb 18-22: Reading Week

Week 8 (Feb 25)

Feb 25 – Positive body image

Week 9 (Mar 4)

Mar 4 – Mystery box lecture: The students decide

Week 10 (Mar 11)

Mar 11 – Research approaches to the study of body image and aging

Note: Assignment 1 due

Week 11 (Mar 18)

Mar 18 – Interventions

Week 12 (Mar 25)

Mar 25 – Test 2 (in class)

Week 13 (Apr 1)

Apr 1 – Dragon’s Den presentations

Week 14 (Apr 8)

Apr 8 – Dragon’s Den presentations

Course Policies

Submission of Assignments

All assignments are to be submitted online via the Avenue to Learn drop-box by the deadline noted on the course outline. Assignments are to be formatted using the American Psychological Association (APA) 6th Edition guidelines. Your assignment should be typed using Microsoft Word, double-spaced in 12-point Times New Roman font, 1-inch margins. See Avenue to Learn for an APA-formatted paper example as a guide.

Grades

Grades will be based on the McMaster University grading scale:

MARK	GRADE
90-100	A+
85-90	A
80-84	A-
77-79	B+
73-76	B
70-72	B-
67-69	C+
63-66	C
60-62	C-
57-59	D+
53-56	D
50-52	D-
0-49	F

Late Assignments

Extensions for course assignments will only be granted under conditions of medical, family, or other extraordinary circumstances. All other late assignments will be penalized at a rate of 5% per day. Late assignments will not be accepted after 7 days beyond the original deadline without appropriate documentation from the Office of the Associate Dean of Social Sciences. There will be no redistribution of grade breakdown for missed assignments.

Absences, Missed Work, Illness

It is the student's responsibility to get all missed material and announcements made in class due to absence for any reason. When applicable, the student is required to complete a [McMaster Student Absence Form](https://socialsciences.mcmaster.ca/current-students/absence-form) via MOSAIC (<https://socialsciences.mcmaster.ca/current-students/absence-form>) for missed work, and then contact the instructor. There will be no redistribution of grade breakdown for missed work (assignments or tests).

Requests for Relief for Missed Academic Term Work

McMaster Student Absence Form (MSAF)

In the event of an absence for medical or other reasons, students should review and follow the Academic Regulation in the Undergraduate Calendar "Requests for Relief for Missed Academic Term Work".

Avenue to Learn

In this course we will be using Avenue to Learn. Students should be aware that, when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

Authenticity / Plagiarism Detection

In this course we will be using a web-based service (Turnitin.com) to reveal authenticity and ownership of student submitted work. Students will be expected to submit their work electronically either directly to Turnitin.com or via Avenue to Learn (A2L) plagiarism detection (a service supported by Turnitin.com) so it can be checked for academic dishonesty.

Students who do not wish to submit their work through A2L and/or Turnitin.com must still submit an electronic and/or hardcopy to the instructor. No penalty will be assigned to a student who does not submit work to Turnitin.com or A2L. All submitted work is subject to normal verification that standards of academic integrity have been upheld (e.g., on-line search, other software, etc.). To see the Turnitin.com Policy, please go to www.mcmaster.ca/academicintegrity.

Course Modification

The instructor reserves the right to modify elements of the course during the term. If any modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check his/her McMaster email and course websites weekly during the term and to note any changes.

University Policies

Academic Integrity Statement

You are expected to exhibit honesty and use ethical behavior in all aspects of the learning process. Academic credentials you earn are rooted in principles of honesty and academic integrity.

Academic dishonesty is to knowingly act or fail to act in a way that results or could result in unearned academic credit or advantage. This behavior can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: "Grade of F assigned for academic dishonesty"), and/or suspension or expulsion from the university.

It is your responsibility to understand what constitutes academic dishonesty. For information on the various types of academic dishonesty please refer to the Academic Integrity Policy, located at www.mcmaster.ca/academicintegrity.

The following illustrates only three forms of academic dishonesty:

- Plagiarism, e.g. the submission of work that is not one's own or for which credit has been obtained.
- Improper collaboration in group work.
- Copying or using unauthorized aids in tests and examinations.

Academic Accommodation of Students with Disabilities

Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone 905-525-9140 ext. 28652 or e-mail sas@mcmaster.ca. For further information, consult McMaster University's Policy for [Academic Accommodation of Students with Disabilities](#).

Academic Accommodation for Religious, Indigenous or Spiritual Observances (RISO)

Students requiring academic accommodation based on religious, indigenous or spiritual observances should follow the procedures set out in the RISO policy. Students requiring a RISO accommodation should submit their request to their Faculty Office normally within 10 working days of the beginning of term in which they anticipate a need for accommodation or to the Registrar's Office prior to their examinations. Students should also contact their instructors as soon as possible to make alternative arrangements for classes, assignments, and tests.

Faculty of Social Sciences E-mail Communication Policy

Effective September 1, 2010, it is the policy of the Faculty of Social Sciences that all e-mail communication sent from students to instructors (including TAs), and from students to staff, must originate from the student's own McMaster University e-mail account. This policy protects confidentiality and confirms the identity of the student. It is the student's responsibility to ensure that communication is sent to the university from a McMaster account. If an instructor becomes aware that a communication has come from an alternate address, the instructor may not reply at his/her/their discretion. It is strongly encouraged to use communication via email rather than through Avenue to Learn to prevent possible delay.

Extreme Circumstances

The University reserves the right to change the dates and deadlines for any or all courses in extreme circumstances (e.g., severe weather, labour disruptions, etc.). Changes will be communicated through regular McMaster communication channels, such as McMaster Daily News, A2L and/or McMaster email.