

Instructor: Jacquelyn Poetker

Room: KNB 133

Email: jipoetke@ucalgary.ca

Days: Mondays/Wednesdays

Office: KNB 255

Time: 6:00pm to 8:45pm

Office

Course Website: Blackboard

Hours: By appointment

Course Description:	Aging and its impact on neuromotor performance, fitness, health, and patterns of participation in physical activity and recreational pursuits.
Course Objectives:	To discuss and explore the physical, emotional and social issues of aging and how those impact participation in physical activity and the health of the older adult. To increase awareness of issues of aging that might be strengths and/or barriers to health and physical activities of the older adult.
Required Reading Materials:	<i>Physiology of Exercise and Healthy Aging.</i> (2008) Taylor, A. W. & Johnson, M. J., Human Kinetics (available at UofC Bookstore)
Contacting the Instructor:	<p>Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please email the instructor to make an appointment.</p> <p>Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.</p>

Grading Scale:

Grade	Percent	Grade Point Value	Description
A+	94.0 or above	4.00	Outstanding
A	90.0 – 93.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	85.0 – 89.9	3.70	
B+	81.0 – 84.9	3.30	
B	77.0 – 80.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	73.0 – 76.9	2.70	
C+	69.0 – 72.9	2.30	
C	65.0 – 68.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	61.0 – 64.9	1.70	Minimum grade required if needed as a prerequisite course.
D+	57.0 – 60.9	1.30	
D	54.0 – 56.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	Below 54	0	Fail – unsatisfactory performance or failure to meet course requirements.

Evaluation of Course Content:

10 Journal Reflections	10%
Case Study (due 5 June)	10%
Blackboard Discussion Forums (2)	10%
Mid-Term take-home Test (due 12 June)	30%
Issues of Aging, Health & Exercise Paper (due 24 June)	30%
Final in-class Test (26 June)	10%

Late Policy:

Assignments are due the beginning of class. Late assignments will be accepted only with permission of the instructor. Permission must be requested and received at least 3 days BEFORE the due date. Late assignments will be subject to a 1% per day total possible mark deduction including weekend days.

Final Examination:

The final examination will be conducted during the last class on the 26th of June.

Additional Course Information:

All assignments, rubrics and examination descriptions will be explained in class and will be available on Blackboard. All students will be required to have access to Blackboard and to have oriented themselves to the use of Blackboard.

Course Content:

Please note that this is a tentative outline of the course content. Attempts will be made to engage some speakers and to accommodate student interests. Included in the content may be topics such as elder abuse, exploration of grief and its impact, communicating with the older adult and impacts of falls for the older adult.

Introduction: Processes of aging and physical activity, uniqueness and commonalities of older adults

Chapter One: Cardiopulmonary system, age-related changes, impact of physical activity

Chapter Two: Muscles, aging and activity; age-related diseases that limit physical activity

Chapter Three: Age-related changes to the Central and peripheral Nervous Systems; age-related diseases

Chapter Four: Sensory Systems and aging; implications of physical activity with hearing, visual and tactile impairments

Chapter Five: Relationships among nutrition, exercise and healthy aging; diabetes, exercise and aging

Chapter Six: Bone health, aging and exercise, osteoporosis

Chapter Seven: Application of the principles of exercise to the older adult; functional approach; balance and implications of falls

Chapter Eight: Benefits of aerobic and anaerobic exercise for the older adult

Chapter Nine: Muscular strength and endurance and the older adult

Chapter Ten: Older adults, exercise adherence and safety

Supplementary Course Information
In accordance with the University of Calgary Calendar

**Academic
Accommodation
Awareness Information:**

It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation.

**Plagiarism/Cheating/Ot
her Academic
Misconduct:
(see Calendar)**

A single offence of cheating, plagiarism or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.

Midterm Exam Policy:

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in **exceptional circumstances only** which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification **prior** to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are **not** valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.

FOIP Policy:

Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details:
<http://www.ucalgary.ca/secretariat/privacy>

**Internet and Electronic
Communication Device
Information:**

Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture.

Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.

**Emergency
Evacuation/Assembly
Points:**

For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby

Safewalk Information:

Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).

Student's Union:

The Kinesiology Representative is **Lauren Voss** - E-mail: kinesrep@su.ucalgary.ca.