

**FACULTY OF HEALTH  
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE**

**Course:** KINE 4646 M: Delivering Exercise to the Aging Knowledge to action      **Course Webpage:** eClass

**Term:** W 2023 (Jan 9<sup>th</sup> – April 27<sup>th</sup>, 2023)

**Tuesdays 10:00 – 11:20am, ACW 204**

**Thursdays 10:00 – 11:20am, SLH 107\***

**\* NOTE the different classrooms on Tuesday and Thursday**

**Prerequisite / Co-requisite:** Prerequisite: HH/KINE 1020 6.00 Pre/Co-requisite: HH/KINE 4010 3.00

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### **Course Instructor**

Instructor: Chip Rowan, PhD, CEP, RKin

Email: [crowan@yorku.ca](mailto:crowan@yorku.ca)

Office: 320 Stong College

### **TERRITORIAL ACKNOWLEDGEMENT**

York University recognizes that many Original Peoples have longstanding relationships with the territories upon which York University campuses are located that precede the establishment of York University. York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been care taken by the Anishinabek Nation, the Haudenosaunee Confederacy, and the Huron-Wendat. It is now home to many First Nation, Inuit and Métis communities. We acknowledge the current treaty holders, the Mississaugas of the Credit First Nation. This territory is subject of the Dish with One Spoon Wampum Belt Covenant, an agreement to peaceably share and care for the Great Lakes region. This territory acknowledgement does not come without action for truth and reconciliation (see the [Calls to Actions](#) from the Truth and Reconciliation Commission of Canada). Learn more about the significance of this acknowledgement in a settler institution like York University [here](#).

### **Course Design**

**\*\*\*This course is scheduled by the Registrar's office as an IN-PERSON course and all instruction will take place on campus, synchronously during the scheduled class time unless specified otherwise by the University or Course Director\*\*\***

Please note that, if public health or University policies change, the course may revert to a virtual course delivery option with limited notice.

Virtual Office Hours will be available weekly and *students must email the course director to set up an appointment.*

Course Discussion Board – Posted on eClass will be checked daily for course related questions / topics of relevant discussion. All students enrolled in the course are welcome to contribute with information directly related to the course. I am committed to creating and maintaining a positive, inclusive, and respectful course environment at all times so please conduct yourself appropriately.

### **Expanded Course Description**

This course will expand on students' knowledge of 'normal' aging processes through a detailed description of the impact of aging on various human physiological systems. This foundation will allow students to better understand the various ways that physical activity participation can mitigate the potential negative impact of aging on functionality while concurrently inducing positive health outcomes that prevent chronic diseases and enhance overall health-related quality of life. The course will be lecture-based with additional learning facilitated through group discussion (in person and online), examination of real-world case studies and community-based programs. Students are encouraged to think critically about the materials presented in class and proactively bolster their understanding through self-learning and informal collaboration with classmates.

### **Course Objectives:**

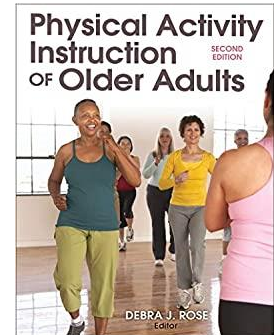
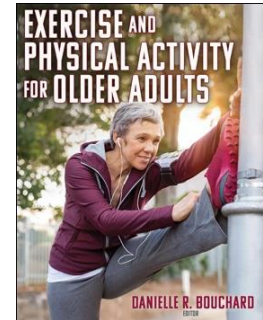
*By the end of this course, students will be able to:*

1. Demonstrate clear understanding the physiological (cardiorespiratory, musculoskeletal, morphological, and endocrine) changes that take place with 'normal' aging
2. Demonstrate the ability to think critically about the psychosocial factors associated with aging and their impact on physical activity participation and overall health-related quality of life. This includes effective goal setting, barrier recognition and the generation of creative strategies to eliminate them.
3. Apply, through a program design assignment, the fundamental knowledge to design safe and effective physical activity/exercise programs for apparently healthy older adults while being aware of potential comorbidities that may impact physical activity participation.
4. Practice and refine analytical approaches to current and theoretical community-based physical activity programs for older adults through evaluation of an existing program and the creation of a hypothetical program that could be delivered to your community.
5. Apply knowledge translation strategies for the effective communication and implementation of community-based physical activity programming.

