

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

**PF 2250 (3)  
Practicum 2: Specialization in Older Adult Physical Activity  
(75 hours; 0-1-4)**

INSTRUCTOR:  
OFFICE:

OFFICE PHONE: 780-539-2761  
VIRTUAL OFFICE HOURS: By Appointment via Elluminate.  
EMAIL:

**COURSE DESCRIPTION:**

In this Practicum, your goal is to gain experience and confidence in leading physical activity for A GROUP of older adults. This applied course offers you an opportunity to bring together all your skills and ideas in an active living group leadership setting of your own design.

Ideally you are responsible for 10 hours of active leadership in a formal exercise class, dance program or sport setting. If you do not feel ready for an independent leadership experience, a second option is to be responsible for assisting a current certified leader or master instructor/coach in your community.

In addition to leading 10 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.

**PREQUISITES/COREQUISITES:**

The first year of the GPRC Fitness Leadership Diploma must be complete, as well as the first term of the Older Adult Fitness and Wellness Certificate. Co-enrollment of second year Diploma courses, AFLCA Fitness leader Certification, current CPR is also required.

**COURSE OBJECTIVES:**

The overall objective of PF 2250 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 a 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

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### COURSE TEXT:

Jones, C. Jessie & Rose, Debra J. (Eds). Physical Activity Instruction of Older Adults. Windsor, ON: Human Kinetics. Review Chapters 6-22 as needed.

### REQUIRED READING:

1. A.C. Burgess and J.C. Hudec (2003). Fitness and Physical Activity for Older Adults. Chapter 25 in Adapted Physical Activity. Edmonton, AB: University of Alberta Press. (course pack)

### SUPPORT RESOURCES:

2. Alberta Centre for Active Living. (2005). Active Independence: Home Support Exercise Program in Alberta. Edmonton, AB [www.centre4activeliving.ca](http://www.centre4activeliving.ca)
3. Alberta Fitness and Lifestyle Certification Association (AFLCA.) [www.provincialfitnessunit](http://www.provincialfitnessunit.ca)
4. Canadian Society for Exercise Physiology [www.csep.ca](http://www.csep.ca)
5. Fit For Your Life Strength Training Program
6. Two chapters from O'Brien Cousins, S. (1998). Exercise, Aging and Health: (course pack)
  - a. Chapter 7. Reversing the downward spiral
  - b. Chapter 8. Survival Skills for independent living

Depending on your leadership interests (sport, dance, fitness, outdoors, martial arts) you will find many books, videos, and web-based information to support you. However, we remind you that the most endearing qualities of a leader often come from your passion for physical movement, your interest in each participant, your smile and enthusiasm, your sense of humour, and the obvious work you invested to make their experience a special hour for them. The bottom line in offering a successful program is using all these strengths and combining them with available resources in creative ways to bring enjoyment, smiles and even belly-aching laughter to your clients.

There are many resources out there beyond these. In a nutshell we recommend...

For ideas on creative programs, and ideas on sample advertisements, brochures and program announcements, consult:

Active Older Adults: Ideas For Action. (Lynn Allen. Ed.). 1999. Windsor, ON: Human Kinetics.

For lots of ideas on stretches, consider:

Anderson, B. (1997). Stretching. Random House of Canada Publishers.

For inspiring and well-illustrated exercises for warm ups and warm downs and everything in between consider:

Main, S., Stewart, G. W. and Bradshaw, R. (1984). Fit All Over: A Catalogue of Exercises. Ganges, B.C., 3 S Fitness Group.

For a review on the risks and benefits of older adults in exercise, and illustrations of exercise when equipment is lacking (survival skills for independent living), consider:

O'Brien Cousins, S. (1997). Exercise, Aging and Health. Philadelphia: Brunner/Mazel Publishers.

For everything you need to know about evaluating your clients, consider:

Myers, A.M. (1999). Program Evaluation for Exercise Leaders. Windsor, ON: Human Kinetics.

For ideas on choreographing your 3-4 minute musical routine, consider:

DVDs: Grande Prairie Regional College has prepared DVD's from training tapes and actual performances of the U of Agers, a group of seniors who performed for the first time at the Opening Ceremonies of the 1986 Alberta Seniors Games. By watching some of these videos, you will get a very good idea of what you can do with a piece of music and an activity theme. U of Agers used Mathew Wilder's song, "Don't Break My Stride" to develop a walking warm-up; they used "The Entertainer" to inspire the choreography of a partnered strength routine with each participant working a single loop of 8 foot long theraband. (course pack)

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](mailto:edtechrequests@gprc.ab.ca) for orientation.

This course also uses *Elluminate*, <http://elluminate.gprc.ab.ca>, a real-time web-conferencing system. You will be provided with *Elluminate* instructions in the Program Information site.

COURSE REQUIREMENTS:

Participation	10%
Program Marketing/Introduction Letter	5%
Pre-Program Forms and Measures	5%
Demonstration of 3-4 minute routine	10%
Risk Management Planning	10%
Weekly Journal Entries	10%
Peer Evaluation of your Leadership	10%
External Examiner Evaluation report	10%
Pre—Post Program Results	10%
Leader Self-Evaluation and Lesson Log	<u>10%</u>
	100%

COURSE STRUCTURE:

The course is structured into 5 modules over thirteen weeks. You are to proceed through the course by completing the modules in sequence as outlined below.

<b>Module 1:</b>	<b>Week 1: Introduction and Practicum Placement</b>
<b>Module 2:</b>	<b>Week 2: Program Marketing Preparation Assignment #1 Marketing Material due</b>  <b>Week 3: Group Leadership Preparation</b>  <b>Week 4: Pre-Program Forms &amp; Measures Assignment #2 Forms &amp; Measures due</b>
<b>Module 3:</b>	<b>Week 5: Choreographed Demonstration Project Assignment #3 Choreographed Demo Video due</b>  <b>Week 6: Risk Management &amp; Emergency Planning Assignment # 4 Risk Mgt Plan due</b>

<b>Module 4:</b>	<b>Week 7-12: Practicum Program</b> <b>Journal Entries (due weekly)</b> <b>Peer Evaluation (due mid-way)</b> <b>External Examiner Report (due at completion)</b>
<b>Module 5:</b>	<b>Week 13: Evaluation &amp; Reporting</b> <b>Assignment #8 Participant Results due</b> <b>Assignment #9 Self-Evaluation due</b>

**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.