

School of Kinesiology
Faculty of Health Sciences
Western University

KIN 4474B
Guidelines for Physical Activity and Exercise in Older Adults
***Winter 2018**

Instructor:	Jan Hill	Office:	TBD
Location:	UCC-146	Office Hours:	Virtual, or by appointment
Lectures:	Wednesdays 12:30-2:30 pm & Fridays 1:30-2:30 pm	Phone:	519-661-2111 x
		Email:	jmfletcher@uwo.ca

Email: jmfletcher@uwo.ca

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Course Description:

Guidelines and benefits of physical activity programs for older adults will be the focus. The epidemiology of relationships between physical activity and functional independence, physiological responses to exercise and chronic adaptations with training (both cardiorespiratory and strength), and the exercise influence on age-related chronic diseases will be examined.

Anti-requisite(s)!Pre-requisite(s)!Co-requisite(s)

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Unless you have either the requisites for this course or written special permission from the course department to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Course Format:*

Lectures: Wednesdays 12:30-2:30 pm & Fridays 1:30-2:30 pm,
Location: UCC-146

Recommended Text: There is no required textbook or reference material for this course. Necessary course information will be posted to OWL. Students are encouraged to seek resources to supplement their learning. Required readings and case study material will be provided in OWL. Questions and discussions are desired and encouraged!

Learning Objectives:

The goal of this course is to examine the evidence base for physical activity guidelines for older adults, with attention to the relationship between physical activity and age-related physical changes. The student learning outcomes will be to:

- Understand the physical and psychological changes associated with aging

- Recognize and clarify common myths of aging
- Understand and apply assessment and screening tools for older adults for their fitness programming and daily living
- Using principles learned from case studies and lecture materials to create workable exercise prescriptions “Design Physical Activity Class” to meet the unique needs of the older participant

Required Course Material:

All required readings and case study material will be posted on OWL.

Course Evaluation Details:

Full description of evaluation criteria is available in OWL.

Grades will be derived from five sources, the weights of which are outlined below:

Grade Source	Percentage of Course Grade
Mid- term (in class)	20%
Final exam (final exam period)	30%
Team presentations “Design Physical Activity Class”	25%
Mini-Project: *SMART Goal: Debunking Myths Surrounding Physical Activity and Aging	15%
Class participation	10%

*SMART Goal: Debunking Physical Activity and Aging (SMART goal objectives is an acronym that describes the key characteristics of meaningful objectives, which are: S – Specific, M – Measurable, A – Attainable, R – Relevant, T – Time-based)

The exam format consists of multiple choice, true/false, case study and short answer. The mid-term will be held in class Feb 07, 2018.

The final exam will be scheduled for 3.0 hours (date and location to be set by the registrar’s office). The final exam will NOT be cumulative.

Mini-Project: *SMART Goal: Debunking Myths Surrounding Physical Activity and Aging (15%)
DUE: January 26, 2018. All papers are due at the beginning of class. Late papers will not be accepted.

Team Presentation: “Design Physical Activity Class” Group Mark 25% DUE: Week of March 26

Class Participation: 10% based on class input, discussion and attendance

Course/University Policies

- 1. Lateness/Absences**:** Assignments are due as outlined in OWL and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the instructor. A missed mid-term examination* without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.
- 2. Written documentation:** Students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate Academic Counselling office of the student's Faculty/School of registration (ex. KIN students ~ KIN Undergraduate Office), not to the instructor, with a request for relief specifying the nature of the accommodation being requested. In the event of a medical request, the documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An "Accommodation Consideration Request Form" found online or in the Kinesiology Undergraduate Office" for ALL such accommodation requests must be submitted into the appropriate Academic Counselling office of the student's Faculty/School of registration. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.
See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.
- 3. Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.
15% of course grades will be posted by the last day to drop a course.
- 4. Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:
http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers

subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (<http://www.turnitin.com>)

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

5. Formatting (as recommended by the course instructor): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

6. According to the Examination Conflict policy, "A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor." *This policy does NOT apply to mid-term examinations. There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.

7. Classroom Behaviour: Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.

8. Laptops for the purpose of typing lecture notes are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.

9. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit

<http://www.uwo.ca/univsec/board/code.pdf>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>

Tentative Schedule:

Week of	Topic	Readings in OWL
January 8	Introduction to course The Myths of Aging Bending the Aging Curves Guest Speakers TBA	Psychological and Sociocultural Aspects of Physical Activity for Older Adults Predictors to Successful Aging The Aging Curves
January 15	Physiological Changes of Aging Bone, Falls and Fractures	Physiological Aspects of Aging Bone, Falls and Fractures
January 22	Pre-Screening, Testing and Physical Activity Needs Assessments SMART Goal Mini-Project due Jan. 26/18	Pre-exercise and Health Screening Field-based Physical and Mobility Assessments
January 29	“Design Physical Activity Class” Part One- Warm up and Cool Down & Flexibility Training Mid-term review	Principles of the Warm-Up and Cool-Down; Flexibility Training
February 5	In class mid-term exam Feb 07, 2018 FORM TEAMS	
February 12	“Design Physical Activity Class” Part Two- Aerobic Endurance Training and Resistance Training	Resistance Training Aerobic Endurance Training
February 19	NO CLASS	READING WEEK
February 26	“Design Physical Activity Class” Part Three- Balance and Mobility Training	Balance and Mobility Training
March 5	Exercise Considerations for Certain Medical Conditions	Exercise Considerations for Medical Conditions
March 12	Putting a Program Together	
March 19	Exercise Adherence in Older Adults	Goal Setting and Behavioural Management
March 26	Team Presentations: Design Physical Activity Class	
April 2	Course Wrap Up and Review	