

In addition to leading 10-15 hours of group exercise, you are also responsible for creating a 3-4 minute choreographed musical exercise routine. These are your two main assignments in this course! As you will see in the course requirements, various evaluations from program participants, peer evaluations, an external examiner, and your own self-evaluation offer marks toward your grade.

COURSE OBJECTIVES:

The overall objective of this course is to strengthen your physical activity leadership skills and instructional confidence in older adult group settings. By the end of the course, you will be able to:

- Present the important features of a health-promoting, enjoyable, and well-balanced fitness program or training session for older adults according to AFLCA group exercise leader performance standards
- Apply reasonable standard of care, utilize sound risk management, reduce damaging actions of any client in the group, and promote proper technique in key movements.
- Conduct health screening, liability waiver, informed consent and program evaluation.
- Show prudence, tact and patience in difficult situations.
- Handle clients in a confidential way within the dynamics of a public setting.
- Identify common mistakes made by exercise leaders, and recognize ways to improve one's leadership.
- Show efficiencies in class organization such as rapid attendance taking, self-assessment of clients (RPE), use of physical space, distribution and collection of equipment.
- Design and demonstrate innovative use of themes and props in establishing novelty and building the atmosphere of a class.
- Use clear and audible cues for movement, group management, and appropriate use of music during the exercise session.
- Plan activities that are easy to learn, and progress in intensity and complexity over time. Use full inclusion strategies within the range of physical ability present in their client group.
- Choose enjoyable movements to promote fitness and meld them into choreographed musical segments.
- Use light fitness or sport equipment in creative ways to foster interest and motivation.
- Present sound movement with innovative use of themes, costume, or other props in establishing novelty and building the atmosphere of a class.
- Assess progress and change of participants using established and validated performance measures before and after the program.
- Design a well-choreographed musical exercise routine of 3-4 minutes.
- Organize instructional materials and lesson plans in a log with a self-reflection of one's abilities, weaknesses, and new learning.

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	<p>* Contact your course facilitator at knilsson@gprc.ab.ca to obtain the course materials package.</p> <p>*Visit & become familiar with Moodle and the Program Information Page “Older Adult Fitness & Wellness Program”</p> <p>*Post within the “Introductions” forum, and learn about your classmates.</p>
Week 1: Jan 14-20, 2013	TOPICS: Introduction and Practicum Placement
MODULE 2	
Week 2: Jan 21-27, 2013	TOPICS: <ul style="list-style-type: none"> • Program Marketing Preparation • Assignment #1 Marketing Material due
Week 3: Jan 28-Feb 3, 2013	TOPICS: Group Leadership Preparation
Week 4: Feb 4-10, 2013	TOPICS: <ul style="list-style-type: none"> • Pre-Program Forms & Measures • Assignment #2 Forms & Measures due
MODULE 3	
Week 5: Feb 11-17, 2013	TOPICS: <ul style="list-style-type: none"> • Choreographed Demonstration Project • Assignment #3 Choreographed Demo Video Due
<i>Reading Week Break February 18-24, 2013</i>	
Week 6: Feb 25-Mar 3, 2013	TOPICS: <ul style="list-style-type: none"> • Risk Management & Emergency Planning • Assignment #4 Risk Mgt Plan due
MODULE 4	
Week 7-12: Mar 4 - April 14, 2013	TOPICS: <ul style="list-style-type: none"> • Assignment #5 Journal Entries (due weekly) • Assignment #6 Peer Evaluation (due mid-way) • Assign. #7 External Examiner Report (due at completion)
MODULE 5	
Week 13: Apr 15-21, 2013	TOPICS: <ul style="list-style-type: none"> • Evaluation & Reporting • Assignment #8 Participation Results due • Assignment #9 Self-Evaluation due

COURSE ASSESSMENT:

Online forum postings, Elluminate & online participation (10%)	Due: Continuous
Assignment #1: Marketing Material/Introduction Letter (5%)	Due: Jan 30, 2013
Assignment #2: Pre-program Forms & Measures (5%)	Due: Feb 10, 2013
Assignment #3: Demonstration of 3-4 minute routine (10%)	Due: Feb 17, 2013
Assignment #4: Risk Management Planning (10%)	Due: Mar 6, 2013
Assignment #5: Weekly Journal Entries (20%)	Due: Mar 13 – Apr 15, 13
Assignment #6: Peer Evaluation of your Leadership (10%)	Due: Mar 18, 2013
Assignment #7: External Examiner Evaluation report (10%)	Due: Apr 14, 2013
Assignment #8: Pre—Post Program Results (10%)	Due: Apr 21, 2013
Assignment #9: Leader Self-Evaluation (10%)	Due: Apr 24, 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