

Population-Based Research on Aging

GMS 6485

Course Syllabus

Instructor Information: Stephanie Wohlgemuth, PhD Res. Assistant Professor
Department of Physiology and Aging
Email: steffiw@ufl.edu Office
Phone: 352-273-5734

Course website:

The course will be delivered entirely via the UF Canvas system. Weekly assignments will be distributed via Canvas, and should be submitted by the student through the Canvas site as instructed.

Course Communications:

The online discussion board can be used to comment on the readings and assignments, ask thoughtful questions, and explore related concepts. You may also use the online discussion board to ask specific questions about course content.

However, questions about your individual performance in the class should be sent via email to the Course Instructors via Canvas email. All emails will be returned as soon as possible, but please allow 24 hours for a response.

Technical Assistance:

Please contact the helpdesk between 8 AM and 5 PM ET for assistance with the course web site. For a list of additional student support services links and information please visit: <https://dce.ufl.edu/distance-learning/>

Course materials:

Resources will be provided to you in each module. No physical book is assigned for this class.

Prerequisite:

Students must be registered students in good standing at the University of Florida. The course is open to individuals from all disciplines. There are no prerequisites for this course.

Purpose of Course:

This course evaluates population-based research on aging including epidemiology. The course uses a foundation of population health as a guideline. Thus, the terminology will be used interchangeably throughout the course. The course focuses on health conditions and conceptual models specific to older adults. These topics include ecological health, disability outcomes, COVID-19, frailty, dementia, health behaviors, hospitalization, falls and chronic pain. There is also an emphasis on epidemiological tools for evaluating population health, e.g. prevalence, incidence, and risk factors of hallmark geriatric health conditions. The student will develop competency in identifying and understanding the common health conditions most relevant to elders, population and global health terminology, and some basic epidemiological concepts. The student will be expected to communicate on these topics using both written and oral forms. At the completion of this course, the student will be able to critically evaluate research and interventions for understanding and improving the population health of older adults.

The goals of the course are to critically evaluate population health as it relates to gerontological constructs and geriatric health outcomes. Upon completion of this course, students will be able to:

- Describe and interpret how population health is used for monitoring the health conditions of elders;
- Become familiar with research designs and methods for population health;
- Critically evaluate the assessment of health and disability conditions specific to older adults;
- Apply these concepts to current population health activities across the globe.

Course Objectives:

At the end of this course, students will be able to:

1. Describe research designs for population-health studies;
2. Critically evaluate the methods involved with assessing health conditions in older adult populations;
3. Assess and evaluate measurements used in population-based studies on aging and apply these principles to practice.

Course Topics/Schedule:

Date	Module/ Activity
Week 1	Fundamentals of population health
Week 2	The basics of epidemiology
Week 3	Ecological models of health
Week 4	Measures of physical function, performance and disability
Week 5	COVID-19 and health of elder populations
Week 6	Frailty
Week 7	Disability adjusted life years (DALYs)
Week 8	Hospitalization
Week 9	Obesity and aging
Week 10	Nutritional Epidemiology
Week 11	Physical activity and aging
Week 12	Cognitive Function & Neurodegeneration
Week 13	Falls
Week 14	Chronic pain
Week 15	Successful Aging

Course Requirements/Grading

Each week, students will be required to read a set of materials posted on the course Canvas site. The weekly modules also include videos posted on the course Canvas site that each student will be required to watch. Readings will be taken from relevant journal articles, web sites, and other sources that will be freely accessible to all registered UF students.

Weekly assignments:

Each week, students will be expected to submit a project or assignment related to that week's course topic. Point values for each week's assignment will vary but will be stated with each assignment. Assignments will be posted on the course Canvas site. Some assignments will involve discussions among the all students in the class; other assignments will be more individual.

Grades in this class are earned on the basis of points and then converted to letter grades (as shown in this chart). Letter-grade GPA equivalents are shown in the second table below.

Percentage or points earned in class	93%-100%	90%-92%	87%-89%	83%-86%	80%-82%	77%-79%	73%-76%	70%-72%	67%-69%	63%-66%	60%-62%	Below 60%
Letter Grade equivalent	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E
	4.0	3.67	3.33	3.0	2.67	2.33	2.0	1.67	1.33	1.0	0.67	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

<https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

Course Evaluations

At the end of the course, students will be asked to complete the anonymous UF course evaluation. You will receive information about how to complete the course evaluation towards the end of the semester.

Make-Up Policy:

All assignments/projects must be submitted via the deadline provided on the course web site. Late work is not fair to other students and will typically not be considered. Late work with prior approval from the Course Instructor might be accepted. In the event of an emergency where prior approval could not be sought, contact the Course Instructor as soon as possible.

Copyright Information

Please review the University policy regarding the use of copyrighted materials, which can be found on the Health Science Center Library's web page: <https://guides.uflib.ufl.edu/copyright>

Artificial Intelligence (AI) Use Policy

For this graduate level course, GMS6485 Population-Based Research on Aging, it is imperative that all work submitted is your own. The use of AI tools, including but not limited to, generative language models, code generation tools, and automated essay writer, is strictly prohibited for all assignments. Any work found to have been produced with the aid of such AI tools will result in a zero for that assignment. This policy is in place to ensure the integrity of your learning experience and to respect the academic standards of this course. If you have any questions about this policy or need assistance with your work, please do not hesitate to reach out to your instructor.

University Policy on Accommodating Students with Disabilities:

Students requesting accommodation for disabilities must first register with the Dean of Students Office (<https://disability.ufl.edu/get-started/>)The Dean of Students Office will provide documentation to the student, who must then provide this documentation to the Course Instructor when requesting accommodation. The student must submit this documentation prior to submitting assignments or taking quizzes or exams. Accommodations are not retroactive; therefore, students should contact the Dean of Students Office as soon as possible in the term in which they are seeking accommodation. The College is committed to providing reasonable accommodations to assist students in their coursework.

University Policy on Academic Misconduct:

Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at

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

Students are expected to abide by the University's Academic Honesty Policy, and to adhere to the following pledge:

"We, the member 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 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."

According to the UF Student Guide, Academic dishonesty includes the following:

- Cheating - copying another's work for academic gain.
- Plagiarism - representing another's work as your own.
- Bribery - offering, giving, soliciting, or receiving goods or services of value for academic gain.
- Misrepresentation - altering facts (e.g., signing an absent classmate's name to an attendance sheet).
- Conspiracy - planning with others to commit academic dishonesty.
- Fabrication - making up information to avoid punishment or other difficulty.

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 University of Florida Counseling Center, 352-392-1575, or Student Mental Health Services, 352-392-1171. Visit their web sites for more information:

<https://counseling.ufl.edu/>

Crisis intervention is always available 24/7 from:

[Alachua County Crisis Center](#): (352) 264-6789.