

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	Office:	TBD
Location:	UCC-146	Office Hours:	Virtual, or by appointment
Lectures:	Wednesdays 12:30 -2:30 pm & Fridays 1:30 -2:30 pm	Phone:	519-661-2111 x
		Email:	jmfletch@uwo.ca

Email : jmfletch@uwo.ca

NOTE: All course information including grades, assignment outlines, deadlines, etc. are

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:

- x Understand the physical and psychological changes associated with aging

- x Recognize and clarify common myths of aging
- x Understand and apply assessment and screening tools for older adults for their fitness programming and daily living
- x Using principles learned from case studies and lecture materials to create workable exercise prescriptions Physical Activity to meet the unique needs of the older participant

Required Course Material :

All required readings and case study material will be posted on OWL.

Course Evaluation Details :

Full description of evaluation criteria is available in OWL.

Grades will be derived from five sources, the weights of which are outlined below:

Grade Source	Percentage of Course Grade
Mid- term (in class)	20%
Final exam (final exam period)	

Course/University Policies

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 Bone, Falls and Fractures	Physiological Aspects of Aging Bone, Falls and Fractures
January 22	Pre-Screening, Testing and Physical Activity Needs Assessments SMART Goal Mini-Project due Jan. 26/18	Pre-exercise and Health Screening Field-based Physical and Mobility Assessments
January 29	Design Physical Activity Class Part One- Warm up and Cool Down & Flexibility Training Mid-term review	Principles of the Warm-Up and Cool-Down; Flexibility Training
February 5	In class mid-term exam Feb 07, 2018 FORM TEAMS	
February 12	Design Physical Activity Class Part Two- Aerobic Endurance Training and Resistance Training	Resistance Training Aerobic Endurance Training
February 19	NO CLASS	READING WEEK
February 26	Design Physical Activity Class Three- Balance and Mobility Training	Balance and Mobility Training
March 5	Exercise Considerations for Certain Medical Conditions	Exercise Considerations for Medical Conditions
March 12	Putting a Program Together	
March 19	Exercise Adherence in Older Adults	Goal Setting and Behavioural Management
March 26	Team Presentations: Design Physical Activity Class	
April 2	Course Wrap Up and Review	