

OBJECTIVES:

- Differentiate between wellness and illness and understand the difference between acute and chronic illness.
- Apply the concepts of the World Health Organization: Health Fitness Gradient
- Become acquainted with some of the fitness basics; anatomy, joint & muscle actions, FITT principle and health related fitness components.
- Describe some of the changes in the cardiovascular and respiratory system related to age
- Understand some common diseases and conditions of the cardiovascular and respiratory system
- Outline the exercise guidelines when working with individuals with cardio-respiratory conditions and be able to develop a repertoire of safe exercises for individuals with any cardio-respiratory conditions.
- Incorporate a number of different chair exercises into any exercise session for older adults.
- Describe some of the changes in the musculoskeletal system related to age
- Understand some common diseases and conditions of the musculoskeletal system
- Outline the exercise recommendations and guidelines when working with individuals musculoskeletal conditions
- Develop a repertoire of safe exercises for individuals with any varying bone and joint conditions.
- Incorporate a number of different strength training (weight bearing) exercises for all older adults.
- Identify risk factors related to diabetes, metabolic conditions and the older adult
- Outline the exercise recommendations and guidelines when working with individuals with diabetes and metabolic conditions.
- Develop a repertoire of safe exercises for individuals with diabetes and metabolic conditions.
- Discuss issues in relation to diabetics and foot problems, and sarcopenic obesity.
- Incorporate the exer-strider as an exercise option for older adults with differing medical conditions.
- Identify risk factors related to neurological changes (Strokes & Multiple Sclerosis) and the older adult
- Outline the exercise recommendations and guidelines when working with individuals with cognitive functional conditions.
- Develop a repertoire of safe exercises for individuals with a number of different cognitive conditions.
- Identify the recommendations for exercise programming for older adults with auditory and visual impairments.
- Identify the most common cancers occurring with the older adult population
- Discuss how and when physical activity can be incorporated for those with cancer.

COURSE STRUCTURE:

You will proceed through the course by completing the content in sequence as outlined below. Refer to Moodle for all course readings and activities.

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"> • Wellness vs. Illness, Acute & Chronic Illness
Week 2: Sept 17-23, 2012	TOPICS: <ul style="list-style-type: none"> • Fitness Basics
MODULE 2	
Week 3: Sept 24- 30, 2012	TOPICS: <ul style="list-style-type: none"> • Medical Changes related to cardiovascular and respiratory function
Week 4: Oct. 1-7, 2012	TOPICS: <ul style="list-style-type: none"> • Exercise Physiology related to cardiovascular and respiratory function • Chair exercises
MODULE 3	
Week 5: Oct. 8-14, 2012	TOPICS: <ul style="list-style-type: none"> • Medical Changes related to bone and joint function
Week 6: Oct. 15-21, 2012	TOPICS: <ul style="list-style-type: none"> • Exercise Physiology related to bone and joint function • Resistance training
MODULE 4	
Week 7: Oct. 22-28, 2012	TOPICS: <ul style="list-style-type: none"> • Understanding Cancer and subsequent medical considerations • Cancer & Physical Activity
Week 8: Oct. 29-Nov.4, 2012	TOPICS: <ul style="list-style-type: none"> • Vision & Auditory changes • Elluminate Ppt. Presentations – Nov 1. (10-11:30am, MDT)

MODULE 5	
Week 9: Nov. 5-11, 2012	TOPICS: <ul style="list-style-type: none"> • Medical Changes related to diabetes and metabolic function
Week 10: Nov. 12-18, 2012	TOPICS: <ul style="list-style-type: none"> • Understanding diabetes and metabolic function related to exercise • Exerstrider
MODULE 6	
Week 11: Nov. 19-25, 2012	TOPICS: <ul style="list-style-type: none"> • Medical Changes related to the Nervous System and Cognition
Week 12: Nov. 26-Dec. 2, 2012	TOPICS: <ul style="list-style-type: none"> • Understanding Cognitive Function related to exercise • stretching

COURSE ASSESSMENT:

1. Online forum postings, Elluminate & online participation: 15%	Continuous
1. Lab Assignments: 30% There will be a total of 4 lab assignments throughout the duration of this course – they are located at the end of each of the following modules 2, 3, 5 & 6. Each lab assignment is worth 7% or 8% each.	Due Dates: Oct. 8, 22, Nov. 19 & Dec. 3
2. Powerpoint Presentation Assignment: 20% The purpose of this presentation is to create a power point presentation related to cancer and physical activity. Elluminate will be used for these presentations.	Due: Nov. 1
3. Major Paper: 35% This major paper will become a great resource for you for when you start working within your career. You are to build a quick reference resource as it pertains to emergency response for the many medical conditions. Be sure to start working on this assignment as you progress through the course.	Due: Dec. 11

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