

FLORIDA ATLANTIC UNIVERSITY
COLLEGE OF EDUCATION
DEPARTMENT OF EXERCISE SCIENCE AND HEALTH PROMOTION
PET 4930 (#4971) SPECIAL TOPICS: Exercise and the Older Adult
(Summer 2001; 3 CREDITS)

Assistant Professor: Dr. Sue Graves
Office: Education and Science Building, #279
Office hours: Wednesday 2:30. to 5:30 P.M. or by appointment
Phone/fax/email: (954) 236-1263; Fax: (954) 236-1259; sgraves@fau.edu
Class: Wednesday 6:00 - 9:35 P. M.; Summer C Term; ES 410

Required Textbooks:

Cotton, R. T. (1998). Exercise for older adults. San Diego, CA: American Council on Exercise.

Durstine, J. L. (Ed.). (1997). ACSM's exercise management for persons with chronic diseases and disabilities. Champaign, IL: Human Kinetics.

Rikli, R. E. and Jones, C. J. (2001). Senior fitness test manual. Champaign, IL: Human Kinetics.

Westcott, W. L. and Baechle, T. R. (1999). Strength training for seniors. Champaign, IL: Human Kinetics.

Recommended:

ACSM's Fitness Forever: Senior exercise video. (1998). Philadelphia, PA: Wyett Ayerst Company.

Franklin, B. A. (Ed.). (2000). ACSM's guidelines for exercise testing and prescription. Philadelphia, PA: Lippincott, Williams & Wilkins.

National Institute on Aging. Exercise: A guide from the National Institute on Aging. (NIH Publication No. 98-4258). Gaithersburg, MD: NIA Information Center. Or <http://www.nih.gov/nia/health/pubs/nasa-exercise>.

Sol, N. & Foster, C. (Eds.). (1997). ACSMs health/fitness facility standards and guidelines. Champaign, IL: Human Kinetics.

Course Description: This course is designed for individuals who need to know about programming exercise for the mid-life and older adult (50+ years). The course will include lecture, consultation, group activities, visitation of exercise sites for the older adult, written reports and participation in activity.

Objectives: At the completion of this course, each student will be able to:

1. Identify and describe major issues concerning the older adult and exercise.
2. Understand the basic theories and concepts of aging.
3. Identify different techniques and strategies used in developing exercise programs for the older adult.
4. Identify major dissemination sources of research in gerontology, specifically relating to exercise.
5. Evaluate activity programs and their effect upon fitness of the older adult.
6. Identify the skills and resources needed to design and manage a business in the area of fitness and health promotion, emphasizing the older adult.
7. Develop a comprehensive exercise program for the older adult.
8. Apply the latest computer techniques to daily activities in the area of programming exercise for the older adult.

<u>Evaluation:</u>	<u>Your points</u>	<u>Grading Scale:</u>
Class participation	20	93.0- 100%=A
Articles (5 @ 3 pts.)	15	90.0- 92.99%=A-
Educational module	50	87.0- 89.99%=B+
Interview (4 @ 5 pts.)	20	83.0- 86.99%=B
Issues paper and presentation	100	80.0- 82.99%=B-
Newsletter (group)	50	77.0- 79.99%=C+
Netscape/email	20	73.0- 76.99%=C
Poster/bulletin board	10	70.0- 72.99%=C-
Teaching sessions	50	67.0- 69.99%=D+
Senior reference notebook	20	63.0- 66.99%=D
Trip evaluations	10	60.0- 62.99% =D-
Midterm exam	100	< 59%=F
Final Exam/programming project	<u>100</u>	
Total	565	

COURSE REQUIREMENTS:

All assignments will be graded and returned for the student's review. After reviewing, all materials are returned to the instructor and may be kept. If a student desires to keep a copy, it should be made prior to submitting the assignment. Only original copies will be accepted. Assignments must be typed and double-spaced. *Assignments will be accepted at the beginning of class. If assignments are turned in after that, 10% will be deducted. Assignments turned in after class will be deducted an additional 10% per day.*

Class Discussion: Each student is expected to participate in a professional manner during class discussion. Students are encouraged to share their personal thoughts, experience, and literature findings.

Attendance: Compulsory attendance is required. **Never be late for class.** A professional is always on time and always prepared. If you miss more than two classes, you will be expected to drop the class. You will also need to dress for physical activity during the class.

Articles. Specific topics will be discussed each week. Students are required to present an article summary on the assigned weekly topics/chapters for discussion. *A clear copy of each article must be brought to class.* Student should make sure the following are included.

Reference:	Should be peer-reviewed unless otherwise instructed.
Purpose:	Statement of the Problem (reason for conduction of study or article)
Narrative:	Discuss the article's most important points
Evaluation:	Your evaluation of the article

Educational Module. Each student will create a ten-minute educational module to educate older adults in a community setting about the value of exercise. Develop objectives, outline, and methodology. Use multimedia. In addition, design an advertisement, PSA (public service announcement), radio or television spot to support the project.

Exams. No makeup quizzes or exams will be given. Mid-term and final exams are on scheduled dates.

