

School of Kinesiology
Faculty of Health Sciences
Western University

KIN 4474B/HS 4074B
Guidelines for Physical Activity and Exercise in Older Adults
Winter 2019

Instructor: Anita Christie, PhD

Office: AHB 3G16

Class Location: SH 3345

Office Hours: By appointment

Lectures: Wed 12:30-2:30 pm

Phone: 519-661-2111 x80984

Fri 1:30-2:30 pm

Email: achris95@uwo.ca

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: SH 3345

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

Using principles learned from case studies and lecture materials to create workable exercise prescriptions “Design Physical Activity Class” to meet the unique needs of the older participant

All required readings and case study material will be posted on 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)	30%
Team presentations	25%
Mini-Project	15%
Quizzes	10%

The exam format consists of multiple choice, true/false, case study and short answer. The mid-swer. The @mQa

Course/University Policies

1. **Lateness/Absences:** Assignments are due as outlined in OWL and will not be accepted except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the instructor. A missed mid-term examination, if applicable without appropriate documentation will result in a zero (0) grade. The **course policy is not to allow make-ups for scheduled midterms, presentations or final exams**, nor to assign a grade of "Incomplete" without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances.

2. **Documentation for Accommodation (Illness, Medical/Non-Medical Absences):**

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's

3. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel 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 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. At least 15% of course grades will be posted by March 4, 2019. It is expected that the grades for this course will fall between 74% and 80%. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student's grade, by the instructor, to bring the class average in line with school policy.

A+ 90-100

Tentative Schedule:

Week	Topic
1	Introduction to course The Myths of Aging Bending the Aging