

OBJECTIVES:

- Differentiate between wellness and illness and understand the difference between acute and chronic illness.
- Identify the role of physical activity in the lives of older adults and the health benefits from regular physical activity.
- 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.

Supplementary readings will be provided as required.

<p>Week 1: Sept 7 & 9, 2010</p>	<p>Wellness vs. Illness, Acute & Chronic Illness</p> <ul style="list-style-type: none"> • Readings: Ch.1 (pgs. 23-30) from Spiriduso Text (on reserve - library) <p>Exercise Benefits for Older Adults</p> <ul style="list-style-type: none"> • Readings: Ch.1 (pgs. 8-18) - Ace Text. & Ch. 7 – Taylor text.
<p>Week 2: Sept 14 & 16, 2010</p>	<p>Nordic Walking</p> <ul style="list-style-type: none"> • Readings: None <p>Nordic Walking for older adults</p> <ul style="list-style-type: none"> • Readings: None
<p>Week 3: Sept 21 & 23, 2010</p>	<p>Cardiac conditions & exercise recommendations</p> <ul style="list-style-type: none"> • Readings: Ch.3 (pgs. 71-74) - Ace Text. & Ch. 1 – Taylor text. <p>Breathing, Facial and Hand Exercises</p> <ul style="list-style-type: none"> • Readings: None
<p>Week 4: Sept 28 & 30, 2010</p>	<p>Respiratory conditions & exercise recommendations</p> <ul style="list-style-type: none"> • Readings: Ch.3 (pgs. 75-80) - Ace Text. <p>Fit for your life - Fiatarone's resistance training program for OA.</p> <ul style="list-style-type: none"> • Readings: None
<p>Week 5: Oct. 5 & 7, 2010</p>	<p>Musculoskeletal (Osteoporosis) & exercise recommendations</p> <ul style="list-style-type: none"> • Readings: Ch.3 (pgs. 88) - Ace Text & Ch. 6 – Taylor text. <p>Osteoball Training</p> <ul style="list-style-type: none"> • Readings: None
<p>Week 6: Oct. 12 & 14, 2010</p>	<p>Musculoskeletal conditions (Arthritis) & exercise recommendations</p> <ul style="list-style-type: none"> • Readings: Ch.3 (pgs. 81-85) - Ace Text & Ch. 2 – Taylor text. <p>Knee & Hip Replacements</p> <ul style="list-style-type: none"> • Readings: TBA
<p>Week 7: Oct. 19 & 21, 2010</p>	<p>Field Trip/Guest Speaker - Prosthetics</p> <p>Midterm</p>
<p>Week 8: Oct. 26 & 28, 2010</p>	<p>Diabetes & Obesity & exercise recommendations</p> <ul style="list-style-type: none"> • Readings: Ch.3 (pgs. 85-88) - Ace Text & Ch. 5 – Taylor text. <p>Guest Speaker on Diabetes - TBA</p>
<p>Week 9: Nov. 2 & 4, 2010</p>	<p>Neurological Conditions (Dementia, Alzheimer's & Parkinson's) & exercise recommendations</p> <ul style="list-style-type: none"> • Readings: Ch.3 (pgs. 88-90) - Ace Text & Ch. 3 – Taylor text. <p>Chair Exercises</p>

	<ul style="list-style-type: none"> • Readings: None
Week 10: Nov. 9 & 11, 2010	Chair Exercises Presentations No Lab: Remembrance Day
Week 11: Nov. 16 & 18, 2010	Neurological Conditions (MS & Stroke) & exercise recommendations <ul style="list-style-type: none"> • Readings: Resources on reserve in the library <ul style="list-style-type: none"> ○ Hope – the stroke recovery guide ○ MS & Fitness Field Trip to Hospital - OT/PT division
Week 12: Nov. 23 & 25, 2010	Cancer & Physical Activity <ul style="list-style-type: none"> • Readings: TBA Presentations
Week 13: Nov. 30 & Dec. 2, 2010	Presentations
Week 14: Dec. 7, 2010	Course Review Day

COURSE ASSESSMENT:

1. Lab Assignments: Lab assignments will consist of three small assignments related to the lab content (each worth 5% each)	Due: Sept. 16, Oct. 19 & Nov. 9	15%
2. Midterm: Midterm will be based on course content covered up to Oct. 14 (knee & hip replacements)	Oct. 21	15%
3. Medical condition & exercise lesson presentation: You will be assigned a medical condition upon which you will assemble an exercise class based upon this condition	Due: Nov. 25, 30 or Dec. 2	15%
4. Major Paper: 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.	Due: Dec. 7	30%
5. Final Exam: Exam will consist of multiple choice, true/false, matching, short & long answer questions from the entire course.	Final Exam Week	25%

Assignment Policy:

All assignments are requested to be digitally handed on the day they are due, hard copies are acceptable but are to be submitted at class time. **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.

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 your course instructor for assistance.** For additional information, please refer to your GPRC Calendar or <http://www.gprc.ab.ca/downloads/documents/Student%20Misconduct%20Plagiarism%20and%20Cheating.pdf>

Guidelines on Cell Phones and Other Personal Electronic Devices:

Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. The use of these devices must not disrupt the functions of the College overall and its classrooms and labs. Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.

Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.

Some instructors may have penalties for violations. If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

STUDENT RESPONSIBILITIES:

Students are expected to come to class prepared and on time. Please be sure to bring all necessary supplies for class lectures and have appropriate attire for any in-class activities. It is also expected that students complete the scheduled readings for the week prior to the classes. During class time, students are expected to actively engage in all class discussions and exercises. It is the expectation of the instructor that students will arrive to class on time; recurrent tardiness will be dealt with on an individual basis with possible additional assignments assigned to the offending student.

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