



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

ONLINE COURSE OUTLINE – FALL 2012

AP 1110 – Fitness Assessment & Fall Prevention (2-0-1)

INSTRUCTOR: Kathy Nilsson **PHONE:** 780-539-2231
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VIRTUAL OFFICE By Appointment via Elluminate or phone.
HOURS: Email appointment requests to your instructor.

REQUIRED TEXT/RESOURCE MATERIALS:

Rikli, R. & Jones, J. (2001). Senior Fitness Test Kit-Updated Edition. Windsor, ON: Human Kinetics.

Rose, D.J. (2010). *Fall proof!* A comprehensive balance and mobility training program (2nd Ed). Windsor, ON: Human Kinetics.

WEB BASED SOFTWARE:

This course will use *Moodle*, <http://moodle.gprc.ab.ca>, a computer-mediated communication (CMC) web-based software system. Learners who are new to Moodle should contact the Moodle Help Desk at: edtechrequests@gprc.ab.ca for orientation. This course also uses *Elluminate*, a real-time web-conferencing system. You will be provided with *Elluminate* instructions in the Program Information site “Older Adult Fitness & Wellness Program” heading within Moodle.

CALENDAR DESCRIPTION: This course is designed to introduce the student to fitness assessments and prescription specifically designed for the older adult. The Senior Fitness Test and FallProof will be the utilized resources as students prepare to lead older adults in fall prevention programming as part of the requirements for this course.

OBJECTIVES:

- Know all the steps and protocol of the pre-exercise health & physical screening process.
- To become familiar with the rationale for and the fitness parameters associated with the Senior Fitness Test
- Know how to administer all of the Senior Fitness Test assessment items safely and proficiently with an older adult client.

- 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.

MODULE 1	
Week 0: Sept 3-9, 2012	<ul style="list-style-type: none"> • Order your textbooks: <ul style="list-style-type: none"> ○ GPRC college bookstore (780-539-2880) • Visit & become familiar with Moodle and the Program Information Page “Older Adult Fitness & Wellness Program” • Post within the “Introductions” forum, and learn about your classmates.
Week 1: Sept 10-16, 2012	TOPICS: <ul style="list-style-type: none"> • Pre-exercise Health Screening • Pre-exercise Physical Screening
Week 2: Sept 17-23, 2012	TOPICS: <ul style="list-style-type: none"> • Senior Fitness Test Introduction
MODULE 2	
Week 3: Sept 24- 30, 2012	TOPICS: <ul style="list-style-type: none"> • Senior Fitness Test Assessments
Week 4: Oct. 1-7, 2012	TOPICS: <ul style="list-style-type: none"> • Senior Fitness Test – Test Results • Senior Fitness Test – Group testing

MODULE 3	
Week 5: Oct. 8-14, 2012	TOPICS: <ul style="list-style-type: none"> • FallProof Introduction
Week 6: Oct. 15-21, 2012	TOPICS: <ul style="list-style-type: none"> • FallProof Assessments
MODULE 4	
Week 7: Oct. 22-28, 2012	TOPICS: <ul style="list-style-type: none"> • FallProof Assessments
Week 8: Oct 29- Nov. 4, 2012	TOPICS: <ul style="list-style-type: none"> • FallProof - Center of Gravity Training
MODULE 5	
Week 9: Nov. 5-11, 2012	TOPICS: <ul style="list-style-type: none"> • FallProof – Multisensory Training
Week 10: Nov. 12-18, 2012	TOPICS: <ul style="list-style-type: none"> • FallProof – Postural Strategy Training
MODULE 6	
Week 11: Nov. 19-25, 2012	TOPICS: <ul style="list-style-type: none"> • FallProof – Gait Pattern Enhancement and Variation Training
Week 12: Nov. 26-Dec. 2, 2012	TOPICS: <ul style="list-style-type: none"> • FallProof – Strength & Endurance Training and Flexibility Training

COURSE ASSESSMENT:

1. Online forum postings, Elluminate & online participation: 15%	Continuous
2. SFT Assessment Quiz: 10 % Complete the Senior Fitness Test Assessment test online within the allotted time of one hour.	Oct. 5, 2012
3. Assignment #1: SFT Client Assessments: 20% Perform the SFT with 3 clients and submit the assessment scorecards along with a testing reflection paper.	Oct. 15, 2012
4. FallProof Assessment Quiz: 10% Complete the FallProof Assessment quiz online within the allotted time of one hour.	Nov. 5, 2012
5. Assignment #2: FallProof Assessment Video submission: 25% You will submit an audio/video recording of yourself performing various FallProof assessments.	Nov. 26, 2012
6. Assignment #3: FallProof - Training Lesson Plan: 20% You will be provided with a sample participant's assessment information for which you will design a FallProof lesson plan.	Dec. 10, 2012

Online postings and Elluminate Participation:

Throughout the course there are many discussion forums that you must contribute to. Please refer to the **Program Information Page** “Older Adult Fitness & Wellness Program” and review the **Discussion Board Rubric** and **Netiquette: Appropriate Network Etiquette** prior to posting within a discussion board.

Participation in the Elluminate sessions is required of all students. If there is an unforeseen reason you are not able to attend an elluminate session advanced notification to the course facilitator is requested. In the event that you miss an elluminate session, you will be given access to a recorded copy of the elluminate session that you missed.

Assignment Policy:

All assignments are requested to be digitally handed on the day they are due. **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 use your GPRC student email address, all correspondence regarding this course will be communicated through this webmail address. When sending emails to the course instructor, be sure to highlight which course you are corresponding about in the subject matter box.

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/**

GRADING CRITERIA:

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