

# University of Central Arkansas

## Kinesiology and Physical Education

**KPED**                      4371                      Fitness for Senior Populations

**Semester:**                      Spring 2014

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**Course Instructor:**                      Michael Gallagher, Ph.D.

**Office:**                      Farris Center 122

**Phone:**                      501-450-5579

**E-mail:**                      gallagherm@uca.edu

**Office Hours:**                      Monday: 10:00 - 11:00 AM, 1:00 - 3:00 PM  
Tuesday: 9:00 - 10:00 AM  
Wednesday: 10:00 - 11:00 AM, 1:00 - 3:00 PM  
Thursday: 9:00 - 10:00 AM  
Friday: 10:00 AM - 12:00 PM  
\*or by appointment

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**Course CRN:**                      20507

**Course Day(s):**                      Tuesday and Thursday

**Course Time(s):**                      10:50 AM - 12:05 PM

**Course Location(s):**                      Farris Center 201, College Square

**Course Prerequisite:**                      KPED 4300

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**Required Textbook(s), Readings, and Material(s):**                      Jones, C.G. & Rose, D. J., (Ed). (2005). Physical activity instruction of older adults. Human Kinetics: Champaign, IL.  
Rikli, R.E. & Jones, C.J., (2001). Senior fitness test manual. Humane Kinetics: Champaign, IL.

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**Course  
Description:**

Specific topics/problems in kinesiology and physical education with emphasis on current trends in physical education, exercise science and athletic training. Primary instructional strategies will vary depending on topic. Variable credit (1-3 hours). On demand.

**Course  
Objectives:**

The purpose of this course is to provide students with knowledge and experiences on the different aspects of physical activity programming for older adults. Course content will be presented in a classroom/laboratory discussion format, including guest speakers and on and off campus physical activity experiences where students will have an opportunity to observe and participate in physical activities for senior populations.

In keeping with UCA's educational mission as a reflective decision maker institution, this course contains components (e.g. writing assignments, exams, physical activity participation) that will help develop a student's knowledge base in a variety of settings related to working with senior populations.

At the completion of this course, each student should be able to demonstrate:

1. Factual and procedural knowledge and application of the basic components that comprise a physical activity program with an emphasis on senior populations.
2. Factual and conceptual knowledge of the root causes of various chronic diseases, illnesses, and injuries common to senior populations.
3. Conceptual knowledge and analyzing of the specific physical activity program limitations, safety measures and precautions for senior populations.

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**Major Assignments and Examinations:**

1. Exams: there will be three exams. Exams will test your ability to integrate course content and apply it in a practical way. Exams will cover assigned reading content as well as classroom and laboratory content. Response items on the exams may be multiple choice, true/false, fill-in-the-blank, or short answer. Exams will be cumulative throughout the semester.

2. College Square Project: Students will work in groups of two with a senior adult. The student will be responsible for putting together an exercise program tailored to the individual's needs and limitations. The student will put together a folder that will include consents, PAR-Q, medical clearance, health history, journals, exercise program, and exercise log. During the project EACH student is required to keep and turn in a weekly journal. At the end of the course EACH student will be required to write a three (3) page summary of the experience. The summary will include a short background of the client; how was the exercise program developed; how did you progress the individual's exercise program; were there any limitations; how were they overcome; what did the client feel was the most beneficial; what did you see as the most beneficial; what would you have changed in the program to make it more effective. The student will turn in and be graded on the entire binder.

2a. Weekly Journals: Weekly journals will be assigned throughout the semester. Topics will vary based on the content of class and the activities at College Square. Further instructions will be given in class and on Blackboard.

**Grading Policy:**

Exam 1	50pts
Exam 2	75pts
Exam 3	100pts
College Square Project	150pts
In-Class Activities	25pts
Total	400pts

Please see the accompanying course schedule for exam dates and College Square dates.

**Attendance and Drop Policy:**

You are expected to be punctual and prepared for class. It is the responsibility of the student to attend class at the regularly scheduled class meetings. Points will be awarded for some in-class activities. These points cannot be earned if the student is not present the day the activity occurs.

Given the nature of the College Square project requiring attendance: students who are absent during the our days at College Square will receive a deduction in points according to the following scale. Absences may be excused due to extenuating circumstances as deemed such by the instructor.

1 Absence = 25 pts

2 Absences = 25 pts (from the first absence) + 50 pts (for the second absence) = 75 pts

3+ Absences = 25 + 75 + 100 = 200 pts

For the sake of consistency, tardiness is equivalent to absences. If you are more than five minutes late for the start of the class, you will still participate in the activity for the day but will have accrued a deduction as highlighted above.

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## University and Department Policies

### Academic Integrity

The University of Central Arkansas affirms its commitment to academic integrity and expects all members of the university community to accept shared responsibility for maintaining academic integrity. Students in this course are subject to the provisions of the university's Academic Integrity Policy, approved by the Board of Trustees as Board Policy No. 709 on February 10, 2010, and published in the Student Handbook. Penalties for academic misconduct in this course may include a failing grade on an assignment, a failing grade in the course, or any other course-related sanction the instructor determines to be appropriate. Continued enrollment in this course affirms a student's acceptance of this university policy.

### Disability Support

The University of Central Arkansas adheres to the requirements of the Americans with Disabilities Act. If you need an accommodation under this Act due to a disability, please contact the UCA Office of Disability Support Services, 450-3613.

