KIN 4434B - Physiological Function and Physical Activity in Aging

Winter 2025

**Instructor:** Dr. Anita Christie  
**Office:** Thames Hall 4183  
**Email:** achriskt@uwo.ca  
**Phone:** 519-661-2111 x80984  
**Office Hrs:** By appointment  

**Lectures:** Tuesday 12:30-2:30  
**Thursday 12:30-1:30**  

**Location:** TBD  
In-person lectures will not be recorded.

**TAs:** TBD

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**NOTE:** All course information including grades, assignment outlines, deadlines, etc. are available via [OWL Brightspace](https://brightspace.uwo.ca). Download the Brightspace Pulse App to stay up-to-date on course communication and enable your notification settings within “Communications” in the top toolbar. Check the website regularly for course announcements.

**Calendar Course Description (including prerequisites/anti-requisites):**

In this course, we will explore the changes that occur in various physiological systems during the aging process. The impact of these physiological changes on function and health will be discussed. We will examine how factors such as physical activity and can impact the biological changes with advanced age.

**Prerequisite(s):** Kinesiology 2230A/B  
**Extra Information:** 3 lecture hours.

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 your Dean 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.

**NOTE:** If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

**My Course Description**

Physiological changes with advanced will be the focus of this class. The function of different physiological systems (e.g. cardiorespiratory, neuromuscular, cognitive) will be discussed, with a focus on relationships among the systems and their contributions to function and health. The impact of factors such as disuse, disease and physical activity on the aging process will be examined to understand best practices for healthy aging.
Learning Outcomes/Schedule:

The goal of this course is to examine the physiological changes with advanced age, with attention to the relationship to physical activity, disuse and disease. Upon completion of this course, students will be able to:

- Compare and contrast the theories and biomarkers of aging
- Understand the psychological changes associated with aging, and explain relationships among changes in different physiological systems
- Describe the impact of physiological changes on cognitive and physical function
- Compare and contrast the role of disease, disuse and physical activity in altering the physiological changes with advanced age
- Articulate strategies to promote healthy aging

<table>
<thead>
<tr>
<th>WEEK</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td>1</td>
<td>Introduction, Myths and Facts about Aging</td>
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<td>2</td>
<td>Theories and biomarkers of aging</td>
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<td>3</td>
<td>Stress and hormones</td>
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<td>4</td>
<td>Cardiorespiratory function</td>
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<td>5</td>
<td>Skeletal system</td>
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<td>6</td>
<td>Mid-term in class</td>
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<tr>
<td>7</td>
<td>READING WEEK</td>
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<tr>
<td>8</td>
<td>Neuromuscular system</td>
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<td>9</td>
<td>Brain health and cognition</td>
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<td>10</td>
<td>Disuse and disease</td>
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<tr>
<td>11</td>
<td>Physical activity benefits and adaptations I</td>
</tr>
<tr>
<td>12</td>
<td>Physical activity benefits and adaptations II</td>
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<tr>
<td>13</td>
<td>Course wrap-up and exam review</td>
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*Note: This is a tentative list of topics. Timing, order and/or topics may change.*

Required Course Material/Text:
There is no required textbook for this course. Any required readings will be posted on OWL.

Course Evaluation:

<table>
<thead>
<tr>
<th>Grade Source</th>
<th>Percentage of Course Grade</th>
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<tbody>
<tr>
<td>Quizzes (best 4 out of 5)</td>
<td>5%</td>
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<tr>
<td>Term Assignment</td>
<td>30%</td>
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<tr>
<td>Mid-term Exam</td>
<td>30%</td>
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<tr>
<td>Cumulative Final Exam</td>
<td>35%</td>
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<tr>
<td>Total</td>
<td>100%</td>
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Written Exams (65%): 2 exams each designed to be 2 hours in duration. The exam format consists of multiple choice and short answer. Exams will be delivered in person. The midterm will be held during class time. **There will be no make-up mid-term exam.** If the midterm is missed and appropriate documentation is provided, the grade will be redistributed to the final exam (i.e. the final exam will be worth 65%). The final exam will be scheduled for 2 hours (date and time to be set by the registrar’s office).

Quizzes (5%): Quizzes will be completed through OWL, with a time limit. They will be available from Friday afternoon until Tuesday at midnight on weeks when they are assigned. Quiz dates are listed below. There will be **no make-up quizzes**. The **best four out of five** quizzes will count toward the final course grade.

