Instructor:  Dr. Liza Stathokostas, Thames Hall 2105A, lstatho2@uwo.ca

Calendar 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.
- 3 lecture hours, 0.5 course

Prerequisite(s):
- Kinesiology 2230A/B, Kinesiology 3337A/B (for Kinesiology students); Enrollment in the third/fourth year of the Bachelor of Health Sciences Program (for Health Science students) or permission of the Department.

Course Description:
- This course explores the scientific evidence base for derivation of physical activity/exercise recommendations for older adults. Content will include the epidemiology of the relationships of physical activity with health outcomes including prevention of: i) chronic diseases of aging and early mortality, and (ii) loss of functional independence. Analysis of exercise program interventions of both aerobic resistance training of older adults will be used to assess the physiological adaptations and disease and functional outcomes, and to serve as models of effective interventions.

Format: Lectures, Wednesday 12:30pm-2:30pm, Friday 1:30pm-2:30pm, B&GS-0153
Topics covered in course:

- Demographics of an Aging Population
- Theories of Aging
- Physiology of Aging (pulmonary, cardiovascular (heart, vasculature), musculoskeletal (bone, muscle), nervous system)
- Physical Activity (inactivity) of older adults
- Physiological and Functional Exercise Capacity of Older Adults (and age-related decline)
- Epidemiology of the Relationship of Physical Activity (and Cardiorespiratory Fitness) with Morbidity and Mortality
- Epidemiology of the Relationship of Physical Activity (and Cardiorespiratory Fitness) with Functional Independence (Disability)
- Epidemiology of Relationships of Strength and Muscle Mass with Morbidity, Mortality and Functional Limitations
- Aerobic Training Programs and Physiological and Functional Adaptations to Aerobic Exercise Training in Older Adults
- Resistance Training Programs and Physiological and Functional Adaptations
- Physical Activity in Prevention and Exercise in Treatment of Arthritis, Osteoporosis, Stroke, Dementia
- Exercise Programs for Frail, Risk of Falls, Depression

Grading:

- There will be a two term tests (Test 1 = 25%, Wed Feb 1; Test 2 = 25%, Wed March 7) and a final examination (50%). These exams will be short answer and multiple-choice. The final exam will be cumulative but weighted to the material following the tests with date and time set by the Registrar’s Office during the final exam period.

- There will be no make-up exams for students without a valid medical or compassionate reason for missing a scheduled examination and a grade of zero will be recorded. See the section below on ‘Accommodation for Medical Illness or Non-Medical Absences’ for more information.
**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 The University of Western Ontario, 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](http://www.uwo.ca/univsec/board/code.pdf).

**Lecture Attendance**: You are expected to attend every class as part of the learning process. Some course content will not be available in the course notes/readings.

**Rounding of Grades** (for example, bumping a 79 to 80%): This is a practice some students request. This practice will not occur here. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level.

**Academic Policies**:  
The academic policies of the University are presented in the Handbook of Academic and Scholarship Policy, available online at: [http://www.uwo.ca/univsec/handbook/](http://www.uwo.ca/univsec/handbook/). Academic information also appears in the UWO 2011/12 Academic Calendar.

**My Policy Regarding Electronics in Class**: I support the appropriate use of technology during classes. However, cell phones and other communication devices should be turned off during class unless you are involved in an urgent situation, then set them for vibrate. Laptops may be used for note taking but accessing Facebook, email etc or the Internet is not permitted during class unless otherwise told to do so by me or by a visiting instructor.

**English Proficiency for the Assignment of Grades**  

**Accommodation for Medical Illness or Non-Medical Absences**  

The University recognizes that a student’s ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student’s overall grade in the course shall be granted only in those
cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: https://studentservices.uwo.ca/secure/index.cfm.

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. 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, as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222.

**Scholastic Offences**
Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website: http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

Additionally,

1. 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 The University of Western Ontario and Turnitin.com (http://www.turnitin.com).
2. 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.

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/](http://www.sdc.uwo.ca/ssd/)