### **Course Materials:**

- Lecture content (slides to be posted on eClass)
- Assigned Readings – Provided on eClass

- Relevant textbook(s) (**NOT REQUIRED**)
  - Exercise and physical activity for older adults 2021
    - Auth: Danielle R. Bouchard, PhD, CSEP-CEP, University of New Brunswick, editor.
    - ISBN: 978-1-4925-7290-9 (print)
  - Physical activity instruction of older adults – 2<sup>nd</sup> Edition 2019
    - Auth: Debra J. Rose, PhD, editor.
    - ISBN: 978-1-4504-3106-4 (print)



### Course Evaluation:

Personal reflection assignment (2-part):	10%
Photovoice Submission	5%
Midterm Exam:	20%
Photovoice Review:	5%
Program Design assignment (2 parts):	25%
Program Design peer review:	5%
Final Exam:	30%

### Other Notes:

1. Additional details for all assignments and evaluation components will be posted on eClass and discussed in class
2. Students are responsible for all theoretical information covered in class
3. The final exam will take place during the University exam period. The specific date and time will be announced to the class as soon as it is scheduled. The final exam will cover all material from the course.
4. Exams in this course MAY utilize remote proctoring services and may, or may not, be delivered in-person.
5. \*Exams are to be completed individually. Students are **NOT** to seek or receive any help from other students on the exams and are **NOT** to provide help to other students on the exams. This policy will be strictly enforced.
6. Assignments may be submitted via eClass using Turnitin.

### Take Care of Yourself:

We are all dealing with a tremendous amount of stress, anxiety, fear, and uncertainty as a consequence of the COVID-19 pandemic. Please be kind and gentle with yourselves and others during this difficult period of time. There are a number of online free resources available to help support you. If you need help, the following list of websites (this is not an exhaustive list) may be a good place for you to start:

<https://good2talk.ca/>  
<https://counselling.students.yorku.ca/>  
<https://coronavirus.info.yorku.ca/>  
<https://yorkinternational.yorku.ca/>

**Technical requirements for taking the course: (In the event of a switch to remote learning)** To fully participate in this course, students should be prepared (in the event of a full switch to remote learning) to connect through video conferencing (zoom) on a weekly basis. To do this, students should have stable, higher-speed Internet connection, a computer with microphone, and/or a smart device with these features.

**Exams may be administered online via eClass regardless of course delivery format:**

*"Students must make every effort to arrange adequate internet connection, especially for tests. If a student has any specific concerns about their internet connection, they should seek all available options for writing their exam in a location with a stable internet connection. In the event that a student is not confident they can access a reliable internet connection, they should communicate their concerns to the course director well in advance of the test/exam."*

**Useful links describing computing information, resources and help for students:**

Student Guide to [eClass](#)  
[Zoom@YorkU Best Practices](#)  
[Zoom@YorkU User Reference Guide](#)  
[Computing for Students Website](#)  
[Student Guide to eLearning at York University](#)

**Statement regarding recorded lectures:**

- 1) the recordings should be used for educational purposes only and as a means for enhancing accessibility.
- 2) students do not have permission to duplicate, copy and/or distribute the recordings outside of the class (these acts can violate not only copyright laws but also **FIPPA** <https://www.ontario.ca/laws/statute/90f31> and intellectual property rights); and
- 3) all recordings will be destroyed after the end of classes.
- 4) Lecture recordings from in-person lectures may not be posted on eClass.

