

Exercise & AGING – EXRS 4320/6320
Spring Semester 2008
COURSE SYLLABUS

Lecture: Tuesday and Thursday 11:00 – 12:15 PM
Location: Ramsey Rm 205
Credits: 3

Practical Experience (optional): 12:30-2:00 Tuesday and Thursday (Limit 15 students)
Location: Ramsey Weight Room II

Course: KINS 3480 (undergraduate) or KINS 7800 (graduate) – 1 Credit

Students enrolled in KINS4320/6320 are eligible to enroll in KINS 3480/7800 to work directly with 15 older adults enrolled in the Learning in Retirement Strength Training course.

Exercise and aging is a fascinating topic of study. This course addresses physiological alterations with age and chronic disease and how to address these changes with physical activity and therapeutic exercise. Students will be able to:

1. Compare physiological capacity in older adults to younger adults.
2. Describe how age alters physiological capacities
3. Describe how exercise benefits the aging process
4. Discuss the interrelationship between chronic diseases associated with aging and exercise
5. Develop a exercise recommendation for an older adult based on national standards

Required Reading Material

Spirduso, W.W., Francis, K.L., MacRae, P.G. Physical Dimensions of Aging 2nd Ed. Human Kinetics, Champaign Urbana Illinois, 2005. (ISBN 0-7360-3315-7)

Articles assigned during the course of the semester.

Class Participation:

Students are encouraged ask questions during the class presentations if points are unclear. The classroom is a rich environment for learning from each other and the instructor. Good preparation and regular attendance is expected.

Quizzes

Quizzes will be given on every Tuesday over the material from the previous Tuesday & Thursday lecture and the assigned reading for that week. Quizzes will be 10 multiple choice, fill in the blank or short answer questions. Missed quizzes results in a zero. One quiz that has been taken may be dropped. Missed quizzes require a time stamped phone or email before the beginning of class. Missed quiz cannot be dropped. Quizzes will contribute 70% to the overall grade.

Final

Final Tues May 1st 12:00 – 15:00 will be cumulative. Format is multiple choice, short answer and between 1 and 3 essay questions.

The final will contribute 30% to overall grade.

Grading Procedures:

Undergraduates

Quizzes – 70%

Final – 30%

Graduates

Attend a weekly seminar to be arranged. Discussion and participation and presentation in seminar 10%

Presentation to the class – 15%

Quizzes – 55%

Final – 30%

Withdrawing from class: To withdraw from class after the Drop/Add period Graduate students go to the Graduate Records Office, 550 Boyd Graduate studies (706) 542-4806. Undergraduates in Arts and Sciences go to the Dean's office

Room 106 New College.

Disabilities:



If you have a documented disability as described by the Rehabilitation Act of 1973 (P.L. 933-112 Section 504) or the Americans with Disabilities Act (ADA) that may require you to need assistance attaining accessibility to instructional content to meet course requirements, you may contact the Disability Services, Office of Disability Services 114 Clark Howell Hall (706) 542-8719, as soon as possible then contact and meet with the instructor. The Office of Disability Services can assist you and the instructor in developing appropriate accommodations for your disability. Course requirements will not be waived but accommodations may be made to assist you to meet the requirements. Technical support may also be available to meet your specific need.

Cell phone and pagers:

Please do not use cell phones or pagers in class. If you are depended upon for emergency services please put pagers on vibration.

Courtesy and personal needs: Arrive at class on time having used the bathroom, had adequate water to drink and bring Kleenex. Take care of these personal matters to avoid disrupting class. If it is necessary for you to arrive late or leave early obtain permission from Dr. Cress prior to the start of class.

Gerontology Certificate Program the University of Georgia This class will contribute to your Gerontology Certificate. To find out more about the Gerontology Center and the Certificate Program you may visit the website at (<http://www.geron.uga.edu/gradcert.html/>) or see Dr. Cress.

Reaching the Instructor:

Instructor: M. Elaine Cress, PhD

Office: Rm. 115M Ramsey Center

Phone: 542-2202 E-mail address: mecress@uga.edu

Office Hours: 2:00 – 3:00 Tuesday and Thursday or by appointment.

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Schedule

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Articles assigned during the course of the semester.

Jan	8-10	Chapter 1
	15-17	Chapter 2
	22-24	Chapter 3
	28-31	Chapter 4
Feb	5-7	Chapter 5
	12-14	Chapter 5
	19-21	Chapter 6
	26-28	Chapter 7
Mar	5-7	Chapter 8
	11-13	Spring Break
	18-20	Chapter 9
	25-27	Chapter 10
Apr	1-3	Chapter 11
	8-10	Chapter 12
	15-17	Exercise Programming; Grad Presentations
	22-24	Grad Presentation; LIR presentations
May	1	Noon to 3 PM Final