

**EXERCISE AND AGING**  
01:277:304, 3 credits, Section 01  
Semester: Fall 2020  
Department of Kinesiology and Health  
Rutgers University

**Course information**

Pre/co-requisites: None

Online learning site: Canvas <https://canvas.rutgers.edu/>

Online format: Asynchronous

Class lectures will be provided using: WebEx

Technology requirements for this course: ProctorTrack (Video/Audio Accessibility)

**Instructor information**

Instructor: Dr. Susan Kaplowitz

Email: [skaplowi@kines.rutgers.edu](mailto:skaplowi@kines.rutgers.edu)

Virtual office hours: Friday 12pm – 2pm

Virtual office hours format: Can email (above) or call Dr. K at (732) 238-5176

Canvas email will be used for all information/communication related to this course.

**Required Course Materials**

- No textbook is required
- Additional required readings will be posted as PDF files on Canvas under Resources

**Course Description**

The purpose of this course is to show the students the importance of learning about the physical, psychological and demographic characteristics of the older population. As students hoping to pursue a career in the health care field, it is imperative to realize how aging affects everyone. The main focus of this course will be on Exercise Gerontology so as to enable the students to prepare and implement exercise/fitness programs for older adults of all types of fitness levels.

**Course Learning Objectives**

By the conclusion of this course, student-learners will:

- Understand the physical, psychological and demographic characteristics of the older population.
- Understand the beneficial effects of exercise on the conditions associated with aging.
- Be able to formulate guidelines for exercise in working with the diversity of the older population.
- Be prepared to organize and implement all types of exercise programming for older adults, from the physically frail to the Master Athlete.
- Learn about professional opportunities in the field of Gerontology/Geriatrics.
- Begin to professionally prepare for a career in Exercise Gerontology

**Online Learning**

There will be one video lecture by Dr. Kaplowitz each week. It will be posted every Monday morning by 11am so that students will have the entire week to review the slides and any class notes. The Assistant Instructor is McKenna Wardell, the Director of Resident Engagement at a large assisted living community nearby. McKenna will supplement Dr. K's lectures with videos from the senior facility, making the classwork practical and relevant. As an example, Dr. K will talk about the importance of knowing older adult's diets and medication. McKenna will interview the Director of Nursing and Dietician at her facility about these areas. This course has been taught for the last twenty years with the focus on experiential

learning where academic material is interrelated with community-based activities. This term, our visits to senior agencies and senior events have been canceled. It is my hope (Dr. K), that you will enjoy learning about the older population and the ways to organize community events for them in the future.

**Grading Policy**

- This class uses a points-based system to calculate grades. The description of each assignment includes how many points it is worth. The total numbers of points for this class are 100 points. Assignments are due by 11:59 PM on the due dates listed below unless otherwise noted.
- Assignments turned in late will receive 0 points unless the student communicates with the instructor BEFORE the due date and receives written approval of an extension.
- Concerns about a graded assignment must be brought to the instructor within seven days of receiving the grade. Assignment grades are finalized after this seven day period.
- Grades on Canvas will be updated regularly; if you notice any discrepancies or have questions, please do not wait until the end of the semester – let your instructor know right away.

Letter Grade	Percent	Points Needed
A	90-100	90-100
B+	85-89.9	85-89.9
B	80-84.9	80-84.9
C+	75-79.9	75
C	70-74.9	70-74.9
D	60-69.9	60-69.9
F	0-59.9	0-59.9

**Assignments**

*Exams (40 points/Exam 1, 30 points/Exam 2)*

There will be two exams based on PowerPoint slides, class notes, and select videos. Exam format will be a combination of true or false and multiple choice questions. Exams will be completed online using Proctor Track and will NOT be open note. Each exam will be available to you for a 10-hour window of time. Once you begin each exam you will have 80 minutes to complete it.

*Written Assignment (3 Assignments, 10 points each)*

Assignment #1- CHRONIC CONDITIONS AND EXERCISE:

For students going into the Exercise Science field, it is very important to learn about Chronic Conditions that affect an older population. For this assignment, you will be assigned to prepare a report on a chronic disease faced by older adults and how exercise can maintain, or in some cases, actually improve functional ability. The following information should be included in this report: 1) a discussion of the condition itself, 2) the incidence of this condition, i.e. the risk as age increases, 3) how exercise helps this condition, 4) types of exercises (modes) that can be used, 5) a summary of a recent study that has shown exercise to lessen the effects of this condition, and 6) a complete listing of the sources you used to prepare this report. Have a minimum of 4 references. This paper should be 4-6 pages double-spaced and the deadline is 11:59pm on October 30<sup>th</sup>.