### Building Emergency Plan

An Emergency Procedures Summary (EPS) for the building in which this class is held will be discussed during the first week of this course. EPS documents for most buildings on campus are available at <http://uca.edu/mysafety/bep/>. Every student should be familiar with emergency procedures for any campus building in which he/she spends time for classes or other purposes.

### Course Evaluations

Student evaluations of a course and its professor are a crucial element in helping faculty achieve excellence in the classroom and the institution in demonstrating that students are gaining knowledge. Students may evaluate courses they are taking starting on the Monday of the thirteenth week of instruction through the end of finals week by logging in to myUCA and clicking on the Evals button on the top right.

### Student Policies

You are encouraged to familiarize yourselves with all policies included in the Student Handbook, particularly the following: Sexual Harassment Policy, and Academic Policies. The Student Handbook is available at <http://uca.edu/student/student-handbook/>.

### Campus Closure or Course Temporary Cancellation

In the event that the UCA campus is closed for any length of time or a course is canceled for more than a day, it is the student's responsibility to check both the UCA website and myUCA for campus information, and Blackboard for all courses in which the student is enrolled. Students should check Blackboard daily during the time campus is closed or class is temporarily canceled to check for assignments and/or instructions for making up missed course time.

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## **Additional Policies**

You are strongly encouraged to take advantage of posted office hours to make an appointment to meet with me to clarify items discussed in class or to discuss issues, concerns, or problems related to the class. If you have any questions or are struggling with material in the class, please contact me as soon as possible so that I may provide some assistance. If an emergency arises, please contact me as soon as possible.

Please be respectful and courteous to your fellow classmates such as come ready to contribute/participate in the class and lab, refrain from “extracurricular” talking during class, and setting your cell phone to silent or off.

Disputes on Exams, Quizzes, and/or Assignments.

If a student disagrees with the grading of any question(s) on an exam or quiz and want to make a case for getting points back, he/she may submit a BRIEF explanation (typed) no later than one week after the exam/quiz.

Risk Assessment

This class may include some physical activity. Some minor injuries or soreness may occur due to the nature of the activity. Individuals possessing any health conditions that may affect, or be negatively affected by, physical activity should consult with the instructor before participating. It is recommended that those students consult with their physician before participating. The instructor assumes that, unless otherwise notified, all students are fit to participate. This is also a reminder that accident (or other) insurance is the responsibility of the student. While every precaution is taken (planning of activities, inspection and maintenance of equipment/facilities, safety regulations, etc.), accidents do occur when participating in physical activity. Each student is strongly encouraged to have insurance. Student insurance may be purchased through the university. This insurance is not automatically provided for the students by UCA.

Instructor/Student Interaction

All students are expected to use their UCA account and check both their email account and Blackboard regularly for class updates. A two day courtesy rule is expected to be adhered to: The instructor will not send out a class email that affects the course unless a minimum of two days (e.g., email sent Monday for class on Wednesday) will pass before the students need to respond to the request. Likewise, students are encouraged to email the instructor to set up meeting times during office hours (or by arranged times), clarify instructions, etc.; but should expect to give the instructor two days to respond to the email.

College Square/Senior Fit Club.

All students are expected to present themselves in a professional manner when working with their Senior Fit Club participant at College Square. This professionalism encompasses your behavior and attitude, your interaction with your fellow classmates and the participants and ALL residents and staff of College Square, your attire, and the conversations you hold while at College Square. We will review these areas of professionalism in class.

## Spring 2014 Tentative Course Outline

Date	Lecture	Journal Due	Selected Readings
January 9	Introduction		
January 14	Gerokinesiology, Predictors of Successful Aging		Ch. 1, Ch. 2
January 16	Psychological and Sociocultural Aspects		Ch. 3
January 21	Physiological Aspects of Aging		Ch. 4
January 23			
January 28	Goal Setting/Behavior Management, Exercise Design		Ch. 8, Ch. 9
January 30	Pre-exercise and Health Screening, Field-Based Assessments		Ch. 5, Ch. 6
February 4	Principles of Warm-up and Cool-Down, Flexibility Training		Ch. 10, Ch. 11
February 6	Senior Fit Testing: Mock Run	1	
February 11	Exam 1		
February 13	College Square: Introduction		
February 18	Balance and Mobility Training		Ch. 14
February 20	College Square: Pre-Testing	2	
February 25	Resistance Training, Aerobic Endurance Training, Aquatic Training		Ch. 12, Ch. 13, Ch. 16
February 27	College Square	3	
March 4	Mind-Body Exercise Training		Ch. 15
March 6	College Square	4	
March 11	Exam 2		
March 13	College Square	5	
March 18	Spring Break – No Class		
March 20	Spring Break – No Class		
March 25	Training Master Athletes		Ch. 17
March 27	College Square	6	
April 1	Applying Motor Learning Principles		Ch. 18
April 3	College Square	7	
April 8	Teaching and Leadership Skills		Ch. 19
April 10	College Square	8	
April 15	Exercise Considerations, Legal Standards, Risk Management, Ethics		Ch. 21, Ch. 22
April 17	College Square	9	
April 22	Exam 3		
April 24	College Square: Post-Testing	10	
May 1	College Square Social (REQUIRED EVENT) 11:00am to 1:00pm		College Square Project Due

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