

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
Location: UCC-146
Lectures: Wednesdays 12:30-2:30 pm
 & Fridays 1:30-2:30 pm
Office: TBD
Office Hours: Virtual, or by appointment
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Email: jmfletcher@uwo.ca

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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

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. write more than two examinations in any 24-hour period may request alternative arrangements through the -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 s

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	