

UC 11907 12F

CBM003 ADD/CHANGE FORM

APPROVED APR 24 2013

Undergraduate Council
 New Course Course Change
Core Category: _____ Effective Fall 2013

or

Graduate/Professional Studies Council
 New Course Course Change
Effective Fall 2012

1. Department: Health and Human Performance College: CLASS
2. Faculty Contact Person: Lisa Alastuey Telephone: 7137430456 Email: lalastuey@uh.edu
3. Course Information on New/Revised course:

- Instructional Area / Course Number / Long Course Title:
KIN / 4300 / Physical Activity in Older Adults
- Instructional Area / Course Number / Short Course Title (30 characters max.)
KIN / 4300 / PHYS ACTIVITY IN OLDER ADULTS
- SCH: 3.00 Level: SR CIP Code: 31.0599 Lect Hrs: 3 Lab Hrs: 0

RECEIVED OCT 12 2012

4. Justification for adding/changing course: Successfully taught as a selected topics course
5. Was the proposed/revised course previously offered as a special topics course? Yes No
If Yes, please complete:

- Instructional Area / Course Number / Long Course Title:
KIN / 4397 / Physical Activity in Older Adults
- Course ID: 29043 Effective Date (currently active row): 01/18/2011

6. Authorized Degree Program(s): BS KIN: Fitness and Sports
- Does this course affect major/minor requirements in the College/Department? Yes No
- Does this course affect major/minor requirements in other Colleges/Departments? Yes No
- Can the course be repeated for credit? Yes No (if yes, include in course description)

7. Grade Option: Letter (A, B, C ...) Instruction Type: lecture ONLY (Note: Lect/Lab info. must match item 3, above.)

8. If this form involves a change to an existing course, please obtain the following information from the course inventory: Instructional Area / Course Number / Long Course Title

____ / ____ / ____
• Course ID: _____ Effective Date (currently active row): _____

9. Proposed Catalog Description: (If there are no prerequisites, type in "none".)
Cr: 3. (3-0). Prerequisites: KIN 1352 or instructor approval. Description (30 words max.): ~~Examines~~
aging and age-related changes of the human body and the upper limit of older adult physical performance; emphasis on physical activity and other lifestyle choices in modifying the aging process.

10. Dean's Signature: _____ Date: 10/8/12

Print/Type Name: Sarah Fishman

UNIVERSITY of HOUSTON



KINE 4397 (Section 22607): Physical Activity in Older Adults Spring 2011

Blackboard Vista - Online INSTRUCTOR/DESIGNER:

Dr. Lisa Alastuey, CHES
Clinical Assistant Professor
UH Department of Health and Human Performance
Email: Use Blackboard e-mail tool
Office Hours: 11:30 -1:00 pm Tues and Th or by appointment only

Text:

Spiriduso, W.W., Francis, K.L., and MacRae, P.G. (2005). Physical Dimensions of Aging (2nd edition). Human Kinetics.

Course Description:

Examines aging and age-related changes in the cells, tissues, organs, and systems of the human body; emphasizes the role of physical activity and other lifestyle choices in modifying the aging process and in influencing the onset and progression of the chronic diseases which accompany aging.

Course Objectives:

This course will enable students to accomplish the following objectives as they relate to the Kinesiology discipline. The student will be able to:

1. Examine the issues involved in trying to delay the aging process.
2. Describe how physical aging affects the quality of life of all individuals.
3. Describe the concept of biological age and how it contributes to individual differences.
4. Provide examples of how gender, culture, education, and socioeconomic factors play a role in making all of us different.
5. Identify major changes in body composition in older adults and discuss factors that might modify these changes
6. Summarize joint changes with normal aging and the effect of exercise on joint structure and function
7. Summarize bone change with aging and discuss factors that affect bone health.
8. Clarify the extent to which regular physical activity may postpone age related declines in the cardiovascular and respiratory systems.
9. Become familiar with the various types of intervention strategies used to lower the risk for falls among older adults.
10. Describe how aging affects the speed with which older adults react and move about in their environment.
11. Describe various mechanisms that have been proposed to explain relationships of health, exercise, and quality of life.
12. Examine the upper limit of older adult physical performance.