Interview. Each student is required to conduct four personal interviews (50s, 60s, 70s, 80s⁺). You will be given an outline of questions/topics. Family members or other close relatives should not be used for the interview. You must contact the individual to obtain an appointment for the interview. Interview must be in the South Florida area only, no telephone interviews. You will be given an outline of questions/topics. If you need assistance in finding an individual to interview, your instructor will assist you.

Issues paper. Each student is responsible for an integrated review of literature on an approved topic concerning fitness and aging. An oral presentation is required (10 minutes plus discussion). Students will hand in original copies of the

presentation and reference list. The review must be a minimum of six pages with a separate reference page (at least eight different references). Topic must be approved prior to beginning. APA format must be followed.

Newsletter. Teams of students will develop a four-page newsletter for exercise and the older adult.

Netscape/email. You will search, find and evaluate sites on the World Wide Web. The professor will give you specific instructions for this assignment.

Poster/bulletin board. Each student is responsible for creating a poster/bulletin board on a specific class topics. Topics will be selected in class.

Senior reference notebook. The student will produce a notebook emphasizing exercise and the older adult.

Teaching session. Each student will conduct an exercise session (10 minutes) for the older adult. Objectives, lesson plan and other information are required. Student will receive guidelines for the teaching session.

Trip evaluations. Each student will observe at least two exercise classes of active older adults outside of class time.

Suggested Bibliography

Clark, J. (1992). Full life fitness. Champaign, IL: Human Kinetics.

Cox, H. (1994 to present). Annual editions: Aging. Guilford, CT: The Dushkin Publishing Group.

Ettinger, W. H., Mitchell, B. S., & Blair, S. N. Fitness after 50; it's never too late to start. St. Louis, MO: Beverly Cracom Publications.

Ferrini, A.F. & Ferrini, R. L. Health in the later years (2nd edition). Madison, WI: Brown & Benchmark. [Chapter 7 on medication use.]

Quinney, H. A., Gauvin, L., and A.E.T. Wall. (Eds.). (1994). Toward active living. Champaign, IL: Human Kinetics.

Riekse, R. J. & Holstege, H. (1996). Growing older in America. New York: McGraw-Hill.

Shephard, R. J. (1997). Aging, physical activity, and health. Champaign, IL: Human Kinetics.

Spirduso, W. W. (1995). Physical dimensions of aging. Champaign, IL: Human Kinetics.

Van Norman, K. A. (1995). Exercise programming for older adults. Champaign, IL: Human Kinetics.

Journals

American Journal of Epidemiology
Journal of the American Medical
Association

Journal of Aging and Physical Activity

Journal of Health, Physical Education,
Recreation and Dance

Journal of Occupational Medicine

Journal of Preventive Medicine

Medicine and Science in Sport and Exercise

Research Quarterly for Exercise and Sport

The American Journal of Public Health

The American Journal of Sport Medicine

The Physician and Sportsmedicine

Non-peer reviewed

Health and Fitness Sections in the Miami

Herald and Sun-Sentinel

Modern Maturity

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 Class meetings and assignments*

<u>Date</u>	<u>Class</u>
May	16 Introduction to course. ACSMs Guidelines, pp.223-230.
	23 Articles due--3--research on older adults Read Chapter 1--Exercise for Older Adults text. Read pp. 3-16--ACSM's Exercise Management text
	30 No class (Dr. Graves will be at ACSM National Meeting)
June	6 Ten web sites appropriate for seniors relating to exercise Trip evaluation, interviews, due Review Fitness Forever Video Read Chapter 2--Exercise for Older Adults text.
	13 Articles due--2--chronic diseases/disabilities Read Chapter 3--Exercise for Older Adults text; Read Westcott--Chapter 1 & 2
	20 Educational module. Read Chapter 4--Exercise for Older Adults text. Read Chapter 1, 2, 3--Senior Fitness Test Manual; Westcott--Chapter 8
	27 Mid-term. Newsletter due. Read Chapter 4, 5--Senior Fitness Test Manual; Westcott Chapter 5, 6, 7
July	4 No class. Holiday.
	11 Poster/bulletin board due Read Chapter 5--Exercise for Older Adults text. Westcott--Chapter 3 & 4
	18 Teaching module, Issues paper due no later than July 20 (2 PM) Read Chapter 6--Exercise for Older Adults text.
	25 Issues paper presentations
August	1 Final exam & programming project, senior reference notebook
	8 Presentation of programming project. (You must attend last class session or points will be deducted.)

** No makeup dates exams will be allowed. Therefore, you must pay close attention to all due dates. Deductions will be made for late assignments.*

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PROMOTION
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Initial

1. I have received the course syllabus. _____
2. I understand the attendance policy and must be on time for class. _____
3. I understand the grading procedure. _____
4. I understand that I must turn in all assignments on time or will not receive credit for late assignments. _____
5. I understand that I am responsible for class participation. _____
6. I understand that my personal guests or children are not allowed during class. _____

I have read the syllabus for PET 4930 SPECIAL TOPICS (Exercise and the Older Adult) and agree to follow the rules of the class.

Print your name

Your signature

Social Security Number

Date