

EXSC 511 001**Spring 2013**

Physical Activity for Special and Aging Populations (3 credit hours)

Tuesdays and Thursdays, 2:00 to 3:15 p.m.

Lois Rhame West Center Room 219 and Mary Roland Griffin Laboratory Room 118

Instructor:

Dr. Janet Wojcik

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Office hours: Mon. 12:30 to 1:30 p.m. 5:30 to 6:30 p.m., Tues. 10:00 to 11:00 a.m. (virtual) 3:30 to 4:30 p.m., Wed. 4:00 to 6:00 p.m. (virtual), Thurs. 12:00 to 1:45, Fri. 9:00 to 11:00 a.m. (virtual), other times available by appointment.

Catalog Description/Goals:

An examination of the physiological changes occurring in senior adults and persons with disabilities and hypokinetic diseases. In addition, the impact of physical activity on health, hypokinetic diseases, daily functioning, and quality of life are explored. **Pre or co-requisites:** Junior status or higher, PHED 384/385, PHED 480/481.

Assessment of Learning Outcomes and Performance Assessments:

Course Objectives	Performance Assessment
Describe the pathophysiology of aging and other chronic diseases such as cancer and heart disease	Quizzes, exams, final paper rubric, oral presentation rubric
Describe the physiological differences between men and women, youths and adults, and senior adults when it comes to exercise response and programming	Quizzes, exams, final paper rubric, oral presentation rubric
Describe the impacts of legislation of the Civil Rights Act, Title IX, and the Americans with Disabilities Act on physical activity	Quizzes, exams
Develop and present a case study of appropriate exercise prescriptions for special cases	Quizzes, exams, final paper rubric, oral presentation rubric
Apply American Psychological Association (APA) manuscript formatting and reference style	final paper rubric

Teaching Methods: lectures, readings, class discussion, in-class presentations**Course Requirements:****1. Required Texts:**

American College of Sports Medicine. (2009). *ACSM's exercise management for persons with chronic diseases and disabilities*. (3rd ed.). Champaign, IL: Human Kinetics. Available in hard copy and e-book from www.HumanKinetics.com.

Other course readings such as journal articles will be given throughout the semester.

2. Recommended Supplemental Text:

American College of Sports Medicine. (2009). *ACSM's guidelines for exercise testing and prescription* (8th Edition). Philadelphia: Lippincott, Williams & Wilkins.

3. Assignments:

Undergraduates (100% scale):

- Three exams (100 points each, 45% of grade) and 3-5 quizzes online or in-class (5-10 points each, lowest quiz dropped, 5% of grade): 50% of final grade
- Case study presentation: 21 points on rubric, counts as 20% of final grade
- Case study final report: 15 points on rubric, counts as 20% of final grade
- Co-present lecture topic: 21 points on rubric, counts as 10% of final grade

Graduate Students (100% scale):

- Three exams (100 points each, 45% of grade) and 3-5 quizzes online or in class (5-10 points each, lowest quiz dropped, 5% of grade): 50% of final grade
- Case study Presentation: 21 points on rubric, counts as 15% of final grade
- Case study final report, to include extended literature review on selected special population topic related to case study,: 15 points on rubric, counts as 20% of final grade
- Present lecture topic: 21 points on rubric, counts as 10% of final grade
- Activity experiences, 5 points/5% of final grade

Co-Present Lecture Topic:

Each student will co-present (undergraduate) or present (graduate) ONE lecture topic. This will require that he/she lead the presentation of any PowerPoint slides and class discussion. Students will need to prepare for the class and include extra materials such as videos, professional websites, recent news or research studies.

Final Case Study Presentation:

Each student will perform a 15-minute presentation on an exercise program for a theoretical or real special population or aging client. The presentation format will be 10 minutes of PowerPoint slides (must develop original slides—no lecture slides allowed) with 5 minutes allowed for questions from the class. The student must include in the presentation a brief introduction, a review of the pathophysiology, and what a viable exercise program for a client could look like. Journal articles and other academic resources must be used. Professional dress is required.

Final Case Study Paper:

Students will also write up their case study presentation in a paper format. A minimum of 3 original research journal articles must be used for undergraduates or 10 articles for graduate students. **You must include at least one international or multi-cultural reference as part of**

Winthrop's Global Learning Initiative. Formatting of all papers must follow APA style, a common writing style used in Psychology and other social sciences, and in Education. Many schools require Masters theses and Doctoral dissertations to be written in APA style. Further instruction in APA format will occur during class time. Articles read in class may NOT be used to count towards the article totals.

Paper formats in APA style

- Typed, 12-point Times New Roman Font
- Double spaced throughout, *including the reference list*
- 1" margins on all sides
- Page numbers top right corner on all pages, including title page and reference pages
- Title page must contain your name, date, EXSC 511, Dr. Wojcik, title, running head (abbreviated title)
- The reference page is started on a new sheet

Grading

Each day late without an excused absence or other arrangements will result in lowering of the letter grade. Grades will be posted on Blackboard.

