

San José State University
Kinesiology
145 a & b, Exercise For Older Adults, Section 01, Fall, 2015

Course and Contact Information

Instructor:	Jennifer Schachner
Office Location:	SPX 112
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Office Hours:	TBA
Class Days/Time:	Tuesday and Thursday 10:30-11:20
Classroom:	SPX 151
Prerequisites:	KIN 70 or instructor consent

Canvas and MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on the Canvas learning management system course website. You are responsible for regularly checking with the messaging system through MySJSU and Canvas to learn of any updates.

Course Description

Analysis of development and implementation processes of exercise programs for older adults. Service learning is required as part of this course.

Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Learn and apply theoretical and scientific knowledge from the sub disciplines in kinesiology for personal fitness, healthy lifestyles, sport and/or therapeutic rehabilitation.
2. Design ideas by communicating the essential theories, scientific applications and ethical considerations related to kinesiology.
3. Engage in scholarship and practice focusing on movement to enhance competence in kinesiology.
4. Recognize and apply sustainable approaches as they related to kinesiology.
5. Integrate notions of social justice and equality issues in kinesiology for various populations.

Service Learning Outcomes

- *This class requires 3 hours per week of service learning hours. Instructor will coordinate the location and times with students individually.*

- *Class lectures and in class activities will be directly related to the work and activities completed in the community. In addition, there is a potential to be trained on either Matter of Balance or EnhanceFitness.*
- *Your success in fulfilling these hours will be accomplished by showing up on time and being well prepared for your assigned class. The instructor will perform in person assessments at students assigned community location.*

Upon successful completion of this course, students will be able to:

1. Apply theoretical and scientific knowledge directly to seniors in a community based setting (SLO 1).
2. Communicate the essential theories, scientific applications to older adults in the community paying close attention to diversity and safety (SLO 2).
3. Recognize and apply classroom concepts of exercise for the older adult directly in the field (SLO 3).
4. Integrate notions of social justice and equality issues in kinesiology for various populations (SLO 4).

Course Learning Outcomes (CLO)

Upon successful completion of this course, students will be able to:

1. Learn and apply the physiological issues relevant to exercise among older adults (CLO1).
2. Learn and apply psychological and social factors that influence older adults exercise decisions and motivation to exercise (CLO2).
3. Design and implement exercise programs that will enhance the physiological, psychological and social well-being of older adults (CLO3).
4. Create an environment that embraces the multicultural diversity of older adults as relevant in exercise settings (CLO4).
5. Develop and implement proper exercise programs for culturally diverse older adults with varying levels of mobility (CLO5).

Required Texts/Readings

Textbook

Jones, C. J. & Rose, D. J. (2005). *Physical activity instruction of older adults*. Champaign, IL: Human Kinetics. ISBN-13 9780736045131

Other Readings

Other readings will be added to Canvas as appropriate.

Library Liaison (Optional)

Silke Higgins: Silke.higgins@sjsu.edu

Course Requirements and Assignments

SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in [University Policy S12-3](http://www.sjsu.edu/senate/docs/S12-3.pdf) at <http://www.sjsu.edu/senate/docs/S12-3.pdf>.

Written Examinations (CLO #1,2) (PLO #1, 2, 3, 4, 5)

Two written examinations will be given during the semester. Each examination will account for 25 points toward the total grade. Exam 1 will assess knowledge of information presented in the first half of the semester. Exam 2 will assess knowledge of the information presented in the second half of the semester. Examinations will include identifications, multiple choice questions, and short and long essay questions.

Participation (LO # 1-5) (PLO #1-5)

Participation will contribute 15 points toward the total grade. Students are expected to regularly contribute in a meaningful and constructive way to class discussions, and demonstrate their knowledge of course materials through demonstrations. Students will also be evaluated on teach back sessions where they teach the class on various aspects of exercise and health promotion programs they have learned in class. Simply attending class is not sufficient. You must participate!

Service learning observations (CLO # 1-5) (PLO #1,3,4,5)

Observations of students in their service learning setting will be conducted, contributing 20 points toward the total grade. Students will be evaluated on their ability to apply theoretical and practical materials presented in class in the community context.

Reflection papers (CLO #1,2) (PLO # 1,2,4,5)

Reflection papers will account for 15 points of the total grade and will be submitted every Thursday in lecture. Reflection papers must be typed. These papers should demonstrate a reflection of the course reading and seminar materials and experiences in the field. What is perhaps most important in these papers is a sense of praxis, the ways that theory and practice come together, and how the application of evidence-based health promotion practices work in diverse communities.

Any written assignments must be typed. They must be double spaced, written in 12 point font, with one-inch margins on all sides. **Papers must be edited for spelling and grammatical errors.** One letter grade will be deducted every day that a paper or assignment is late unless other arrangements have been made in advance.

Grading Policy

Two Examinations (30 points each)	25
Participation	20
Reflection papers	20
Other assignments	10
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Total Points	100

Grading Policy for KIN 145B

Service learning observations (10 points each)	70
Completing of 3 hours per week	10
Reflection papers	20
Total Points	100

Final course grades will be assigned according to the following scale based on the accumulated total points during the semester.