Assignment #2- MEDICARE/MEDICAID

These are two federal/state programs that help older adults in many ways. To learn about both, include the

following for each program: 1) a brief history, 2) who it's administered by and how it's administered, 3) who is eligible, 4) what type of provisions are provided, and 5) how these programs are responding to the COVID-19 pandemic. To prepare this paper, have a minimum of 4 references. The paper should be 5-7 pages double-spaced and the deadline is 11:59pm on November 20<sup>th</sup>.

### Assignment #3- AN INDIVIDUALIZED 3-MONTH EXERCISE PROGRAM

This final assignment will allow you to use much of the material that you learn this term. Devise a 3-month exercise program for a fictitious older adult. If you wish, you can create this program for your own parent or grandparent. 1) Begin with a person's profile which includes age, genetic background, work, family, social background, exercise history, personal goals and interests. 2) Discuss any underlying conditions/diseases that the person has. 3) What medications is he/she taking for these conditions? 4) What are the effects of these medications when the person exercises? 5) This three-month exercise program should include the modes concentrated on, the functional tests used and the exercise prescription through the 3-month period. Charts/tables may be used. There is no page requirement but all the above must be included in a fully comprehensive way. It is hoped that you will work on this paper throughout the course of the term. The deadline is 11:59pm on December 4<sup>th</sup>.

### Notes on Assignments

Each assignment should be done with diligence and thought, as well as being devoid of spelling and grammatical errors. Papers may be submitted before the due date, but late papers will not be accepted. Submit the papers on Canvas using the Microsoft Word format.

### *Final Exam Period:*

There will be no final exam and no assignments due during the final exam period.

### **Summary of Assignments with Due Dates**

Assignment	Due Date	Points	Percent of Grade
Chronic Conditions Assignment	Oct. 30 <sup>th</sup> by 11:59pm	10	10%
<b>Exam 1</b>	October 30th	40	40%
Medicare/Medicaid Assignment	Nov. 20 <sup>th</sup> by 11:59pm	10	10%
An Individualized 3-Month Exercise Program Assignment	Dec. 4 <sup>th</sup> by 11:59pm	10	10%
<b>Exam 2</b>	December 11th	30	30%
<b>Total</b>		100	100.00%

### **Course Policies and Procedures**

#### Academic Integrity

Students are responsible for becoming familiar with the definitions, procedures and sanctions outlined in Rutgers University Academic Integrity Policy before submitting any assignment or exam. The policy can be found at: <http://academicintegrity.rutgers.edu/academic-integrity-policy/>.

All students should conduct themselves with the highest standards of academic honesty. Examples of academic dishonesty include: copying others' written work, not citing sources, and submitting the same assignments/papers multiple times in different courses. All incidences of questionable academic integrity are a serious matter and may result in a no grade (0.0) for the assignment or course. Academic dishonesty will not be tolerated and will be treated in accordance with Rutgers University Academic Integrity Policy.

#### Expectations

- Engage with all online class material
- Complete all assigned readings and assignments on time
- Follow the honor code when completing exams
- Ask questions to enhance understanding of the material
- Communicate with the instructor or Assistant Program Director if you have questions pertaining to the material or the course
- Check your email and Canvas announcements regularly to stay informed about class updates

### Email Etiquette

When emailing your instructor, please use your Rutgers e-mail address and identify yourself by full name and course number. Students are expected to place the course number, followed by the subject, in the subject line, use appropriate e-mail etiquette, and maintain reasonable expectations for instructor responses. The instructor will respond to student emails within 1-2 business days.

### Plagiarism

By enrolling in this course, you are indicating implicitly that you have read, understood, and accepted Rutgers University's policies and procedures regarding academic integrity and dishonesty. Plagiarism and cheating will not be tolerated and all University policies apply. Specifically, if plagiarism or cheating is suspected, the student(s) will be asked to meet with the instructor. If the instructor concludes that an instance of plagiarism or cheating has occurred, the student(s) will be subject to an appropriate sanction or penalty outlined in Rutgers University Academic Integrity Policy.

*Please note that plagiarism is using the ideas or writings of another as one's own. It varies in degree and severity. The most severe is the use of another's entire paper word-for-word. Less severe is the use of another's sentence, paragraph, or ideas without giving credit to that individual (i.e., without providing a reference).*

### Make-up Policy

No make-ups or extensions will be offered for missed assignments except in one of the following situations, provided that the instructor is notified in advance:

- Athletic or other Rutgers sponsored trips: Travel dates and times accompanied by a signed memo from the group's advisor/coach must be presented to the instructor prior to travel dates.
- Religious observances.
- Extenuating circumstances: This includes (but is not limited to) family emergencies, severe illnesses, accidents, etc. It will be up to the prerogative of the instructor whether or not the student will be allowed to take the make-up or receive an extension.