Students shall note the following:

- Zoom is hosted on servers in the U.S. This includes recordings done through Zoom.
- If you have privacy concerns about your data, provide only your first name or a nickname when you join a session.
- The system is configured in a way that all participants are automatically notified when a session is being recorded. In other words, a session cannot be recorded without you knowing about it.

## **Grading, Assignment Submission, Lateness Penalties and Missed Tests**

**Grading:** The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests\* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar - <http://calendars.registrar.yorku.ca/2010-2011/academic/index.htm>)

**Lateness Penalty:** Students who submit work after the stated deadline (without permission IN ADVANCE) will incur a penalty of 2% of the assignment grade per day to a maximum of 20% of the assignment grade.

**Missed Tests:** Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., may request accommodation from the Course Instructor within 1 week of the missed exam. A make-up examination will be scheduled within 4 weeks of the initial test date. Other accommodations may be warranted in exceptional circumstances and will be reviewed on a case-by-case basis by the course director. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

### **Test Viewing:**

Students may book an office hours appointment to discuss their tests and study strategies with the instructor, but due to the nature of online exams and the risk of questions becoming available unfairly to those who have not completed the tests, specific test questions will not be made available for viewing. Please be aware that the instructors will personally examine all test questions after the completion of each test to ensure that no issues exist with respect to grading or question clarity. If the instructors do identify any issues, student grades will be automatically corrected accordingly.

### **Turnitin**

To further protect against plagiarism, students will be required to submit some of their written work (program design assignment) through Turnitin (via eClass) for a review of textual similarity with other works and the detection of possible plagiarism. By doing so, students will allow their material to be included as source documents in the Turnitin.com reference database, where they will subsequently be used only for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin service are described on the Turnitin.com website.

For additional information, please see

<https://uit.yorku.ca/student-services/technology-used-in-courses/assignment-submission-turn-it-in/>

### **Email Communication:**

Please include your first and last name in your email correspondence with the course director and use the subject "KINE 4646A". Please use appropriate and professional email etiquette.

## ACADEMIC INTEGRITY

In this course, we strive to maintain academic integrity to the highest extent possible. Please familiarize yourself with the meaning of academic integrity by completing SPARK's [Academic Integrity module](#) at the beginning of the course. Breaches of academic integrity range from cheating (i.e., the improper crediting of another's work, the representation of another's ideas as your own, etc.) to aiding and abetting (helping someone else to cheat). All breaches in this course will be reported to the appropriate university authorities, and can be punishable according to the [Senate Policy on Academic Honesty](#).

### Calumet and Stong Colleges' Student Success Programming:

[Calumet](#) and [Stong](#) Colleges aim to support the success of Faculty of Health students through a variety of **free programs** throughout their university career:

- [Orientation](#) helps new students transition into university, discover campus resources, and establish social and academic networks.
- [Peer Mentoring](#) connects well-trained upper-year students with first year and transfer students to help them transition into university.
- [Course Representative Program](#) supports the academic success and resourcefulness of students in core program courses through in-class announcements.
- [Peer-Assisted Study Sessions \(PASS\)](#) involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are historically challenging.
- [Peer Tutoring](#) offers one-on-one academic support by well-trained Peer Tutors.
- Please connect with your Course Director about any specific academic resources for this class.
- Calumet and Stong Colleges also support students' [Health & Wellness](#), [leadership and professional skills development](#), [student/community engagement and wellbeing](#), [Career Exploration](#), [Indigenous Circle](#), [awards and recognition](#), and [provide opportunities to students to work or volunteer](#).
- For additional resources/information about Calumet and Stong Colleges' Student Success Programs, please consult our websites ([Calumet College](#); [Stong College](#)), email [scchelp@yorku.ca](mailto:scchelp@yorku.ca), and/or follow us on Instagram ([Calumet College](#); [Stong College](#)), Facebook ([Calumet College](#); [Stong College](#)) and [LinkedIn](#).
- Are you receiving our weekly email (Subject: "Calumet and Stong Colleges - Upcoming events")? If not, please check your Inbox and Junk folders, and if it's not there then please contact [ccscadm@yorku.ca](mailto:ccscadm@yorku.ca), and request to be added to the listserv. Also, make sure to add your 'preferred email' to your [Passport York personal profile](#) to make sure you receive important news and information.

