

EXERCISE AND AGING

01:377:304, 3 credits

Semester: Fall 2022

Department of Kinesiology and Health
Rutgers University

Course information

Pre/co-requisites: none

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

Class lectures will be provided using: Canvas, PowerPoint and YouTube videos

Technology requirements for this course: No additional technology required other than a computer to complete assignments, read lectures, and review course videos

Instructor information

Instructor: Reubinedde Malamug, MHA

Email: Malamug@Kines.Rutgers.edu

Office hours: Schedule by Appointment

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

Required Course Material

N/A

Course Description

The purpose of this course is to examine the effects of exercise and activity on the physiological changes that occur with aging and of the factors to consider when structuring exercise programs for the aging population. The aim is to show the students the importance of learning about the physical, psychological and demographic characteristics of the older population. This class brings classroom concepts to the real world, where the students will experience first-hand how to prepare and host programs for older adults of all types of fitness levels. As students hoping to pursue a career in the health care field, it is imperative to realize how aging affects everyone.

Course Learning Objectives

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

- Understand the physical, psychological, and demographic characteristics of the older population.
- Understand current policy and programs as they relate to older adults.
- Be able to explain the different types of research and to interpret and discuss research article.
- Be able to formulate guidelines for exercise for working with the diversity of the older population.
- Be able discuss and implement different types of exercise programming.
- Learn about professional opportunities in the field of Gerontology/Geriatrics.

Class Attendance and Participation

- Participation in class will be noted by attendance, effort, enthusiasm, etc.
- Please make every effort to be in class and on time for class
- Please use laptops exclusively for class purposes
- The ringing of cell phones and texting during class can cause distraction to everyone around you. Please keep your phone on silent.

Grading Policy

- This class uses a points-based system to calculate grades. The description of each assignment includes how many points it is worth.

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

Assignments

Test 1 (25 Pts) and Test 2 (15 Pts; December 13)

There will be 2 exams based on assigned readings and in-class discussions. Exam format will be a combination of true or false, short answer, and multiple choice. Once you begin each exam you will have 80 minutes to complete it.

Written Assignment—Peer Reviewed Journal Article Summary (15 points) (Week of 12/12/2022)

The purpose of this assignment is help you become more familiar with finding the latest research on a topic of interest. For this assignment, please select a peer-reviewed journal article that relates to class material published within the last two years. Your paper should include the following: why you selected the article, an overview of the article, how it relates to class material, the important takeaways, anything you didn't understand, what would change about the study, and rationale as to why you would or would not recommend others read the article. All submitted papers should be in APA format and include a title page, 3-5 pages of the written assignment, and a references page with 3-5 references. Papers should have 1" margins, use 12-point Times New Roman font. Papers should be submitted using Canvas Assignments and are due by 11:59 PM on 4/27/2021. For the assignment, save the file as: "Lastname_AssignmentName" (e.g., Smith_WrittenAssignment.docx). Submit in Microsoft Word format (.doc or .docx).

Chronic Conditions and Exercise - Oral Group Presentation (20 points) (Week of 10/31/2022)

You can use demonstrations, power points, etc. Know your work thoroughly, i.e. do not read from notes or slides. You will have up to 20 minutes to report. Make your report as interesting and professional as you can (Dress the part!)

The following information should be included:

- A basic discussion the condition/disease itself
- A recent study that has shown exercise to lessen the effects of this condition
- Risk of disease/condition as age increase/incidence of disease
- How does exercise help this condition
- A complete list of primary and secondary sources you used to put this presentation together
- A copy of power point slides if they are utilized
- A cover page listing the names of your group, topic, class, date, etc. Failure to have this "written portion" will result in a deduction of points

Fitness Assessment Oral Presentation (5 points) (Week of 9/26/2022)

Each pair or group of students will be given a specific topic, e.g. blood pressure, talk test, etc. In a 5-10 minute oral presentation, describe your topic concisely and enthusiastically. Charts, handouts, powerpoints etc, may be used.

