

**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**  
**Course Outline**

INSTRUCTOR: Kathy Nilsson

OFFICE: K216

OFFICE HOURS: Monday – Friday (9-11am)

EMAIL: knilsson@gprc.ab.ca

OFFICE PHONE: 780-539-2231

REQUIRED TEXT:

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

OPTIONAL TEXT:

Spiriduso, W.W., Francis, K.L. & MacRae, P.G. (2005). *Physical Dimensions of Aging*. (2<sup>nd</sup> 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
- Generate an understanding of basic ergometry and laboratory instrumentation for the evaluation of physiological responses to exercise. Students will participate in and interpret results of a VO<sub>2</sub>Max test, comparing the results of a young adult versus that of a physically elite older adult.
- 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.

**COURSE STRUCTURE:**

You will proceed through the course by completing the content in sequence as outlined below. Additional Readings will be provided as we progress through the course.

<b>Week 1:</b> <b>Jan. 11-13 , 2010</b>	<b>Understanding the Master Athlete</b> <b>Readings:</b> Jones & Rose – Chapter 3 & Spirduso P. 288-291.
<b>Week 3-6:</b> <b>Jan. 25 - Feb. 22 , 2010</b>	<b>Physiological changes and the effect on sport performance</b> <b>Readings:</b> Jones & Rose – Chapter 4 & Spirduso Chapter 12
<b>Week 7-8:</b> <b>Feb. 24-Mar 17 , 2010</b>	<b>Training Master Athletes</b> <b>Readings:</b> Jones & Rose – Chapter 6, 7 & 17  <b>** Assignment #1 - Due: February 24, 2010</b>
<b>Week 9:</b> <b>Mar. 22 &amp; 24 , 2010</b>	<b>Training opportunities and resources.</b>
<b>Week 10-11:</b> <b>Mar. 29- Apr. 5, 2010</b>	<b>Masters sport club and Older Adult sporting events.</b>  <b>** Assignment #2 - Due: March 31, 2010</b>
<b>Week 12-13:</b> <b>Apr. 7-14, 2010</b>	<b>Competitions for Master Athletes</b>  <b>** Assignment #3 - Due: April 14, 2010</b> <b>**Self Assessment - Due April 14, 2010</b>

**Note: Progression through the course content may vary, due to the infancy of this course☺**  
**Also note that assignment due dates will only be changed upon the agreement of the whole class.**

## ASSESSMENT:

### **Class Attendance & Participation – 5%**

Consistent attendance and participation is expected within this class. In the event that you will be missing any classes, advance notification is requested.

### **Assignment #1 – 20%**

You will conduct an interview with a master athlete and discuss how they fit or don't fit with the characteristics of Master Athletes. Within the interview you will collect information on their training regime and the competitions upon which they compete. You will submit a written report of this interview for 15% of your grade. The remaining 5% of the grade will require you to do a 10 minute presentation of your master athlete.

### **Assignment #2 – 30%**

You will assemble the components of 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).

### **Assignment #3 – 20%**

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.

### **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.

### **Final Exam – 20%**

The final exam will occur during Final Exam Week of April 17-29<sup>th</sup>.

**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 requested to be digitally handed on the day they are due. **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 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.

**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>

**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.