

School of Kinesiology  
Faculty of Health Sciences  
Western University

**KIN 4474B/HS 4074B**  
**Guidelines for Physical Activity and Exercise in Older Adults**  
**Winter 2019**

<b>Instructor:</b>	<b>Anita Christie, PhD</b>	<b>Office:</b>	AHB 3G16
<b>Class Location:</b>	SH 3345	<b>Office Hours:</b>	By appointment
<b>Lectures:</b>	Wed 12:30-2:30 pm	<b>Phone:</b>	519-661-2111 x80984
	Fri 1:30-2:30 pm	<b>Email:</b>	<a href="mailto:achris95@uwo.ca">achris95@uwo.ca</a>

**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: SH 3345

**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	25%
Mini-Project	15%
Quizzes	10%

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

The final exam will be scheduled for 3.0 hours (date and location to be set by the registrar’s office).

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 Poster Session Group Mark 25% DUE: Week of March 19 and March 26, 2018

Quizzes: 10% - best 5 of 6 will count

## 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, if applicable 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, illness or death) or similar circumstances.

2. **Documentation for Accommodation (Illness, Medical/Non-Medical Absences):**

[https://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/accommodation\\_illness.pdf](https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf)

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: [http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/medicalform.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf)

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. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for medical requests for accommodation must be submitted within two (2) business days after the end date on the documentation, to the appropriate Academic Counselling Office of the student’s Faculty of registration. For KIN students, you may go to the School of Kinesiology in 3M Centre room 2225 **NOT** to the instructor. It will be the Academic Counselling office that will determine if accommodation is warranted.

An “Accommodation Consideration Request Form” found online

[https://www.uwo.ca/fhs/kin/undergrad/files/accommodation\\_request.pdf](https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf) or in the Kinesiology Undergraduate Office” for ALL 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.

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.

- March 4th, 2019 (for second term half-or full year courses)

A+	90-100	<i>One could scarcely expect better from a student at this</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

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:.

[https://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](https://www.uwo.ca/univsec/pdf/academic_policies/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**, Please see the Office of the Registrar policy on Exam Conflict and Multiple Exam Situations [www.registrar.uwo.ca/examinations/exam\\_schedule.html](http://www.registrar.uwo.ca/examinations/exam_schedule.html)

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. Please keep all electronic devices on silent and avoid distracting classmates. .

8. **Electronic Device Usage:**

**During Exams** - Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

**During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

9. **Health and Wellness:** As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery <http://www.http://www.mcintoshgallery.ca/>

Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

## **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 <https://www.uwo.ca/univsec/pdf/board/code.pdf>

## **ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES**

Visit the website [http://www.uwo.ca/univsec/pdf/academic\\_policies/exam/english.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/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 & Wellness* -- <http://www.health.uwo.ca/>
3. *Registrar's Office* -- <http://www.registrar.uwo.ca/>
4. *Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>

## **IMPORTANT DATES**

No tests scheduled:

- from February 15<sup>th</sup> at 6pm to February 25<sup>th</sup> at 8:30am  
**READING WEEK: February 18 – 22, 2019**
- after March 19<sup>th</sup> at 10pm (for second term half-courses)

**Tentative Schedule:**

Week	Topic
1	Introduction to course The Myths of Aging Bending the Aging Curves
2	Physiological Changes of Aging Muscle, Bone, Falls
3	Pre-Screening, Testing and Physical Activity Needs Assessments
4	“Design Physical Activity Class” Part One- Warm up and Cool Down & Flexibility Training Mid-term review
5	In class mid-term exam Feb 07, 2018 FORM TEAMS
6	“Design Physical Activity Class” Part Two- Aerobic Endurance Training and Resistance Training
7	NO CLASSES – READING WEEK
8	“Design Physical Activity Class” Part Three- Balance and Mobility Training
9	Exercise Considerations for Certain Medical Conditions
10	Exercise Adherence in Older Adults
11	Team Presentations: Design Physical Activity Poster Session
12	Team Presentations: Design Physical Activity Poster Session
13	Course Wrap Up and Review