Term Assignment (30%): Students will choose a topic related to the physiology of aging and write an overview of the physiology and present evidence that supports (or not) the benefits of physical activity in maintaining or improving the specific physiology selected. A minimum of 5 primary, peer-reviewed journal articles is required. The topic must be submitted via OWL by **Friday, February 28th at 11:55 pm** (**2% deduction from the final paper grade for failing to submit a topic on time**). The paper will be 5 typed pages (double-spaced), excluding references, due by **Thursday, March 27th at 11:55 pm – 30%**. No extensions without penalty - 10% deduction per day. Further details will be provided on OWL.

**IMPORTANT DATES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Tuesday January 7</td>
<td>First Day of class</td>
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<tr>
<td>Monday January 20</td>
<td>Quiz 1 due by 11:55pm</td>
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<tr>
<td>Monday January 27</td>
<td>Quiz 2 due by 11:55pm</td>
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<tr>
<td>Monday February 3</td>
<td>Quiz 3 due by 11:55pm</td>
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<td>Tuesday February 11</td>
<td>Midterm Exam (in class)</td>
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<td>February 17-21</td>
<td>Reading Week No Class</td>
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<td>Friday February 28</td>
<td>Project topic due by 11:55 pm</td>
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<td>Monday March 10</td>
<td>Quiz 4 due by 11:55pm</td>
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<td>Monday March 17</td>
<td>Quiz 5 due by 11:55pm</td>
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<tr>
<td>Thursday March 27</td>
<td>Term Project due by 11:55 pm</td>
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<tr>
<td>Thursday April 3</td>
<td>Last day of class</td>
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Course/University Policies

1. The website for Registrarial Services is http://www.registrar.uwo.ca.

In accordance with policy, the centrally administered e-mail account provided to students will be considered the individual’s official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at his/her official university address is attended to in a timely manner.

2. Academic Offences
Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, in the Academic Calendar (westerncalendar.uwo.ca).

   Plagiarism
   Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author’s ideas without acknowledging that the ideas belong to someone else. All 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 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 (www.turnitin.com).

   Re-submission of Previously Graded Material
Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

   Use of Statistical Pattern Recognition on Multiple Choice Exams
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.

3. Use of Electronic Devices

   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 electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

   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. 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.

**Personal Response Systems** ("clickers") may be used in some classes. For
those classes in which we use this technology, it is your responsibility to ensure
that the device is activated and functional. You must speak with the course
instructor immediately, if you have any concerns about whether or not your
clicker is malfunctioning.

You must use only your own clicker. For all components of this course in which
clicker records are used to compute a portion of the grade:
- The use of somebody else’s clicker in class constitutes a scholastic offence;
- The possession of a clicker belonging to another student will be interpreted as
  an attempt to commit a scholastic offense

4. **Academic Considerations and Absences from Lectures and Assessments**

**Religious Accommodation**
When a course requirement conflicts with a religious holiday that requires an
absence from the University or prohibits certain activities, students should
request (in writing) any necessary academic considerations at least two weeks
prior to the holiday to the academic counsellors in their Home Department.
Additional information is provided in the **Western Multicultural Calendar.**

**Academic Accommodation**
Please contact the course instructor if you require lecture or printed material in
an alternate format or if any other arrangements can make this course more
accessible to you. Students with ongoing accommodation needs within this
course are also encouraged to contact Accessible Education, which provides
recommendations for accommodation based on medical documentation or
psychological and cognitive testing. The policy on Academic Accommodation
for Students with Disabilities can be found [here](#).

**Academic Consideration**
The University recognizes that a student’s ability to meet their academic
responsibilities may, on occasion, be impaired by extenuating circumstances that
are medical or compassionate in nature. These extenuating circumstances may
be acute (short term), or it may be chronic (long term), or chronic with acute
episodes. In all cases, students are advised to consult with the academic
counsellors in their home units, at their earliest opportunity. Academic
counsellors may refer students to Accessible Education for ongoing academic
accommodations.
Most forms of academic consideration require documentation, and this documentation is to be submitted to academic counsellors within five (5) business days of their return to academic responsibilities. Any such 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. Once the petition and supporting documents have been received and assessed, appropriate academic considerations shall be determined by academic counseling, in consultation with the student’s instructor(s). Academic considerations may include extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, re-weighting course requirements, or granting late withdrawals without academic penalty. Academic considerations shall be granted only where the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete their academic responsibilities. (Note – it will not be sufficient to provide documentation indicating simply that the student “was seen for a medical reason” or “was ill.”).

