

**SCHOOL OF KINESIOLOGY**

Topics covered in course:

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

Grading:

- x 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.
- x 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,

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](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 chec