

Learning Outcomes/Schedule:

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. Upon completion of this course, students will be able 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

Course/University Policies

1.

If Personal Response Systems

their use (Guidelines are shown below). Instructors are to communicate clearly to students

clickers may be used by the instructor for data gathering and for evaluating the students, and why they cannot be used by anyone but the student (since the students involved in misuse of a clicker may be charged with a scholastic offence).

2. **Academic 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:

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.

Generally, students can expect some form of feedback on their performance in a course before the drop date.

November 9th, 2019 (for first term half-courses)

November 27th, 2019 (for full-year courses)

March 4th, 2020 (for second term half-or full year courses)

A+ 90-100