### Diversity & Inclusion

The Department of Kinesiology and Health supports an inclusive learning environment wherein diversity and authenticity are valued. We are committed to creating a culture of equality that respects the diverse voices of our students, faculty and staff. We will continuously strive to create a curriculum and academic environment to reflect the community we serve, and drive innovation, social responsibility and excellence. Our diversity in thought, skill, and academic discipline is a resource and strength, which stands to benefit the whole and positively contribute to University and global reach.

## UNIVERSITY SERVICES

*Although many of these offices remain closed to in-person visits, all remain accessible virtually. We encourage students to continue to use these resources during this semester of remote learning.*

Service	Description	Contact Information
Student Accommodations	If you are a student in need of accommodations, please register with the <b>Office of Disability Services</b> in order to initiate the accommodations process. Please present your letter of accommodation to your instructor during the first week of the semester. Please note that accommodations are not retroactive.	(848) 445-6800 Lucy Stone Hall, Suite A 145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 <a href="https://ods.rutgers.edu/">https://ods.rutgers.edu/</a>
Just In Case Web App	Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.	<a href="http://codu.co/cee05e">http://codu.co/cee05e</a>
Counseling, ADAP & Psychiatric Services (CAPS)	CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.	(848) 932-7884 17 Senior Street, New Brunswick, NJ 08901 <a href="http://www.rhscaps.rutgers.edu/">www.rhscaps.rutgers.edu/</a> Medical Services: <a href="http://health.rutgers.edu/medical-counseling-services/medical/">http://health.rutgers.edu/medical-counseling-services/medical/</a> Counseling Services: <a href="http://health.rutgers.edu/medical-counseling-services/counseling/">http://health.rutgers.edu/medical-counseling-services/counseling/</a>
Violence Prevention & Victim Assistance (VPVA)	The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.	(848) 932-1181 3 Bartlett Street New Brunswick, NJ 08901 <a href="http://www.vpva.rutgers.edu/">www.vpva.rutgers.edu/</a>
Scarlet Listeners	Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.	(732) 247-5555 <a href="https://rutgers.campuslabs.com/engage/organization/scarletlisteners">https://rutgers.campuslabs.com/engage/organization/scarletlisteners</a>
Academic Support	School of Arts and Sciences Academic Advising for personal, career, and educational goals.  Department of Kinesiology & Health Academic Advising for questions about Exercise Science or Sport Management major/minor requirements.	SAS: <a href="https://sasundergrad.rutgers.edu/">https://sasundergrad.rutgers.edu/</a>  Dept. of Kinesiology & Health: Daria Gonzalez Loree Gym, Room 110 Email: Daria.Gonzalez@rutgers.edu <a href="https://kines.rutgers.edu/academics/academic-advising">https://kines.rutgers.edu/academics/academic-advising</a>

## COURSE OVERVIEW

Week	Day	Date	Topic	Reading	Assignment Due
1	Monday	Sept. 2	Introduction to Course, & What is Aging?	Syllabus Slides 1-35	N/A
2	Tuesday Thursday	Sept. 8 Sept. 10	Modes of Exercise	Slides 36-56 Assistant Video Intro.	
3	Monday	Sept. 14	Physical Aspects of Aging	Slides 57-75	
4	Monday Thursday	Sept. 21 Sept. 24	Physical Assessment of Older Adults Assistant Video	Slides 76-80 Assistant Video	
5	Monday	Sept. 28 Oct. 1	Program Considerations	Slides 81-98 Assistant Lecture	
6	Monday Thursday	Oct. 5 Oct. 8	Medication & Nutrition for Older Adults	Slides 99-134 Assistant Video	
7	Monday	Oct. 12	Strength and Balance for Older Adults	Slides 135-145	
8	Monday	Oct. 19	Chronic Conditions	Slides 146-160	Assignment 1 Due by Oct. 30
9	Monday Friday	Oct. 26 Oct. 30th	The Teaching and Training of Older Adults	Slides 161-171	<b>Exam 1</b>
10	Monday	Nov. 9th	Professional Preparation	Slides 172-182	
11	Monday	Nov. 16	Competitions, Awards, and Road Scholar	Slides 183-196	Assignment 2 Due by Nov. 20
12	Monday	Nov. 23	The Master Athlete	Slides 197-212	
13	Monday Thursday	Nov. 30 Dec. 3	Senior Programs and Marketing	Slides 213-221 Assistant Video	
14	Monday Thursday	Dec. 7 Dec. 10	Research in Gerontology	Slides 222-233	Assignment 3 Due by Dec. 4  <b>Exam 2</b>
15					
16					
Final Exam					N/A

