

University of Florida
College of Public Health & Health Professions Syllabus
Course Number: SPA 6564 Communication and Aging (3 credit hours)
Class Time: Tuesday 12:50 pm to 3:50 pm
Class Location: HPNP G-108

Semester: Spring 2023

Delivery Format: Hybrid (On-Campus and Online)

Course Website: All information for this course will be made available on the e-learning site, which can be accessed at <http://elearning.courses.ufl.edu>. Gatorlink username and password is required to access site.

Instructor Name: Shinichi Someya, PhD, Associate Professor of Aging and Geriatric Research and Speech, Language and Hearing Sciences

Room Number: M2-230, Medical Science Building

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Email Address: someya@ufl.edu

Office Hours: Tuesday 9:00 am – 12:30 pm or by appointment

Preferred Course Communications: email

Prerequisites: none

PURPOSE AND OUTCOME

Course Overview: The goal of this course is to provide audiology students with an understanding of 1) the fundamental concepts of how we age that are common to most species, including rodents and humans, 2) the normal aspects of auditory physiology and pathology over the life span, and 3) aging interventions - how dietary restriction, exercise, genetic manipulation, or anti-aging compounds can slow age-related hearing loss.

Relation to Program Outcomes and Clinical Certification Standards: *This course addresses program outcomes that pertain to the following Clinical Certification Standards.*

Standard #	Standard
IV-B	Demonstrates knowledge of basic human communication processes, including the appropriate biological, neurological, acoustic, psychological, developmental, and linguistic and cultural bases.

Course Objectives and/or Goals

1. Knowledge Objectives and/or Goals

- 1.1. Understand the fundamental concepts of the biology of inner ear aging. (IV-a1)
- 1.2. Understand how the auditory system function and how it become dysregulated with age. (IV-a4)
- 1.3. Describe how genetic manipulation, dietary restriction, regular exercise, or anti-aging compounds can slow the progression of age-related hearing loss (IV-a2,3,8)

*- Parenthetical notations refer to audiology knowledge standards from the CAA of ASHA.

Instructional Methods: Traditional Lecture Format

DESCRIPTION OF COURSE CONTENT

Topical Outline/Course Schedule: (Tentative and subject to change)

Week	Date(s)	Topic(s)	Exams	Readings
1	1/10	<ul style="list-style-type: none"> Theories of Aging How Do Body Parts Age? How Do Cells Age? 		Ch 14 (Biology of Aging), Theories of Aging (AFAR)
2	1/17	<ul style="list-style-type: none"> Exceptional Longevity/Hormonal Influences on Aging 		Longevity (AFAR), Centenarians (US Census Bureau), Ch 2 (Biology of Aging)
3	1/24	<ul style="list-style-type: none"> Group Presentation on Top Breakthroughs in Aging Research Student presentation: Kelli Meyers Quiz 1 	Group-Presentation Quiz 1 Presentation	Ch 23 (Biology of Aging)
4	1/31	<ul style="list-style-type: none"> Aging and Hearing Loss Student Presentation: TBA 	Presentation	Ch 9 (Aging Auditory System)
5	2/7	<ul style="list-style-type: none"> Sensory modulation of aging Student presentation: TBA 	Presentation	Dr. Rui Xiao (Physiology and Aging)
6	2/14	<ul style="list-style-type: none"> Circadian rhythms and aging Student presentation: TBA 	Presentation	Dr. Karyn Esser (Physiology and Aging)
7	2/21	<ul style="list-style-type: none"> Mitochondria and aging Student presentation: TBA 	Presentation	Dr. Sung-Min Han (Physiology and Aging)
8	2/28	<ul style="list-style-type: none"> Brain aging: How diet and metabolic function can increase resilience to memory loss in aging Student presentation: TBA Midterm Exam 	Presentation Midterm Exam	Dr. Sarah Burk (Neuroscience)
9	3/7	<ul style="list-style-type: none"> Aging and walking function 		Clayton Swanson (Physiology and Aging)
10	3/14	<ul style="list-style-type: none"> Spring Break 		
11	3/21	<ul style="list-style-type: none"> Aging and pain Student presentation: TBA 	Presentation	Kimberly Sibille (Physical Medicine and Rehabilitation,)
12	3/28	<ul style="list-style-type: none"> Cognition and memory dysfunction Student Presentation: TBA 	Presentation	Dr. Adam Woods (Clinical and Health Psychology)
13	4/4	<ul style="list-style-type: none"> Aging and critical illness Quiz 2 	Quiz 2	Dr. Robert Mankowski (Physiology and Aging)
14	4/11	<ul style="list-style-type: none"> Calorie restriction and Intermittent fasting 		Dr. Steven Anton (Aging and Geriatric Research)
15	4/18	<ul style="list-style-type: none"> Final Exam Review 		
16	4/25	<ul style="list-style-type: none"> Final Exam 		

Course Materials and Technology:

The information in the following textbooks is coordinated with the in-class discussions. The textbooks are not required, but chapters from the books will be used for reading, presentation and discussion material.