Course Expectations:

1. This course offers you the flexibility to complete your assignments when you chose; however, such a structure requires you to take a lot of self-discipline to make sure that you do not miss deadlines.
2. If you have special learning needs, please inform me immediately (i.e., first week of the semester).

3. **Academic dishonesty** will not be tolerated (i.e., copying, plagiarism, cheating) and will result in a failing grade for the semester.

ADA Statement:

When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please call the Center for Students with Disabilities at ext. 3-5400 for more assistance.

Academic Dishonesty Policy (copying, plagiarism, cheating):

Students are expected to abide by the university's academic honesty policy in all matters concerning this course. In particular, plagiarism, "Representing as one's own work the work of another without acknowledging the source," whether intentional or unintentional, will not be tolerated. Penalties include failure of the entire assignment (0 points) and referral to the department chair for consideration of additional action. Such action can include failure of the course and suspension from the university. If you have any questions concerning academic honesty, please discuss them with me. To read the UH academic dishonesty policy, see the following website: <http://hhp.uh.edu/clayne/4315/academicdishonesty.htm>

Evaluation:

Final grades will be determined based on the total number of points that you accumulate during the semester.

Evaluation Component	Possible Points
Syllabus / Orientation Quiz	10
Learning Module Quizzes (9 quizzes, 10 pts each)	90
Class Discussions (3 discussion topics, 20 pts each)	60
Midterm Exam	120
Final Exam	120
Total Possible Points	400

Final letter grades will be determined using the grading scale provided below: For example, your total points divided by the total points that can be earned in the class multiplied by 100. An example is below:

Student's total points earned = 315 pts.
 Total points that can earned in the class = 400 pts.
 $315/400 * 100 = 78 = C+$

Letter Grade	Point Range
A	94+
A-	90-93
B+	87-89
B	83-86
B-	80-82
C+	77-79
C	73-76
C-	70-72
D+	67-69
D	63-66
D-	60-62
F	less than 59

Note: Students will not be allowed to take an Incomplete in this course due to poor planning on their part. If you find you do have a legitimate reason for an Incomplete, please talk with me as soon as possible to discuss the situation and to identify the documentation that will be required to support your request. Please consult the University of Houston catalog to review conditions under which an incomplete may be granted.

Blackboard Learning Units:

You will begin this course by completing a series of orientation activities to help you understand the expectations for you in this course. These will be presented to you via the online orientation and netiquette learning units (LU). Similar LUs will be available for the remaining nine-lecture topics listed on the tentative course schedule outline. A learning unit in this course will consist of: a downloadable PowerPoint based lecture, study questions, content related websites/articles, and additional learning resources.

Blackboard Quizzes:

After you have completed the activities in the Blackboard Learning Unit for a given topic, you are required to take a graded quiz (10 questions, 1 points per question, timed for 10 minutes) to test your level of knowledge. The first quiz that you will take is over the orientation and netiquette learning module. You will be allowed an unlimited number of attempts to take each quiz. Your grade will be reported as the "highest" of your attempts. Please note that each time you attempt the quiz you will be given a random set of questions from the quiz question bank and you will not be provided the answer to the questions that you miss. All quizzes must be taken by 11:59 am of their deadline date. No extension will be granted if errors arise in Blackboard; so it is recommended that you do not wait until the last minute to take quizzes. During the semester, you will take a total of 10 quizzes (orientation/syllabus and 9 content learning units) worth 10 points each.

Note: In order to "unlock" new learning units, you have to get at least 60% of the questions correct on the previous learning unit (at least 6 out of 10 points) and meet the date requirements shown on page 5. For example in order to unlock learning unit 2, you have to get 60% correct on learning unit 1. In order to unlock learning unit 1, general questions link, and posting bios link you will have to get 100% correct on the orientation quiz.

