



- To be able to interpret the results of the Senior Fitness Test and provide feedback to the client from the test items.
- To understand balance and mobility definitions and appreciate an understanding of why older adults fall.
- Know how to administer all of the FallProof Assessment items safely and proficiently with an older adult client.
- To understand how to integrate the different training modalities for fall prevention based on the FallProof assessments.
- To understand and lead clients through each of the unique activities and progressions of the following training modalities of fall prevention:
  - Center of Gravity Control Training,
  - Multisensory Training,
  - Postural Strategy Training,
  - Gait Pattern Enhancement & Variation Training,
  - Strength & Endurance Training.
  - Flexibility Training

**COURSE STRUCTURE:**

You will proceed through the course by completing the content in sequence as outlined below. Supplementary readings will be provided as required.

<b>Week 1:</b> <b>Sept 12 &amp; 14, 2011</b>	<b>Pre-exercise Physical Screening</b> <ul style="list-style-type: none"> <li>• Readings: Jones &amp; Rose – Ch. 9 &amp; Ch. 5 (p. 58-74).</li> </ul>
<b>Week 2:</b> <b>Sept 19 &amp; 21, 2011</b>	<b>Senior Fitness Test</b> <ul style="list-style-type: none"> <li>• Readings: Senior Fitness Test – Ch. 1-3</li> </ul> <b>Senior Fitness Test Assessments</b> <ul style="list-style-type: none"> <li>• Readings: Senior Fitness Test – Ch. 4</li> </ul>
<b>Week 3:</b> <b>Sept 26 &amp; 28, 2011</b>	<b>Senior Fitness Test Assessments</b> <ul style="list-style-type: none"> <li>• Readings: Senior Fitness Test – Ch. 4</li> </ul>
<b>Week 4:</b> <b>Oct. 3 &amp; 5, 2011</b>	<b>Senior Fitness Test – Test Results</b> <ul style="list-style-type: none"> <li>• Readings: Senior Fitness Test – Ch. 5</li> </ul> <b><i>Testing of Senior Fitness Test Administration</i></b>
<b>Week 5:</b> <b>Oct. 10 &amp; 12, 2011</b>	<b>Thanksgiving Monday</b> <ul style="list-style-type: none"> <li>• No Class</li> </ul> <b>Senior Fitness Test – Group testing</b> Readings: Senior Fitness Test – Ch. 4
<b>Week 6:</b> <b>Oct. 17 &amp; 19, 2011</b>	<b>FallProof Introduction</b> <ul style="list-style-type: none"> <li>• Readings: FallProof – Ch. 1-3</li> </ul>

	<b>FallProof Assessments</b> <ul style="list-style-type: none"> <li>• Readings: FallProof – Ch. 3</li> </ul>
<b>Week 7:</b> <b>Oct. 24 &amp; 26, 2011</b>	<b>FallProof Assessments</b> <ul style="list-style-type: none"> <li>• Readings: FallProof – Ch. 3</li> </ul>
<b>Week 8:</b> <b>Oct. 31 &amp; Nov 2, 2011</b>	<b>FallProof - Center of Gravity Training</b> <ul style="list-style-type: none"> <li>• Readings: FallProof – Ch. 4</li> </ul>
<b>Week 9:</b> <b>Nov. 7 &amp; 9, 2011</b>	<b>FallProof – Multisensory Training</b> <ul style="list-style-type: none"> <li>• Readings: FallProof – Ch. 5</li> </ul>
<b>Week 10:</b> <b>Nov. 14 &amp; 16, 2011</b>	<b>Testing: FallProof Assessment Testing</b> <ul style="list-style-type: none"> <li>• <b>Nov. 14 – 20%</b></li> </ul> <b>FallProof – Postural Strategy Training</b> <ul style="list-style-type: none"> <li>• Readings: FallProof – Ch. 6</li> </ul>
<b>Week 11:</b> <b>Nov. 21 &amp; 23, 2011</b>	<b>FallProof – Gait Pattern Enhancement and Variation Training</b> <ul style="list-style-type: none"> <li>• Readings: FallProof – Ch. 7</li> </ul>
<b>Week 12:</b> <b>Nov. 28 &amp; 30, 2011</b>	<b>FallProof – Strength &amp; Endurance Training and Flexibility Training</b> <ul style="list-style-type: none"> <li>• Readings: FallProof – Ch. 8 &amp; 9</li> </ul> <b>No Class Nov. 30</b>
<b>Week 13:</b> <b>Dec. 5 &amp; 8, 2011</b>	<b>FallProof – Strength &amp; Endurance Training and Flexibility Training</b> <ul style="list-style-type: none"> <li>• Readings: FallProof – Ch. 8 &amp; 9</li> </ul> <b>Review Lab</b>