Whenever possible, students who require academic considerations should provide notification and documentation in advance of due dates, examinations, etc. Under no circumstances are students expected to submit rationales for (or documentation of) any absences, to course instructors. Students are, however, required to follow-up with course instructors, in a timely fashion, to identify the ways in which the academic consideration will be implemented.

**Examination Conflicts**
A student completing tests or examinations with flexible submission times (e.g., where one or more evaluation is a take-home assessment) cannot request alternative arrangements unless a conflict cannot be avoided by rescheduling writing the exam to a different time within the window specified by the instructor. This applies to direct conflicts as well as “heavy load” conflicts (e.g., three exams within a 23-hour period). The student should discuss any concerns about a potential conflict and/or request academic considerations with their academic counselling unit prior to the deadline to drop a course without academic penalty.

In the case of online tests and examinations, use of a “Conflict Room,” wherein student can write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

5. **Contingency Plan for an In-Person Class Pivoting to 100% Online Learning**
In the event of a situation that requires this course to pivot to online content delivery, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor.

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.
6. **Online Proctoring**
Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western’s Remote Proctoring website at: https://remoteproctoring.uwo.ca.

7. **Grades**
Where possible assignment objectives and rubrics will be posted on OWL. Generally, students can expect some form of feedback on their performance in a course before the drop date.

- □ November 12th, 2024 (for first term half-courses)
- □ December 2nd, 2024 (for full-year courses)
- □ March 7th, 2025 (for second term half-or full year courses)

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<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Description</th>
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<tbody>
<tr>
<td>A+</td>
<td>90-100</td>
<td>One could scarcely expect better from a student at this level</td>
</tr>
<tr>
<td>A</td>
<td>80-89</td>
<td>Superior work that is clearly above average</td>
</tr>
<tr>
<td>B</td>
<td>70-79</td>
<td>Good work, meeting all requirements and eminently satisfactory</td>
</tr>
<tr>
<td>C</td>
<td>60-69</td>
<td>Competent work, meeting requirements</td>
</tr>
<tr>
<td>D</td>
<td>50-59</td>
<td>Fair work, minimally acceptable.</td>
</tr>
<tr>
<td>F</td>
<td>below 50</td>
<td>Fail</td>
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**Rounding of Grades** (for example, bumping a 79 to 80%): This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or ‘giving away’ of marks. Please don’t ask me to do this for you; the response will be “please review the course outline where this is presented”.

**Appealing a Grade Within this Course**
You have the right to appeal any grade within this course. The grounds for a grade appeal may be one or more of: medical or compassionate circumstances, extenuating circumstances beyond the student’s control, bias, inaccuracy, or unfairness. All grounds advanced in a request for relief must be supported by a clear and detailed explanation of the reasons for the request together with all supporting documentation.

Appeals generally proceed in this order:

1. Course instructor (informal consultation)
2. Department Chair (submission of written request)
3. The Dean of the Faculty (submission of written request)

In the case of perceived procedural unfairness, steps 2 and 3 are carried out within the Department and Faculty offering the course. In the case of extenuating medical or compassionate circumstances that impact on a grade, steps 2 and 3 are carried out within a student’s Home Department and Faculty.
A request for relief against a mark or grade must be initiated with the instructor as soon as possible after the mark is issued. In the event that the instructor is not available to the student, or fails to act, or if the matter is not resolved satisfactorily with the instructor, a written request for relief must be submitted to the Chair of the Department within three weeks of the date that the mark was issued. In the case of a final grade in a course, the written request for relief must be submitted to the Chair of the department by January 31st (for first-term half courses) or June 30th (for second-term half courses or full-year courses).

8. **Support Services**
**Health and Wellness:**
Information regarding health and wellness-related services available to students may be found at [http://www.health.uwo.ca/](http://www.health.uwo.ca/).

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

There are various support services around campus and these include, but are not limited to:
- **Student Development Centre** – [http://www.sdc.uwo.ca/ssd/](http://www.sdc.uwo.ca/ssd/)
- **Ombudsperson Office** – [http://www.uwo.ca/ombuds/](http://www.uwo.ca/ombuds/)

9. **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](https://www.uwo.ca/univsec/pdf/board/code.pdf)