Blackboard Discussions:

For the purposes of the topics in this class, it is useful to have regular class discussions on Blackboard. On the date assigned on the syllabus, a topic will be posted to start the discussion. Students in the course are expected to post responses to the original post and posts of other students in the class. During the discussion process, you should treat you peers and the instructor in a respectful manner. **Students who do not observe this rule will be banned from the discussion forum without notice and receive a zero for the assignment.** Discussions will be available beginning at 6:00 am and expire by 11:59 pm on the dates shown below. In order to receive full credit for a discussion, you need to answer my initial question and make at least three additional substantial posts per discussion question. At the conclusion of "each" discussion question, the top 3 students in the class who made the most substantial posts will receive 5 points extra credit. **If you miss a discussion, NO make-up will be offered.**

Discussion Dates

Discussion One: 2/01/11 ~ 2/21/11

Discussion Two: 3/01/11 - 3/21/11

Discussion Three: 4/01/11 - 4/21/11

Blackboard Midterm Exam:

The midterm exam for this course will cover the learning unit 1-4. It will consist of a mixture of questions from LU 1-4 quiz banks and new questions within these topic areas. The exam will be completed on Blackboard. The format will be similar in style to the quiz questions. The midterm exam will consist of 60 questions (2 points per question). You will be allowed two attempts to take the midterm exam. Please note that each time you attempt the exam you will be given a random set of question from the midterm exam question bank and you will not be provided the answer to the questions that you miss. Your grade will be reported as the "average" of your two attempts. You must take the midterm exam by scheduled date. **If you fail to complete the midterm exam by the due date, NO make-up will be offered. Please note if you are happy with your first grade attempt you do not have to take it twice.**

Blackboard Final Exam:

The final exam for this course is comprehensive and will cover all learning units. It will consist of a mixture of questions from LU 1-9 quiz banks and new questions within these topic areas. The exam will be completed on Blackboard. The format will be similar in style to the quiz questions. The final exam will consist of 60 questions (2 points per question). You will be allowed two attempts to take the final exam. Please note that each time you attempt the exam you will be given a random set of question from the final exam question bank and you will not be provided the answer to the questions that you miss. Your grade will be reported as the "average" of your two attempts. You must take the midterm exam by scheduled date. **If you fail to complete the final exam by the due date, NO make-up will be offered. Please note if you are happy with your first grade attempt you do not have to take it twice.**

How do I get answers to my Questions?

I am here to help you achieve success in this class. Unfortunately it is very difficult from a time perspective for me to reply to individual e-mail questions about course content. Also, there is a good chance that several of your classmates may have a similar question as you. Thus, if you have a question concerning lecture material, please post these in the discussion forum (general questions) on Blackboard. This will allow all students in the course to view my responses. If you have grade related questions, you are welcome to e-mail me directly via Blackboard e-mail. For emergencies only (i.e. if Blackboard is down) you can email me at alastuey@uh.edu, please include course name in the subject line). ***Reminder - you must complete the orientation quiz with 100% before you can see this link or other links.**

IMPORTANT DATES: The University of Houston requests that all students familiarize themselves with the following important dates:

First day of classes	18 January 2011
Last day to drop or withdraw without receiving a grade	2 February 2011
Last day to drop a course or with a "W"	5 April 2011
Spring Holiday	14-19 March 2011

KIN 4397: Physical Activity in Older Adults Tentative Order of Topics:

Topic	Learning Unit Available	Blackboard Quiz Due	Corresponding Textbook Chapter
Online Orientation, Netiquette, & Syllabus	1/18/11	1/31/11	n/a
1. Quantity and Quality of Life	1/24/11	3/10/11	1
2. Individual Differences	2/07/11	3/10/11	2
3. Physical Development and Decline	2/14/11	3/10/11	3
4. Cardiovascular and Pulmonary Function	2/21/11	3/10/11	4
Midterm Exam	3/06/11-3/10/11		
5. Muscular Strength and Power	3/21/11	4/28/11	5
5. Balance, Posture, and Locomotion	3/28/11	4/28/11	6
7. Health, Exercise, & Cognition Function	4/04/11	4/28/11	9
3. Physical Function of Older Adults	4/11/11	4/28/11	11
9. Physically Elite Older Adults	4/18/11	4/28/11	12
Final Exam	4/24/11-4/28/11		

Note: The following information is designed to help the class run smoothly. The instructor reserves the right to make additions and adjustments as necessary. Some of the writings, lectures, films, or presentations in this course may include material that conflicts with the core beliefs of some students. Please review the syllabus carefully to see if the course is one that you are committed to taking. If you have a concern, please discuss it with me at your earliest convenience.

***Once a LU Quiz/Exam/Discussion Assignment Date has passed you cannot make them up, please watch your dates carefully and plan accordingly.**

****Have a great semester!**