## Integrated Course Topics

(\*Some minor changes may take place with advanced notice and posting on eClass)

Dates	Topic	Hand-ins/Assignments
Week 1 Jan 9 – 13 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Course Intro + Aging Theory</li> </ul>	Reflection Assignment Part I Due Jan 13 <sup>th</sup> @5pm
Week 2 Jan 16 – 20 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Foundations of Aging               <ul style="list-style-type: none"> <li>○ Aging Theory and global trends</li> <li>○ Predictors of 'successful' aging</li> </ul> </li> </ul>	
Week 3 Jan 23 – 27 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Physiological Changes               <ul style="list-style-type: none"> <li>○ Body Composition</li> <li>○ Musculoskeletal</li> </ul> </li> </ul>	Photovoice Submission DUE Jan 27 <sup>th</sup> @5pm
Week 4 Jan 30 – Feb 3 <sup>rd</sup>	<ul style="list-style-type: none"> <li>• Physiological Changes               <ul style="list-style-type: none"> <li>○ Cardiorespiratory</li> <li>○ Endocrine</li> </ul> </li> </ul>	
Week 5 Feb 6 – 10 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Balance, Gait &amp; Falls</li> <li>• Midterm Exam</li> </ul>	Midterm Exam Thursday, Feb 9 <sup>th</sup> in class
Week 6 Feb 13 – 17 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Psychosocial Considerations               <ul style="list-style-type: none"> <li>○ (Guest Lecture – A. Seguin Massie)</li> </ul> </li> <li>• Exercise Guidelines</li> </ul>	
Week 7 Feb 20 – 24 <sup>th</sup>	<b>YU Winter READING WEEK – NO CLASSES</b>	
Week 8 Feb 27 – Mar 3 <sup>rd</sup>	<ul style="list-style-type: none"> <li>• Pre-exercise Screening</li> <li>• Assessments</li> </ul>	
Week 9 Mar 6 – 10 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Program Design I               <ul style="list-style-type: none"> <li>○ Aerobic exercise, warm-up &amp; cool-down</li> </ul> </li> <li>• Program Design II               <ul style="list-style-type: none"> <li>○ Strength, power, flexibility, &amp; balance</li> </ul> </li> </ul>	
Week 10 Mar 13 – 17 <sup>th</sup>	<p style="text-align: center;"><b>REMOTE DELIVERY THIS WEEK</b></p> <ul style="list-style-type: none"> <li>• Photovoice Reviews</li> </ul>	Photovoice reviews – Posted on eClass by Mar 17 <sup>th</sup> @5pm
Week 11 Mar 20 – 24 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Assignment Update and Work               <ul style="list-style-type: none"> <li>○ Behavioural Change</li> </ul> </li> </ul>	Program Design Part I DUE: Mar 24 <sup>th</sup> @5pm on eClass
Week 12 Mar 27 – 31 <sup>st</sup>	<ul style="list-style-type: none"> <li>• Knowledge Translation Strategies Professional development and leadership</li> </ul>	Program Design Part II Mar 31 <sup>st</sup> @5pm on eClass
Week 13 Apr 3 -7 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Completion of course content</li> <li>• Exam Review</li> </ul>	Program Design Peer Review Due April 7 <sup>th</sup> @5pm (via eClass)  Reflection Assignment Part II Due April 7 <sup>th</sup> @5pm (via eClass)
<b>April 12 – 27<sup>th</sup></b>	<b>Winter EXAMINATIONS</b>	<b>EXAM FORMAT, DATE &amp; TIME TBA</b>