HLTH AGE 4P03: LEISURE AND RECREATION IN LATER LIFE
Fall 2018

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Lecture: Tuesday 2:30 – 5:30 MDCL 1116
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Course Objectives
This course focuses upon characteristics of the aging population and the theoretical aspects of aging as related to recreation, leisure, lifestyle explores the diverse meanings of health and wellness to older adults and analyzes the different mechanisms through which to maximize health, and well-being such as providing for physical, emotional, economic and political needs of older people. We will use an inquiry-based approach to engage students in critical debates regarding the role of public institutions like libraries in providing programs and services for older adults to facilitate recreation and leisure. Over the term, students will explore in groups a series of different themes on the nature of this programming across Canada. In partnership with the Canadian Urban Libraries Council and the Alzheimer’s Society students will produce knowledge directed at improving services and programs for older adults and assist in organizing a workshop for library staff in the southern Ontario region.

Required Materials and Texts
There is no text in this course. The schedule below lists the readings for each week. All are available through the McMaster library system.

Class Format
Each class will feature a combination of lecture, group work and discussion. In each class, there is an expectation that students will contribute to learning. The nature of this contribution will vary as the course enfolds.

Course Evaluation
Please submit all written assignments double-spaced with one-inch borders in 12-pitch font. Please include a list of references and a title page that includes your name, ID number and date. Please use APA style or another standardized style found in a scholarly journal.

Written Assignments
Students will write two critical analysis papers. The first (worth 35%; due October 23 - five to eight pages) will involve a preliminary analysis of three libraries in Canada including interviews with library staff. In the second (worth 40%; due early December; ten to twenty pages) students working in groups will expand on their initial analysis and draw on the course material to develop a report on libraries that can be used within the workshop for library staff. More guidance will be available in class.

Weekly Presentations and Group Work (25%)
In each class, there are mandatory informal presentations and group work. The presentations will be marked pass or fail. For inadequate or missed presentations,
students can submit a two page written summary. A mark in the A range will be given once students have provided an adequate presentation or summary for each week.

Weekly Course Schedule and Required Readings

Week 1 (Sept 4)
Overview
No Readings

Week 2 (Sept 11)
Leisure and Libraries
Readings:

Week 3 (Sept 18)
Social Capital and Public Institutions
Readings:

Week 4 (Sept 25)
Partnership Engage Grant
Readings:
Week 5 (Oct 2)
Digital Literacy
Readings:

Week 6 (Oct 9)
Reading Week

Week 7 (Oct 16)
Arts and Culture
Readings:

Week 8 (Oct 23)
Sport and Exercise
Readings:

Notes: Assignment 1 due

Week 9 (Oct 30)
Diversity and Ageism
Readings:


Week 10 (Nov 6)

Food and Nutrition
Readings:


Week 11 (Nov 13)

Health Promotion and Wellness
Readings:


Week 12 (Nov 20)

Memory Loss, Leisure and Recreation
Readings:


Week 13 (Nov 27)
Approaches to Dementia and Aging
Readings:


Week 14 (Dec 4)
Conclusion
Readings:

**Course Policies**

**Grades**
Grades will be based on the McMaster University grading scale:

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<thead>
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<th>MARK</th>
<th>GRADE</th>
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<tbody>
<tr>
<td>90-100</td>
<td>A+</td>
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<tr>
<td>85-90</td>
<td>A</td>
</tr>
<tr>
<td>80-84</td>
<td>A-</td>
</tr>
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<td>D-</td>
</tr>
<tr>
<td>0-49</td>
<td>F</td>
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</tbody>
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**Late Assignments**
Please contact the professor if you have a late assignment or anticipate an assignment being late.

**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](http://www.mcmaster.ca/academicintegrity).

The following illustrates only three forms of academic dishonesty:

1. Plagiarism, e.g. the submission of work that is not one’s own or for which credit has been obtained.
2. Improper collaboration in group work.
3. 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.

If you require this course outline in an alternate/accessible format, please contact the Department of Health, Aging & Society (ext. 27227 | e-mail: hasdept@mcmaster.ca).

**Religious, Indigenous and Spiritual Observances (RISO)**
The University recognizes that, on occasion, the timing of a student’s religious, Indigenous, or spiritual observances and that of their academic obligations may conflict. In such cases, the University will provide reasonable academic accommodation for students that is consistent with the Ontario Human Rights Code.

Please review the [RISO information for students in the Faculty of Social Sciences](#) about how to request accommodation.

**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 or her discretion.

**Course Modification**
The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of 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.