UNIVERSITY COLLEGE of the FRASER VALLEY

PAC FORM #2

COURSE IMPLEMENTATION DATE:[September 1996]
Revised: February 2000
COURSE TO BE REVIEWED DATE:[September 2004]
(Four years after implementation date)

OFFICIAL COURSE OUTLINE INFORMATION

Students are advised to keep course outlines in personal files for future use.

Shaded headings are subject to change at the discretion of the department and material will vary - see course syllabus available from instructor

FACULTY/DEPARTMENT: **KINESIOLOGY AND PHYSICAL EDUCATION**

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COURSE NAME/NUMBER	FORMER COURSE NUMBER	UCFV CREDITS

EXERCISE AND SPECIAL POPULATIONS: ELDERLY

COURSE DESCRIPTIVE TITLE

CALENDAR DESCRIPTION:

This course is designed to give the fitness professional the specific knowledge and practical skills to design exercise programs, train, and lifestyle consult the elderly population. Senior's health issues, physiology, nutrition and social considerations are discussed in order to facilitate active lifestyles and quality of life for the aging population. The latest research in these areas as it relates to exercise for seniors is also discussed.

PREREQUISITES: KPE 190 and KPE 103

COREQUISITES: None

SYNONYMOUS COURSE(S)

(a) Replaces: N/A
(Course #)

(b) Cannot take N/A for further credit
(Course #)

SERVICE COURSE TO:

(Department / Program)

(Department / Program)

TOTAL HOURS PER TERM: 15

STRUCTURE OF HOURS:

Lectures:	13	hrs
Seminar:		hrs
Laboratory:		hrs
Field Experience:	2	hrs
Student Directed Learning:		hrs
Other (Specify):		hrs

TRAINING DAY-BASED INSTRUCTION

LENGTH OF COURSE:

HOURS PER DAY:

MAXIMUM ENROLMENT: 35

EXPECTED FREQUENCY OF COURSE OFFERING: Once per year

WILL TRANSFER CREDIT BE REQUESTED? **YES** **NO** X

TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE: **YES** **NO** X

AUTHORIZATION SIGNATURES:

Course designer(s): Sally Willis-Stewart

Chairperson: *(Curriculum Committee)*

Department Head: Craig J. Chamberlin

Dean: K. Wayne Welsh

PAC Approval in Principle Date:

PAC Final Approval Date: March 29, 2000

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COURSE NAME / NUMBER

LEARNING OBJECTIVES / GOALS / OUTCOMES/ LEARNING OUTCOMES:

Upon successful completion of this course, students will:

1. have an understanding of the physical and physiological considerations and differences during exercise for the elderly
2. be aware of the nutritional consideration for an active lifestyle relative to the elderly
3. understand the connection between relative health issues and physical activity for elderly persons
4. understand the reasons for and how to modify exercises and training for the elderly
5. have gained knowledge of various exercises and programs suitable for elderly persons
6. reviewed the social issues affecting exercise and lifestyle for the aging population
7. participated in written, practical, observational and experiential activities during the learning process
8. met the requirements for a Third Age (Seniors) Leaders for BCRPA certification.

METHODS:

Lecture
Discussion
Practical
Observation/field experience

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR YES X NO _____

METHODS OF OBTAINING PLAR:

Transfer credit, challenge exams, or portfolio assessment.

TEXTBOOKS, REFERENCES, MATERIALS:

Handouts and reading manuals.

SUPPLIES / MATERIALS:

STUDENT EVALUATION:

Participation	10%
Observation and interview report	90%

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COURSE NAME / NUMBER

COURSE CONTENT:

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
Practical applications
Physiological responses to training
Presentations and practical