

COURSE SYLLABUS



COURSE TITLE: KIN 385 Active Aging

CLASS SECTION: 001 & 002

TERM: Fall 2024

COURSE CREDITS: 3.0

DELIVERY METHOD(S): In person (lecture and lab)

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Ləkʷəŋən (Songhees and Kosapsum) and WSÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

INSTRUCTOR DETAILS

NAME: Katherine (Kate) Haber

EMAIL: haberk@camosun.ca

OFFICE: PISE 317b

HOURS: Tuesdays 10:00 am – 12:00 pm (please email to schedule an appointment)

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Students will explore the physiological, psychological, and sociological changes that occur during the aging process. In this context, students will learn about the importance of movement education and physical activity for older adults, the development of programming and activity plans for this population, and strategies to engage older adults to realize the benefits of an active lifestyle throughout the aging process.

PREREQUISITE(S): KIN 230 - Behavioural Fitness (minimum grade requirement = 'C')

CO-REQUISITE(S): n/a

EQUIVALENCIES: n/a

COURSE LEARNING OUTCOMES / OBJECTIVES

- Identify the biological, social, emotional, intellectual and spiritual factors/implications that influence exercise, physical activity and healthy living in the older population.
- Describe physiological changes associated with the aging process that may limit participation in physical activity for older adults.
- Examine the societal and political implications of an aging population in Canada and internationally.
- Contrast programming opportunities available through various social structures (local, provincial and national) that support older adults to engage in physical, social, emotional, intellectual and spiritual activities.
- Develop theory-based intervention strategies and techniques to effectively influence older adults to lead

- a physically active life.
- Conduct pre-participation health screening assessments and administer appropriate health and fitness assessments for the older adult client.
- Gather and apply information about the physical activity, fitness, and lifestyle of older adult clients to design, implement, and monitor client-tailored exercise programs for healthier living and healthy aging.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

REQUIRED TEXT:

Bouchard, D. R. (2021). *Exercise and physical activity for older adults*. Human Kinetics.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

KIN 385 001

001 Lecture -	Tuesday	2:30pm - 3:20pm	PISE 330
001 Lecture -	Friday	8:30am - 10:20am	PISE 330
001 Lab -	Tuesday	3:30 pm - 4:20pm	PISE 124

KIN 385 002

002 Lecture -	Tuesday	12:30pm - 1:20pm	PISE 330
002 Lecture -	Thursday	12:30pm - 2:20pm	PA 103
002 Lab -	Tuesday	1:30pm - 2:20pm	PISE 124

WEEK or DATE RANGE	ACTIVITY or TOPIC
Week 1	Course Introduction and Overview <i>LAB: Introduction to Older Adult Fitness</i>
Week 2	Aging, Physical Health and Physical Activity <i>LAB: Living Better and Aging Well</i>
Week 3	Physical Functions <i>LAB: Physical Functions</i>
Week 4	Global Shifts in the Demography of Aging <i>LAB: Physical Activity and Exercise Recommendations</i>
Week 5	Physical Activity and Exercise Recommendations for Functional Health <i>LAB: Exercise for Frail Elders</i>
Week 6	Body Composition and Age-Related Changes <i>LAB: Physical Function Assessments</i>
Week 7	Musculoskeletal Changes <i>LAB: Measurements of Exercise Specific to Older Adults</i>
Week 8	Mid Term Exam <i>LAB: Condition-Specific Program Design</i>

WEEK or DATE RANGE	ACTIVITY or TOPIC
Week 9	Cardiovascular and Pulmonary Changes <i>LAB: Cardiovascular and Pulmonary Changes</i>
Week 10	Endocrine System Changes <i>LAB: Motor Control</i>
Week 11	Barriers and Solutions to Exercise Adherence <i>LAB: Creativity in Exercise Program Design</i>
Week 12	Balance, Locomotion and Falls <i>LAB: Benefits of Aquatherapy</i>
Week 13	Team Presentations <i>LAB: Team Presentations</i>
Week 14	Review and Exam Prep <i>LAB: TBD</i>

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams). <https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Midterm Exam	25%
Final Exam	25%
Term 1 Project	10%
Clinic Assessment Assignment	15%
Community Program Group Assignment	25%
	TOTAL
	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf) policy for more information.
<https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

Attendance: Students are expected to attend all classes, labs, and exams. Students are responsible for getting their own notes from class as well as information pertaining to changes in the course outline, readings, assignments, and information pertaining to any tests or exams. Lab attendance is mandatory unless you have a medical reason for missing it, in which case you should email the instructor ahead of time to make note of your reason for missing class. Failure to attend the laboratory component could result in failure of the course. An excused absence includes:

- a) a medical certificate
- b) an intercollegiate trip
- c) permission of instructor prior to absence
- d) compassionate reasons
- e) signs & symptoms of COVID-19

Late Assignments: Late assignments will receive a deduction of 20% per day.

Missed Exams: Exams must be written on the date scheduled. If a student is unable to write an exam through no fault of their own for medical or other reasons, valid documentation must be provided and discussed with the instructor. If a student who is absent has not made arrangements with the instructor in advance, he or she will receive a zero. Final Exams may be scheduled at any time during the final exam block; therefore, students should avoid making travel plans, and professional or personal commitments for the duration of the exam period.

Policy on Calculators: Calculators will be permitted during tests. Permission is restricted to non-programmable calculators only. Cell phone calculators cannot be used during tests.

Office hours: While office hours are noted on the course outline, students are free to make an appointment with their instructor at a time that is mutually convenient. Another option is to email your question. Questions sent by email must be brief (think the length of a tweet). If it is impossible to reply with a brief response (due to the nature of the question) then you will be asked to make an appointment. Your instructor will respond to emails as quickly as possible, however, please keep in mind that this reply may be delayed when the instructor is tied up with other courses or if it is outside of work hours.

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit camosun.ca/services.

Support Service	Website
Academic Advising	camosun.ca/services/academic-supports/academic-advising
Accessible Learning	camosun.ca/services/academic-supports/accessible-learning
Counselling	camosun.ca/services/health-and-wellness/counselling-centre
Career Services	camosun.ca/services/co-operative-education-and-career-services
Financial Aid and Awards	camosun.ca/registration-records/financial-aid-awards
Help Centres (Math/English/Science)	camosun.ca/services/academic-supports/help-centres
Indigenous Student Support	camosun.ca/programs-courses/iecc/indigenous-student-services
International Student Support	camosun.ca/international
Learning Skills	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills

Support Service	Website
Library	camosun.ca/services/library
Office of Student Support	camosun.ca/services/office-student-support
Ombudsperson	camosun.ca/services/ombudsperson
Registration	camosun.ca/registration-records/registration
Technology Support	camosun.ca/services/its
Writing Centre	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines:

<https://camosun.ca/cal>

Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal (see [Medical/Compassionate Withdrawals policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/services/sexual-violence-support-and-education.

To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.