

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 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.

COURSE STRUCTURE:

You will proceed through the course by completing the content in sequence as outlined below. Supplementary readings will be provided as required.

MODULE 1	
Week 0: Sept 6-12, 2010	<ul style="list-style-type: none"> • Order your textbooks: <ul style="list-style-type: none"> ○ GPRC college bookstore (780-539-2880) • Visit & become familiar with Moodle and the Program Information Page “Older Adult Fitness & Wellness Program”
Week 1: Jan 10-16, 2011	TOPICS: <ul style="list-style-type: none"> • Introduction and Practicum Placement
MODULE 2	
Week 2: Jan 17-23, 2011	TOPICS: <ul style="list-style-type: none"> • Program Marketing Preparation • Assignment #1 Marketing Material due
Week 3: Jan 24-30, 2011	TOPICS: <ul style="list-style-type: none"> • Group Leadership Preparation
Week 4: Jan 31-Feb 6, 2011	TOPICS: <ul style="list-style-type: none"> • Pre-Program Forms & Measures • Assignment #2 Forms & Measures due
MODULE 3	
Week 5: Feb 7-13, 2011	TOPICS: <ul style="list-style-type: none"> • Choreographed Demonstration Project • Assignment #3 Choreographed Demo Video due
Week 6: Feb 14-20, 2011	TOPICS: <ul style="list-style-type: none"> • Risk Management & Emergency Planning • Assignment # 4 Risk Mgt Plan due
Reading Break (February 21-27)	
MODULE 4	
Week 7-12: Feb 28-Apr. 10, 2011	TOPICS: <ul style="list-style-type: none"> • Journal Entries (due weekly) • Peer Evaluation (due mid-way) • External Examiner Report (due at completion)
MODULE 5	
Week 13: Apr. 11-17, 2010	TOPICS: <ul style="list-style-type: none"> • Evaluation & Reporting • Assignment #8 Participant Results due • Assignment #9 Self-Evaluation due

COURSE ASSESSMENT:

Online forum postings, Elluminate & online participation (10%)	Due: Continuous
Assignment #1: Marketing Material/Introduction Letter (5%)	Due: Jan 26, 2011
Assignment #2: Pre-program Forms & Measures (5%)	Due: Feb 9, 2011
Assignment #3: Demonstration of 3-4 minute routine (10%)	Due: Feb 16, 2011
Assignment #4: Risk Management Planning (10%)	Due: Mar 2, 2011
Assignment #5: Weekly Journal Entries (10%)	Due: Mar 6 – Apr 3, 2011
Assignment #6: Peer Evaluation of your Leadership (10%)	Due: Mar 20, 2011
Assignment #7: External Examiner Evaluation report (10%)	Due: Apr 13, 2011
Assignment #8: Pre—Post Program Results (10%)	Due: Apr 17, 2011
Assignment #9: Leader Self-Evaluation (10%)	Due: Apr 17, 2011

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 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>

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