**COURSE ASSESSMENT:**

<b>1. SFT Assessment Testing:</b> In-class instructor observation of your SFT administration skills.	Oct. 5	20%
<b>2. SFT Client Assessments:</b> Perform the SFT with 3 clients and submit the assessment scorecards along with a testing reflection paper.	Nov. 2	20%
<b>3. FallProof Assessment Testing:</b> In-class instructor observation of one or two FallProof Assessments.	Nov. 14	20%
<b>4. FallProof - Training Lesson Plan:</b> You will be provided with a sample participant’s assessment information for which you will design a FallProof lesson plan.	Dec. 8	20%
<b>5. Final Exam:</b> Exam will consist of multiple choice, True/False, matching, short & long answer questions.	Final Exam Week	20%

**Assignment Policy:**

All assignments are requested to be digitally handed on the day they are due, hard copies are acceptable but are to be submitted at class time. **Digital submissions will be accepted up until 11:59pm on the due date.** Extensions on assignments may be granted and must be negotiated with the instructor **prior** to the due date and with a date specified for late submission. A penalty of 10% per day will be deducted from the final mark of a late assignment. **All submissions are to contain a title page (where applicable) including; student name, course number and assignment title.**

**Student Rights and Responsibilities:**

Please refer to the Student Rights and Responsibilities policy in the Grande Prairie Regional College Calendar or at <http://www.gprc.ab.ca/downloads/documents/StudentRightsandResponsibilities.pdf>

**Plagiarism and Cheating:**

**We expect honesty from our students.** Penalties will be given according to the degree of the plagiarism or cheating. If you are unsure whether an action is plagiarism or not, please consult the Library student resource center or refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

**Guidelines on Cell Phones and Other Personal Electronic Devices:**

Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. The use of these devices must not disrupt the functions of the College overall and its classrooms and labs. Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.

Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.

Some instructors may have penalties for violations. If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the

purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

**STUDENT RESPONSIBILITIES:**

Students are expected to come to class prepared and on time. Please be sure to bring all necessary supplies for class lectures and have appropriate attire for any in-class activities. It is also expected that students complete the scheduled readings for the week prior to the classes. During class time, students are expected to actively engage in all class discussions and exercises. It is the expectation of the instructor that students will arrive to class on time; recurrent tardiness will be dealt with on an individual basis with possible additional assignments assigned to the offending student.

**GRADING CRITERIA:**

<b>GRANDE PRAIRIE REGIONAL COLLEGE</b>			
<b>GRADING CONVERSION CHART</b>			
<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>	<b>Designation</b>
<b>A<sup>+</sup></b>	<b>4.0</b>	<b>90 – 100</b>	<b>EXCELLENT</b>
<b>A</b>	<b>4.0</b>	<b>85 – 89</b>	
<b>A<sup>-</sup></b>	<b>3.7</b>	<b>80 – 84</b>	<b>FIRST CLASS STANDING</b>
<b>B<sup>+</sup></b>	<b>3.3</b>	<b>77 – 79</b>	
<b>B</b>	<b>3.0</b>	<b>73 – 76</b>	<b>GOOD</b>
<b>B<sup>-</sup></b>	<b>2.7</b>	<b>70 – 72</b>	
<b>C<sup>+</sup></b>	<b>2.3</b>	<b>67 – 69</b>	<b>SATISFACTORY</b>
<b>C</b>	<b>2.0</b>	<b>63 – 66</b>	
<b>C<sup>-</sup></b>	<b>1.7</b>	<b>60 – 62</b>	
<b>D<sup>+</sup></b>	<b>1.3</b>	<b>55 – 59</b>	<b>MINIMAL PASS</b>
<b>D</b>	<b>1.0</b>	<b>50 – 54</b>	
<b>F</b>	<b>0.0</b>	<b>0 – 49</b>	<b>FAIL</b>
<b>WF</b>	<b>0.0</b>	<b>0</b>	<b>FAIL, withdrawal after the deadline</b>