

KPE 282**NAME & NUMBER OF COURSE**

SYNONYMOUS COURSES:

(a) replaces N/A
 (course #)

(b) cannot take N/A for further credit
 (course #)

SUPPLIES/MATERIALS:

None.

TEXTBOOKS, REFERENCES, MATERIALS (List reading resources elsewhere)

No course text is required. A reading manual and/or handouts of related literature will be used in each module of the course. Reference to other related course texts will be made.

OBJECTIVES:

Upon successful completion of this course, students will:

- a. have an understanding of the physical and physiological considerations and differences during exercise for each population group;
- b. be aware of the nutritional consideration for an active lifestyle relative to each population group;
- c. understand the connection between relative health issues and physical activity for each population group;
- d. understand the reasons for modification, and how to modify exercises and training for each population;
- e. have gained knowledge of various exercises and programs suitable for each population group;
- f. reviewed the social issues affecting exercise and lifestyle for each population group;
- g. participated in written, practical, observational, and experiential activities during the learning process; and
- h. met the requirements for Third Age and Adapted Modules for Fitness Leaders for BCRPA certification.

METHODS:

This course is organized into four modules, one for each population group (children, women, elderly, and physically and mentally challenged). Each module is offered over a two-day, 17-hour workshop, with the workshops being spread over two academic semesters. Each workshop consists of lectures, discussions, and practical work.

KPE 282

NAME & NUMBER OF COURSE

STUDENT EVALUATION PROCEDURE:

Each workshop is worth 25% of the course total. Evaluation for each workshop consists of:

Children	research paper
Women	exam
Elderly	observation and interview report
Physically/Mentally Challenged	lesson plan and practical

Attendance counts for 3% of the grade for each of the four workshops for a total attendance grade of 12%.

NB: Assignments are due two weeks following the completion of the workshop.

Completion of a BCRPA Adapted or Third Age (Seniors) module is accepted as attending workshops 3 and 4, but the assignments must be completed as well.

COURSE CONTENT

Module 1: Exercise and Children

- physical and physiological differences
- training responses
- thermoregulation
- growth and exercise issues
- training programs
- health issues and exercise
- quality daily physical activity
- fitness assessment

Module 2: Exercise and Women

- physical and physiological differences
- changes with training
- training considerations
- nutrition and eating disorders
- self-esteem, social issues, and exercise
- exercise and pregnancy
- exercise and hormonal issues
- exercise and bone health
- exercise and disease
- an active lifestyle

KPE 282

NAME & NUMBER OF COURSE

COURSE CONTENT (contd.)

Module 3: Exercise for the Elderly

- lifestyle and health issues
- chronic disease
- drugs and medication
- exercise benefits, barriers, motivation
- nutrition
- weight training
- safety
- exercise class breakdown
- practical applications
- theories of aging
- physiological changes and functional decline
- physiological response to training

Module 4: Exercise for Physically and Mentally Challenged

- physical and mental challenges
- exercise plans and modifications
- practical applications