1. Aging and Hearing (Springer Handbook of Auditory Research, 72) 2020 Edition. Springer (978-3030493677). Editors: Sandra Gordon-Salant, Robert D. Frisina, Richard R. Fay, Arthur N. Poppe
2. Handbook of the Biology of Aging (9th Edition), Academic Press 2021 (eBook ISBN: 978-0128162835). Editors: Nicolas Musi, Peter Hornsby

For technical support for this class, please contact the UF Help Desk at:

- Learning-support@ufl.edu
- (352) 392-HELP - select option 2
- <https://lss.at.ufl.edu/help.shtml>

ACADEMIC REQUIREMENTS AND GRADING

Assignments:

Reading assignments will be discussed during the scheduled class times. Students should prepare by reading materials in advanced in order to fully engage in class discussions. Supplementary materials are to be used as study aids for particular topics. There will be 2 Quizzes, 1 perspective paper, 1 research paper presentation, 1 Midterm and 1 Final Exam.

Class Attendance Policy: Attendance to classes is required.

Grading

Requirement	Date	Points or % of final grade	Clinical Standard(s) Being Assessed
Quiz 1	1/25	10%	IV-B
Quiz 2	4/5	10%	IV-B
Paper Presentation	TBA	15%	IV-B
Group Presentation	1/25	15%	IV-B
Midterm Exam	3/1	20 %	IV-B
Final Exam	4/19	30%	IV-B
Total		100%	

Point system used (i.e., how do course points translate into letter grades).

Points earned	95-100	90-94	87-89	83-86	80-82	77-79	73-76	70-72	67-69	63-66	60-62	<60
Letter Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E

Please be aware that a C- is not an acceptable grade for graduate students. A grade of C counts toward a graduate degree only if an equal number of credits in courses numbered 5000 or higher have been earned with an A. In addition, the Bachelor of Health Science Program does not use C- grades.

You must include the letter grade to grade point conversion table below. Letter grade to grade point conversions are fixed by UF and cannot be changed.

Letter Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E	WF	I	NG	S-U
Grade Points	4.0	3.67	3.33	3.0	2.67	2.33	2.0	1.67	1.33	1.0	0.67	0.0	0.0	0.0	0.0	0.0

For greater detail on the meaning of letter grades and university policies related to them, see the Registrar's Grade Policy regulations at:

<http://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Exam Policy:

Missed Exam Policy. If you have an emergency or become sick and cannot attend class during the exam, you must contact me prior to the class time on the day that you will miss the exam or you will not be able to make-up the exam. You are responsible for scheduling when you will make-up the missed exam.

Policy Related to Required Class Attendance:

You are expected to attend every class scheduled.

All faculty are bound by the UF policy for excused absences. For information regarding the UF Attendance Policy see the Registrar website for additional details:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

STUDENT EXPECTATIONS, ROLES, AND OPPORTUNITIES FOR INPUT

Expectations Regarding Course Behavior:

Academic Honesty: The UF student Honor Code states: "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity." On all work submitted for credit by students at the university, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment."

UF's Academic Honesty Policy can be found at <http://regulations.ufl.edu/chapter4/4017.pdf>.

Communication Guidelines:

Office Hours: Wednesdays 1:00 am -3:00 pm or by appointment.

Academic Integrity:

Students are expected to act in accordance with the University of Florida policy on academic integrity. As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge:

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

You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied:

"On my honor, I have neither given nor received unauthorized aid in doing this assignment."

It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For additional information regarding Academic Integrity, please see Student Conduct and Honor Code or the Graduate Student Website for additional details:

<https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>

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

Please remember cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior.

Online Faculty Course Evaluation Process:

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at

<https://evaluations.ufl.edu/results/>.

SUPPORT SERVICES

Accommodations for Students with Disabilities:

If you require classroom accommodation because of a disability, you must register with the Dean of Students Office <http://www.dso.ufl.edu> within the first week of class. The Dean of Students Office will provide documentation of accommodations to you, which you then give to me as the instructor of the course to receive accommodations. Please make sure you provide this letter to me by the end of the second week of the course. The College is committed to providing reasonable accommodations to assist students in their coursework.

Counseling and Student Health:

Students sometimes experience stress from academic expectations and/or personal and interpersonal issues that may interfere with their academic performance. If you find yourself facing issues that have the potential to or are already negatively affecting your coursework, you are encouraged to talk with an instructor and/or seek help through University resources available to you.

- The Counseling and Wellness Center 352-392-1575 offers a variety of support services such as psychological assessment and intervention and assistance for math and test anxiety. Visit their web site for more information: <http://www.counseling.ufl.edu>. On line and in person assistance is available.
- You Matter We Care website: <http://www.umatter.ufl.edu/>. If you are feeling overwhelmed or stressed, you can reach out for help through the You Matter We Care website, which is staffed by Dean of Students and Counseling Center personnel.
- 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. 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: <https://shcc.ufl.edu/>
- 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>

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.
