

COURSE OBJECTIVES:

- Recognize regional fitness certifications.
- Initiate and develop a community of inquiry.
- Be introduced to a number of different fitness and active living leadership certifications specific to the older adult population available in Alberta and other provinces or regions.
 1. HSEP
 2. AFLCA
 3. Physical Culture
- Identify the role of physical activity in the lives of older adults
- Discuss the recommendations from a variety of organizations of physical activity for older adults
- Summarize the health benefits that can be acquired for older adults who participate in regular physical activity.
- Compare and contrast 3 definitions of aging (chronological, functional, biological)
- Discuss the essential components of successful aging
- Distinguish between the characteristics of successful and unsuccessful aging
- Understand the emerging concepts of gerokinesiology
- Recognize the difference between gerontology and geriatrics
- Discuss health promotion and illness prevention
- Identify strategies of health promotion which contribute to healthy aging
- Recognize primary, secondary and tertiary levels of disease prevention
- Recognize various health screening tools available to promote health
- Identify barriers to health promotion
- Determine solutions to these barriers
- Relate the 12 Health Determinants to healthy aging and the older adult population
- Discuss the World Health Organization's beliefs about "healthy aging."
- List health initiatives prevalent in your area that address health promotion of the older adult
- Determine how these health initiatives assist the older adult with active living and healthy aging
- Identify the benefits of social activity and the older adult
- Explain the social and psychological benefits to regular exercise
- Describe cognitive benefits to active aging and healthy living
- Identify how mental illness may affect active aging and healthy living
- Recognize how active aging can improve mental health in the older adult
- Recognize how sleep and rest can improve active aging and healthy living
- Discuss active living groups at local/provincial/national and international levels that promote health and wellness for the older adult.
- Describe how various health organizations assist the promotion of health and wellness in the older adult.
- Discuss how various health care professionals can complement healthy aging and active living.

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: Jan 7-13, 2013	*Contact your course facilitator at knilsson@gprc.ab.ca to obtain the course materials package. *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: Jan 14-20, 2013	TOPICS: Certifications and workshops for Active Aging Leadership
Week 2: Jan 21-27, 2013	TOPICS: Exercise benefits for Older Adults
MODULE 2	
Week 3 & 4: Jan 28-Feb 10, 2013	TOPICS: Understanding the Continuum of Older Adulthood Quiz #1 – Feb 13, 2013
MODULE 3	
Week 5: Feb 11-17, 2013	TOPICS: Social Benefits of Active Aging
Reading Week Break February 18-24, 2013	
Week 6: Feb 25-Mar 3, 2013	TOPICS: Mental Health and Active Aging
MODULE 4	
Week 7: : Mar 4-10, 2013	TOPICS: Health Promotion
Week 8: Mar 11-17, 2013	TOPICS: Barriers to Health Promotion Quiz #2– Mar 20, 2013
MODULE 5	
Week 9: Mar 18-24, 2013	TOPICS: Health Determinants
Week 10: Mar 25-31, 2013	TOPICS: Health Initiatives
MODULE 6	
Week 11: Apr 1-7, 2013	TOPICS: Active Living Organizations Health Promotion Presentations via Elluminate – April 4, 2013
Week 12: Apr 8-14, 2013	TOPICS: Healthy Living Health Professionals
Week 13: Apr 15-21, 2013	Quiz #3 – April 17, 2013

COURSE ASSESSMENT:

Online forum postings, Elluminate & online participation (20%)	Due: Continuous
Quizzes (3 - 10% each)	Due: Feb 13, Mar 20 , and April 17, 2013
Assignment #1: Social Benefits Paper (25%)	Due: Mar 1, 2013
Assignment #2: Health Promotion Presentation (25%)	Due: April 4, 2013

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