

2015

Instructor :

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Calendar D

, health,  
functional independence, physiological responses to exercise and chronic  
adaptations with training, and the exercise influence on age-related chronic  
diseases will be examined.3 lecture hours, 0.5 course

Course Description :

- x This course explores the scientific evidence base for derivation of physical activity/exercise recommendations for older adults . Analysis of exercise program interventions of older adults will be used to assess the physiological adaptations and

## Course Topics :

- x Concepts of Aging
- x Demographics of Aging
- x Theories of Aging
- x Age-related Changes in Cognition
- x Age-related Changes in Sensory Systems
- x Age-related Changes in Body Composition
- x Age-related Changes in the Cardiorespiratory and Muscular Systems
- x Epidemiology of Physical Activity, Health, and Function in Aging
- x Adaptations to Aerobic Training Programs in Older Adults
- x Adaptations to Resistance Training Programs in Older Adults
- x Physical Activity Recommendations and Guidelines for Older Adults
- x Physical Activity and Adult -onset Chronic Conditions
- x Elite Performance Older Adults

## Required Course Material :

- x All required readings and course notes will be posted on line on OWL.
- x There is no textbook required for this course.

## Course Evaluation Summary : (subject to revision)

<b>Midterm Exam (30%) :</b>	Short-answer and multiple choice.
<b>Final Exam (40%):</b>	Short-answer and multiple choice.
<b>Assignments (30%)</b>	3 x 10%

## Course/University Policies

1. **Lateness/Absences** : Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless

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

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** more than two examinations in any 24-hour period may request alternative arrangements *\*This policy does NOT apply to mid-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