Senior Exercise Program (15 Points) (Week of 11/28/2022)

Create an exercise program for an older adult/loved one in your life that may have underlying conditions. This assessment will be in a written format and will consist of 3 to 5 pages. This should include the underlying conditions of the person, guidelines on exercise program, and safety concerns.

Class Participation (5 Points)

- Active participation in class discussion
- Completion of assignments
- Participate in inter-generational program
- Present in class

Intergenerational Programs

- **2022 Senior Health & Fitness Walk – Wednesday, September 21, 2022 (10AM – 1PM)**
- **New Jersey Senior Olympics – September 9-11 (September 10 & 11; 10AM-5PM)**
- **Various Senior Homes Volunteering TBA**

Course Policies and Procedures

Mask Requirement

In order to protect the health and well-being of all members of the University community, masks must be worn by all persons on campus when in the presence of others (within six feet) and in building in non-private enclosed settings (e.g., common workspaces, workstations, meeting rooms, classrooms, etc.). Masks must be worn during class meetings; any student not wearing a mask will be asked to leave.

Masks should conform to CDC guidelines and should completely cover the nose and mouth:

[Your Guide to Masks | CDC](#)

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 class material
- Complete all assigned readings and assignments on time
- Actively participate in all class activities, including online discussions.
- Follow the honor code when completing all quizzes, and exams
- Ask questions to enhance understanding of the material

- Communicate with the instructor 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
Report a Bias Incident	If you experience or witness an act of bias or hate, report it to someone in authority. You may file a report online and you will be contacted within 24 hours.	https://studentaffairs.rutgers.edu/bias-incident-reporting
Student Accommodations	If you are a student in need of accommodations, please register with the Office of Disability Services 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 https://ods.rutgers.edu/
Crisis Intervention	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.	Share a concern: http://health.rutgers.edu/do-something-to-help/ http://health.rutgers.edu/medical-counseling-services/counseling/crisis-intervention/ Just In Case Web App http://codu.co/cee05e
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 www.rhscaps.rutgers.edu/ Medical Services: http://health.rutgers.edu/medical-counseling-services/medical/ Counseling Services: http://health.rutgers.edu/medical-counseling-services/counseling/
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 www.vpva.rutgers.edu/

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 Mangement major/minor requirements.	SAS: https://sasundergrad.rutgers.edu/ Dept. of Kinesiology & Health: Daria Gonzalez Loree Gym, Room 110 Email: Daria.Gonzalez@rutgers.edu https://kines.rutgers.edu/academics/academic-advising
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COURSE OVERVIEW

Week	Date	Topic
1	9/6/2022 - 9/9/2022	Introduction What is Aging?
2	9/12/2022 - 9/16/2022	Communicating with Older Adults Physical Aspects of Aging
3	9/19/2022 - 9/23/2022	Modes of Fitness Physical Assessments
4	9/26/2022 - 9/30/2022	Medication and Nutrition Program Considerations
5	10/3/2022 - 10/7/2022	Chronic Conditions Mental Health
6	10/10/2022 - 10/14/2022	Teaching & Training Older Adults Physical Implications of Aging
7	10/17/2022 - 10/21/2022	Midterm Review Midterm Week
8	10/24/2022 - 10/28/2022	Exercise Program Design Professional Preparation
9	10/31/2022 - 11/4/2022	Chronic Conditions Presentations
10	11/7/2022 - 11/11/2022	Awards & Competition
11	11/14/2022 - 11/18/2022	Research
12	11/21/2022 - 11/23/2022 Tuesday = Thursday Class Wednesday = Friday Class 11/24/2022 - 11/27/2022	Thanksgiving Break
13	11/28/2022 - 12/2/2022	Senior Programming & Marketing
14	12/5/2022 - 12/9/2022	Social Policy & Healthcare for Older Adults Review
15	12/12/2022 - 12/16/2022	Final Test - 12/13/22
	Reading Days - 12/15/2021	Fall Exams Begin 12/16/21 Fall Exams End 12/22/21