

San José State University
College of Health and Human Sciences /Kinesiology
KIN 145 A/B, Physical Activity for Older Adults, Spring, 2022

Instructor(s):	Linda D. Wilkin, Ph.D.
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Office Hours:	Thursday 2:00 – 3:00 p.m. and by email or appointment
Class Days/Time:	Tuesday and Thursday 8:00 – 8:50 Lab – To Be Scheduled
Classroom:	Online until February 13 th . After February 13 th SPX 151
Prerequisites:	KIN 70 or instructor consent

Course Description

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

Course Format

This course meets in person and includes service learning.

Service Learning (SL) Course

This course is a service learning course that requires 3 hours per week of service learning hours, students must complete a CSU-SJSU Learning Plan & Participation Guide; participate only with an SJSU approved partner organization; and enter all required SL or Internship information in the [SJS4](http://www.sjsu.edu/cell/sjs4/) (<http://www.sjsu.edu/cell/sjs4/>) database. More details are available from links below.

- **Definition of Service Learning: Visit [University Policy S02-3](http://www.sjsu.edu/senate/docs/S02-3.pdf) (<http://www.sjsu.edu/senate/docs/S02-3.pdf>) for definition or more information on service learning.**
- **[University Policy S16-14](http://www.sjsu.edu/senate/docs/S16-14.pdf) on Internships, Service Learning, and Off-Campus Learning Experiences: <http://www.sjsu.edu/senate/docs/S16-14.pdf>**

Faculty Web Page and MYSJSU Messaging

All course materials such as syllabus, handouts, notes, assignment instructions etc. can be found on the Canvas Learning Management System course login website at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through MySJSU on Spartan App Portal <http://one.sjsu.edu> to learn of any updates.

Course Learning Outcomes (CLO)

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 Enhance Fitness.

• *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.*

Student Learning Objectives (SLO)

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

1. SLO1: Apply theoretical and scientific knowledge directly to seniors in a community-based setting.
2. SLO 2: Communicate the essential theories, scientific applications to older adults in the community paying close attention to diversity and safety.
3. SLO 3: Recognize and apply classroom concepts of exercise for the older adult directly in the field.
4. SLO 4: Integrate notions of social justice and equality issues in kinesiology for various populations.

Course Learning Outcomes (CLO)

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

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

Required Texts/Readings

Textbook

Rose, D. J. (2019). *Physical activity instruction of older adults*. Second Edition. Champaign, IL: Human Kinetics.
ISBN-13 9781450431064

Other Readings

Available on Canvas under Modules.

Library Liaison

Adrian Poo is our library liaison. You can contact her for assistance at adriana.poo@sjsu.edu or (408) 808-2019. The Reference Desk number is (408) 808-2100 and the Student Computer Service number is (408) 808-2470.

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.

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 20 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 10 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 20 points of the total grade and will be submitted every week prior to Lecture on Tuesday. Reflection papers must be typed. These papers should demonstrate a reflection of the course reading and seminar materials and experiences in the field. There will be times, when the reflection papers will offer a prompt question based on the reading. 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.

Final exam – comprehensive final exam worth 30 points

Grading Policy

Two Mid-term Examinations (10 points each)	20
Final Examination	30
Reflection papers	20
Completion of service-learning hours	20
Class participation	10
Total Points	100

Final Examination

Final examination will take place according to the University date and time policy as stated on the Course Schedule.

Grading Information

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

100-97%=A+	96-93%=A	92-90%=A minus
89-87%=B+	86-83%=B	82-80%=B minus
79-77%=C+	76-73%=C	72-70%=C minus
69-67%=D+	66-63%=D	62-60%=D minus
below 60%= F		

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. We will design a team alliance to ensure we create a safe space for learning and growing together.

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 and we should all be committed to ensuring this happens in our course. This class should be enriching and a great learning opportunity for all of us.

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 ensure 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

Per [University Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo) (<http://www.sjsu.edu/gup/syllabusinfo>), which is hosted by the Office of Undergraduate Education. Make sure to visit this page to review and be aware of these university policies and resources.

KIN 145 A/B Physical Activity for Older Adults, Spring 2022, Course Schedule

The schedule is subject to change with fair notice posted on Canvas.

Week	Date	Topics	Readings
1	1/27	Introduction; Gerokinesiology	Chap 1
2	2/1	Gerokinesiology	Chap 1
2	2/3	Successful Aging	Chap 2
3	2/8	Successful Aging	Chap 2
3	2/10	Physiological & Psychological Aspects of Aging	Chap 3, 4
4	2/15	Physiological & Psychological Aspects of Aging	Chap 3, 4
4	2/17	Screening	Chap 5
5	2/22	Screening	Chap 5
5	2/24	Mid-term Exam 1	
6	3/1	Physiological & Functional Assessments	Chap 6
6	3/3	Physiological & Functional Assessments	Chap 6
7	3/8	Lab Based Physiological & Mobility Assessments	Lecture notes
7	3/10	Lab Based Physiological & Mobility Assessments	Lecture notes
8	3/15	Goal Setting & Behavior Management	Chap 7
8	3/17	Goal Setting & Behavior Management	Chap 7
9	3/22	Design Program Considerations	Chap 8
9	3/24	Whole-person Wellness	Chap 9
10	3/29	Spring Break	Chap 9
10	3/31	Spring Break	
11	4/5	Whole-person Wellness	
11	4/7	Mid-term Exam 2	
12	4/12	Designing Programs	Lecture notes
12	4/14	Flexibility Training	Chap 11
13	4/19	Flexibility Training	Chap 11
13	4/21	Strength & Aerobic Training	Chap 12,13
14	4/26	Strength & Aerobic Training	Chap 12, 13

Week	Date	Topics	Readings
14	4/28	Balance Training	Chap 14
15	5/3	Balance Training	Chap 14
15	5/5	Special Considerations	Chap 17
16	5/10	Special Considerations	Chap 17
16	5/12	Review for final exam	
Final Exam	5/19	On Line 7:15 – 9:30 a.m.	