

COURSE OBJECTIVES:

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.
- 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. Refer to Moodle for all course readings and activities.

MODULE 1	
Week 0: Jan 5-8, 2012	*Order your textbook: only available at GPRC college bookstore (780-539-2880) *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 & 2: Jan 9-22, 2012	TOPICS: Understanding the Master Athlete

MODULE 2	
Week 3 & 4: Jan 23-Feb 5, 2012	TOPICS: Physiological changes and the effect on sport performance
MODULE 3	
Week 5 & 6: Feb 6-19, 2012	TOPICS: Training Master Athletes
<i>Reading Week Break February 20-26, 2012</i>	
MODULE 4	
Week 7 & 8: Feb 27-Mar 11, 12	TOPICS: Training opportunities and resources.
MODULE 5	
Week 9 & 10: Mar 12-25, 2012	TOPICS: Competitions for Master Athletes
MODULE 6	
Week 11 & 12: Mar 26-Apr 8, 12	TOPICS: Masters sport club and Older Adult sporting events
Week 13: Apr 13, 2012	TOPICS: Final Exam

COURSE ASSESSMENT:

Online forum postings, Elluminate & online participation (15%)	Due: Continuous
Assignment #1: Master Athlete Interview (20%)	Due: Jan 29, 2012
Assignment #2: Master Athlete Training Program (25%)	Due: Mar 25, 2012
Assignment #3: Masters Sports Club (20%)	Due: Apr 15, 2012
Final Exam (20%)	Due: Apr 13, 2012

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.

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 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