

**GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS, AND
KINESIOLOGY**

**PF 2210 (3)
Aging and Sport Performance
(45 hours; 3-0-0)**

**Winter 2010
Online Course Outline**

INSTRUCTOR: Kathy Nilsson

OFFICE: K216

VIRTUAL OFFICE HOURS: By Appointment via Elluminate - TBD

EMAIL: knilsson@gprc.ab.ca

OFFICE PHONE: TBD

REQUIRED TEXTS:

Jones, C.J., & Rose, D.J. (2005). *Physical activity instruction of older adults*. Windsor, Ontario: Human Kinetics.

Spirduso, W.W., Francis, K.L. & MacRae, P.G. (2005). *Physical Dimensions of Aging*. (2nd Ed.). Windsor, Ontario: Human Kinetics.

COURSE DESCRIPTION:

Master sports at various levels of participation and performance gains and declines will be explored, along with opportunities for competition and training for older adults.

COURSE OBJECTIVES:

The students will be able to:

- Identify the stereotypes and myths associated with Master Athletes
- Identify the motivations, determinants and barriers of Master Athletes
- Outline the benefits of a Master Athlete's physical activity
- Identify the cardio-respiratory, muscular, cognitive and body composition physiological changes associated with aging
- Identify, for a wide variety of sports, the performance changes associated with aging
- Define and apply the Principles of training
- Apply the components of a Master Athlete training program

- Identify training precautions as they relate to the Master Athlete
- Determine the current involvement of Master Athlete training supports (coaches, trainers)
- Become knowledgeable in the avenues Master Athletes utilize for training (clubs, groups & other organizations)
- Make connections through International, National, Provincial, Regional, and local Training opportunities (facilities & centers)
- Become aware of International, National, Provincial, Regional & local competitions available to the Master Athlete
- Be able to outline how certain sports are categorized, graded and sectioned into events
- Formulate a summary of competitions in your area within numerous sports.
- Implement a plan to develop a Master's sport club
- Discuss all of the dimensions involved for hosting your own Masters sporting event. Aspects include: Sport technical, facilities and equipment, Hosting & caring for competitors, Administration & communications, Financing, fundraising, sponsorship & donations, Culture, ceremonies and social events, Volunteers, event chair members & hired staff

WEB BASED SOFTWARE:

This course will use *Moodle*, <http://moodle.gprc.ab.ca>, a computer-mediated communication (CMC) web-based software system. Learners who are new to Moodle should contact the Moodle Help Desk at: edtechrequests@gprc.ab.ca for orientation.

This course also uses *Elluminate*, <http://illuminate.gprc.ab.ca>, a real-time web-conferencing system. Your program site provides you with log-in information and instructions.

COURSE STRUCTURE:

The course is structured into 6 modules over twelve weeks. Each Module lasts approximate two weeks. You are to proceed through the course by completing the modules in sequence as outlined below.

Module 1:	Week 1 & 2: Understanding the Master Athlete
Module 2:	Week 3 & 4: Physiological changes and the effect on sport performance
Module 3:	Week 5 & 6: Training Master Athletes

Module 4:	Week 7 & 8: Training opportunities and resources.
Module 5:	Week 9& 10: Competitions for Master Athletes <i>Assignment #1 Due</i>
Module 6:	Week 11 & 12: Developing your own Master sport club and hosting older adult sporting events.
Course Wrap-up	Week 13: Self Assessment & Final Exam <i>Assignment #2 Due</i>

ASSESSMENT:

1. Class and Elluminate Participation – 25%

Throughout the course there are many discussion forums that you must contribute to. Please refer to the **Program Information Page** 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.

2. Assignment #1 – 25%

Design a training program for a master athlete competitor. The training program will consider expected competition dates and you need to research the competitions available to them as they build to compete on a global stage. The assignment will also touch on issues such as the rate of decline/gain of performance within the sport. Discuss issues on the physical demands & dynamic demands (muscle strength & endurance, coordination, balance, etc). You are not to use your "Sample" Master Athlete, a case study will be assigned to you or you may interview a (pre-approved) new Master Athlete.

3. Assignment #2 – 15%

Develop your own Master Sport club. You have been approached by a group of individuals (active older adults) asking for your assistance in developing a formal “Master’s sport club”. You will compile your action plan for developing an older adult club for your area. Select a sport upon which this club will support and layout the steps needed to launch your program. Assignment should be no more than 5 pages in length.

4. Self Assessment – 5%

Typically, a learner knows where his/her learning occurred/did not occur and whether or not this was attributable to the learner, the situation, or method of delivery. You will be expected to submit a 1-2 page self-assessment summarizing the learning that occurred or did not occur and what attributed to the learning or lack thereof. Conclude your assessment by submitting what you think your overall letter grade should be for this course. Assessments are to be submitted on Moodle by April ??.

5. Final Exam – 30%

The final exam will be completed online in Moodle. You will have 2 hours to complete the exam. A pre-approved location and invigilator will need to be arranged for the final exam date.

Grading will follow these GPRC approved guidelines as closely as possible:

<u>Alpha Grade</u>	<u>4-pt Equivalent</u>	<u>Percentage Guidelines</u>	<u>Designation</u>
A+	4.0	90-100	Excellent
A	4.0	85-89	Excellent
A-	3.7	80-84	First Class Standing
B+	3.3	76-79	First Class Standing
B	3.0	73-75	Good
B-	2.7	70-72	Good
C+	2.3	67-69	Satisfactory
C	2.0	64-66	Satisfactory
C-	1.7	60-63	Satisfactory
D+	1.3	55-59	Poor
D	1.0	50-54	Minimal Pass
F	0.0	0-49	Fail

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ASSIGNMENT POLICY:

All assignments are expected to be digitally handed in at the time they are due. 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 submissions.

A penalty of one letter grade per day will be deducted from the final mark of a late assignment. For example, a paper graded at a C would receive an adjusted grade of C- if handed in one day late. Late assignments are due by 1600 hours.

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

PROGRAM INFORMATION:

Please view your Moodle Program Information site, <http://moodle.gprc.ab.ca>, for additional information including Technical Requirements, additional Elluminate information, and Netiquette. A link to your Program Information site is provided in the course information section of each course.