A plus = 100-97%	A = 96-93%	A minus = 92-90%
B plus = 89-87%	B = 86-83%	B minus = 82-80%
C plus = 79-77%	C = 79-77%	C minus = 72-70%
D = 69-63%	D minus = 62-60%	
F = 59-0%		
Unsatisfactory		

Classroom Protocol

All students should demonstrate respect for themselves, one another, and the instructor at all time. Intense discussions are always encouraged, but never at the expense of respect and understanding. We may not agree with one another, but we do need to hear one another.

Course Philosophy: Students are responsible for being active participants in their own education and learning. It is imperative that you come to class having read the required materials, and prepared to discuss the topics of the day. The best learning takes place through interaction and participation. I hope that this class will be relevant to your sport experiences and that you can take this information and apply it to your own lives.

Conduct at service learning sites: Our students have developed a positive reputation with the sites that we work with. The maintenance of this reputation is critical to the continuation of the class, and allowing future students to be able to gain from the knowledge received in the field. This reputation has been garnered over the years by students' exemplary performance and behavior at the various senior centers and facilities that we are invited to teach in. To maintain this reputation it is critical that students behave in a professional manner. These behaviors include being on time, dependable (being where you are supposed to be when you are supposed to be there), dressing appropriately, and behaving appropriately and respectfully. Any student who is late, or absent without contacting the instructor or proper supervisor will no longer be able to participate in the service learning portion of the class. Any student who, in the instructor's opinion, otherwise behaves inappropriately will also no longer be able to participate in the class. Although this may seem excessive, it is a necessary measure to insure that we continue to provide quality services to the community, and that students in the future will be able to continue to benefit from the service learning portion of this class.

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document on the [Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at http://www.sjsu.edu/provost/services/academic_calendars/. The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Consent for Recording of Class and Public Sharing of Instructor Material

[University Policy S12-7](http://www.sjsu.edu/senate/docs/S12-7.pdf), <http://www.sjsu.edu/senate/docs/S12-7.pdf>, requires students to obtain instructor's permission to record the course and the following items to be included in the syllabus:

- “Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.”
 - It is suggested that the greensheet include the instructor's process for granting permission, whether in writing or orally and whether for the whole semester or on a class by class basis.
 - In classes where active participation of students or guests may be on the recording, permission of those students or guests should be obtained as well.
- “Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.”

Academic integrity

Your commitment, as a student, to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07-2](http://www.sjsu.edu/senate/docs/S07-2.pdf) at <http://www.sjsu.edu/senate/docs/S07-2.pdf> requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec) (AEC) at <http://www.sjsu.edu/aec> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See [University Policy S14-7](http://www.sjsu.edu/senate/docs/S14-7.pdf) at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

Student Technology Resources (Optional)

Computer labs for student use are available in the [Academic Success Center](http://www.sjsu.edu/at/asc/) at <http://www.sjsu.edu/at/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide variety of audio-visual equipment is available for student checkout from

Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

SJSU Peer Connections (Optional)

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

SJSU Writing Center (Optional)

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>. For additional resources and updated information, follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to



scan this code.)

SJSU Counseling Services (Optional)

The SJSU Counseling Services is located on the corner of 7th Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.

Course Number / Title, Semester, Course Schedule

List the agenda for the semester including when and where the final exam will be held. Indicate the schedule is subject to change with fair notice and how the notice will be made available.

Course Schedule

Week	Date	Topics	Chapter Assignments
1	8/20	Introduction, Syllabus, Adding	
2	8/25	Introduction to Gerokinesiology/Successful Aging	Ch. 1 & 2
2	8/27	Psychology and Sociocultural	Ch. 3
3	9/1	Physiological	Ch. 4
3	9/3	Pre-exercise Screening and Health	Ch. 5
4	9/8	Field Based and Mobility Assessments-lecture	Ch. 6
4	9/10	Field Based and Mobility Assessments-Lab	Ch. 6
5	9/15	Laboratory Based Physiological	Ch. 7
5	9/17	Goal Setting and Behavior Management	Ch. 8
6	9/22	Falls Prevention	
6	9/24	Evidence Based Programming	
7	9/29	Exercise Design-Warm up/Cool Down	Ch. 9 & 10
7	10/1	Flexibility- Lab	Ch. 11 (be prepared to stretch)
8	10/6	Resistance Training	Ch. 12
8	10/8	Aerobics	Ch. 13
9	10/13	Exam #1	
9	10/15	Balance and Mobility Training	Ch. 14
10	10/20	Enhance Fitness Demonstration -Lab	(Be prepared to workout)
10	10/22	Mind/Body Training- Lab	Ch. 15
11	10/27	Aquatics	Ch. 16
11	10/29	Master Athletes	Ch. 17
12	11/3	Motor Learning	Ch. 18
12	11/5	Teaching and Leadership	Ch. 19
13	11/10	Design and Management	Ch. 20
13	11/12	Exercise and Medical Considerations	Ch. 21
14	11/17	Exercise and Medical Considerations	Ch. 21
14	11/19	Legal and Risk Management	Ch. 22
15	11/24	Teach Back	

Week	Date	Topics	Chapter Assignments
15	11/26	No Class- Holiday	
16	12/1	Teach Back	
16	12/3	Teach Back	
17	12/8	Teach Back	
Final Exam		Wednesday, December 16 th @ 9:45	