



## **OBJECTIVES:**

Your goal in this course is to gain practical experience by promoting the weekly physical activity of one individual aged 55+ or older. Thus the course is very eclectic and applied, offering you the opportunity to bring your professional skills and recent learning into play with one older client (volunteer). You are strongly encouraged to review and assemble applied materials from any of the certification courses that have brought you to this point.

A supervisor will stand by to assist as needed as you work through a dynamic and guided process of real-world lifestyle promotion. We start off the course looking at legal issues and risk management for professionals in this field. Once you are “out there” we encourage you to keep your supervisor on top of your experiences and allow them to assist in any way they can.

By interviewing, assessing, listening, transcribing, analyzing, understanding, asset mapping, prescribing, and monitoring, you will discover what older adults are doing (and not doing) in your community related to health and wellness through active living. In addition, you will learn more about the actual individual challenges and barriers of being an older person in your community by uncovering programs and resources to assist you and your client in making progress. And you might even change your client’s lifestyle for the better, earning their deep respect and friendship.

Students who successfully complete this course will be able to:

- Articulate the professional role of an Active Living Practitioner.
- Identify your own strengths and weaknesses as an Active Living Practitioner.
- Conduct an Older Adult Exercise Status Inventory
- Identify common legal and ethical risks to which an Active Living Practitioner will be exposed and appropriate mitigations.
- Articulate basic components of Behavioural Theory, particularly as it relates to behavioural change.
- Identify the primary barriers to active living.
- Develop appropriate strategies for resolving active living barriers.
- Conduct an intentional interview to gather Exercise Stage Readiness information.
- Identify an older adult's Exercise Stage Readiness.
- Appropriately identify a client's active living needs.
- Identify community active living resources appropriate to your client.
- Develop an active living prescription.
- Document client progress with appropriate diagnostic, recommendation and legal information.
- Actively participate in a supportive, professional learning community in a client oriented setting.
- Clearly evaluate and articulate the outcome of an active living prescription.

**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	
<b>Week 0:</b> <b>Sept 5-11, 2011</b>	<ul style="list-style-type: none"> <li>• Order your textbooks: GPRC college bookstore <b>(780-539-2880)</b></li> <li>• Visit &amp; become familiar with Moodle and the Program Information Page <b>“Older Adult Fitness &amp; Wellness Program”</b></li> </ul> <p><b>Get 1st Aid/CPR Certified:</b> One of the admission requirements for the AAFP Certificate/OAFW Diploma programs is a current 1st Aid/CPR. If by chance you do not have your 1st Aid/CPR, you will need to ensure you have this in place prior to working with your practicum volunteer for this course. Use the time now to schedule your 1st Aid/CPR course, it is required to have it completed by mid-October.</p>
<b>Week 1:</b> <b>Sept 12-18, 2011</b>	TOPICS: <ul style="list-style-type: none"> <li>• Introductions</li> </ul>
MODULE 2	
<b>Week 2:</b> <b>Sept 19-25, 2011</b>	TOPICS: <ul style="list-style-type: none"> <li>• Your Professional Role and Readiness</li> </ul>
<b>Week 3:</b> <b>Sept 26- Oct 2, 2011</b>	TOPICS: <ul style="list-style-type: none"> <li>• Disabling Conditions, Legal Standards and Risk Management</li> </ul>
<b>Week 4:</b> <b>Oct. 3-9, 2011</b>	TOPICS: <ul style="list-style-type: none"> <li>• Knowing Your Client</li> </ul>
MODULE 3	
<b>Week 5 &amp; 6:</b> <b>Oct. 10-23, 2011</b>	TOPICS: <ul style="list-style-type: none"> <li>• Preparing for and Gathering Client Information</li> </ul>
MODULE 4	
<b>Week 7 &amp; 8:</b> <b>Oct. 24-Nov. 6, 2011</b>	TOPICS: <ul style="list-style-type: none"> <li>• Client Needs Analysis and Active Living Prescription</li> </ul>
MODULE 5	
<b>Weeks 9-12:</b> <b>Nov. 7-Dec. 4, 2011</b>	TOPICS: <ul style="list-style-type: none"> <li>• Prescription Implementation &amp; Client Monitoring</li> </ul>
MODULE 6	
<b>Week 13:</b> <b>Dec 5-11, 2011</b>	TOPICS: <ul style="list-style-type: none"> <li>• Prescription Evaluation and Reporting</li> </ul>

## COURSE ASSESSMENT:

### **1. Pre-Client Preparation Assignment – 20%**

This assignment is divided into 5 segments:

- A. Task 2.3: Strengths & Weaknesses – Credit only. (Due: Sept. 26)
- B. Task 2.5: SELF-ADMINISTERED Older Adult Exercise Status Inventory – 5%. (Due Oct. 3)
- C. Task 3.2: Risk Management Form – 5%. (Due Oct. 6)
- D. Task 3.2: ACSM 5 Standards – 5%. (Due Oct. 6)
- E. Task 5.2: Client Stage of Readiness Assessment – 5%. (Due Oct. 20)

### **2. Interview, Transcription and Analysis Assignment – 25%**

This assignment is divided into 2 segments:

- A. Task 6.1: In-depth Interview & Transcription – 20% (Due: Oct. 27)
- B. Task 7.2: Interview Content Analysis – 5% (Due: Nov. 8)

### **3. Asset Mapping & Active Living Prescription - 15%**

This assignment is divided into 2 segments:

- A. Task 7.3: Client Active Living Asset Map – 5%. (Due: Nov. 8)
- B. Task 8.1: Active Living Prescription – 10% (Due: Nov. 10)

### **4. Client Monitoring & Self Assessment – 40%**

This assignment is divided into 3 segments:

- A. Task 9.2 – 12.2: Client Monitoring & Active Living (Exercise) Stage Report – 30%
  - a. Task 9.2 – Due: Nov. 13
  - b. Task 10.1 – Due: Nov. 20
  - c. Task 11.1 – Due: Nov. 27
  - d. Task 12.1 & 12.2 – Due: Dec. 13
- B. Task 13.1: Client’s Process Evaluation – Credit only (Due: Dec. 15)
- C. Task: 13.2: Self Assessment – 10% (Dec. 15)

## **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 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/**)

**GRADING CRITERIA:**

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	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