Undergraduate students: Plus/minus grading will be used (out of 100% scale).

A = $\geq 90\%$	B- = 80-82%	C- = 70-72%	D- = 60-62%
B+ = 87-89%	C+ = 77-79%	D+ = 67-69%	F = $<60\%$
B = 83-86%	C = 73-76%	D = 63-66%	

Graduate students: Plus/minus grading cannot be used in graduate courses, so grading will be as follows (out of 100% scale):

- A = $\geq 90\%$
- B = 80 – 89%
- C = 70 – 79%
- F = $<70\%$

S/U Option

For undergraduate students choosing this option, a grade of C or higher ($\geq 73.0\%$) must be achieved to receive an S grade. A grade of C- ($< 73\%$) is recorded as a U. The S/U rescind deadline is Wed, March 6.

Class Attendance and Participation

Students are expected to attend all classes unless there is illness or other special circumstances (i.e., traveling with an athletic team). Major illnesses or family emergencies should be documented through the Dean of Students Office. The Winthrop attendance policy will be in effect. If more than 25% of classes are missed without documentation for undergraduates, the final grade is an automatic F. It is your responsibility to contact the instructor regarding any missed material and assignments. This course will utilize Blackboard for content and postings. **Our Department is going GREEN, so you will no longer receive a hard copy of the PowerPoint notes.** You must use your Winthrop email ID and password to use Blackboard. Login-in can be found from a link on the WU Students homepage, or

log-on through <http://online.winthrop.edu>. There is also mobile Blackboard for Blackberry, Android, iPhone, and iPad!

Students are expected to be prepared to participate in class discussions. Any materials required for that day should be read prior to class.

Course Withdrawal

Withdrawing from the course can be completed on-line or by submission of a form to the Registration Office. The official date of withdrawal from a course is the date the withdrawal form is **returned** to the Registration Office or completed on-line. **Wed, March 6, is the last day to withdraw from a full fall semester course. (Automatic N grade is issued.)** *Students may not withdraw from a course after this date without documented extenuating circumstances presented to the registrar.*

Cell Phone/Texting Policy

You must keep your cell phone on your desk throughout class, but you cannot touch it. Students will receive ONE warning for checking cell phone/texting during class time. After that, it is going to be 2 points off your FINAL grade for each incident. Cell phones should be set to vibrate or off, especially if the vibrate ring is loud. If there is an urgent situation where you must check your cell phone, please let me know prior to class that day.

Student Code of Conduct

Infractions of academic discipline are dealt with in accordance with the student Academic Conduct Policy, which is in the Student Conduct Code in the Student Handbook online <http://www2.winthrop.edu/studentaffairs/handbook/>

Each student must do his/her own individual work on the research paper. Collaborative efforts are not permitted. Papers written in other courses may not be recycled/modified for use this course without permission. Writing assistance may be obtained from The Writing Center and instructor only.

For the final presentation, students must develop their own PowerPoint slides. Lecture slides cannot be copied.

Students must utilize www.turnitin.com for the final paper. You will need to set up a student account if you don't already have one. The course ID is **5899571**, and the password is **goeagles**. Specific instructions will be given on when and how to submit towards the end of the semester. *Failure to submit or pass turnitin.com with $\leq 25\%$ similarity will result in a grade of Incomplete until the paper is corrected. High percentages may be turned in for academic misconduct.*

Students with Disabilities

Winthrop University is dedicated to providing access to education. If you have a disability and require specific accommodations to complete this course, contact the Office of Disability Services (ODS) at 323-3290. Once you have your official notice of accommodations from the Office of Disability Services, please inform me as early as possible in the semester.

Academic Success Center

Winthrop's Academic Success Center is a free resource for all undergraduate students seeking to perform their best academically. The ASC offers a variety of personalized and structured resources that help students become effective and efficient learners. The services available to students are as follows: peer tutoring, academic skill development (test taking strategies, time management counseling, and study techniques), group and individual study spaces, and academic coaching. The ASC is located in University College on the first floor of Dinkins Hall, Suite 106. Please contact the ASC at 803-323-3929 or success@winthrop.edu. For more information on ASC services, please visit www.winthrop.edu/success.

The Office of Victims Assistance

The Office of Victims Assistance (OVA) provides services to survivors of sexual assault, intimate partner violence, and stalking as well as educational programming to prevent these crimes from occurring. The staff assists all survivors, regardless of when they were victimized in obtaining counseling, medical care, housing options, legal prosecution, and more. In addition, the OVA helps students access support services for academic problems resulting from victimization. The OVA is located in 204 Crawford and can be reached at (803) 323-2206. In the case of an after-hours emergency, please call Campus Police at (803)323-3333, or the local rape crisis center, Safe Passage, at their 24-hour hot-line, (803)329-2800. For more information please visit: <http://www.winthrop.edu/victimsassistance/>

Syllabus Change Policy

The syllabus could be subject to change due to special circumstances (inclement weather, campus emergency, etc). Students will be informed of any changes.

500 Level Course Requirements

Students enrolled in EXSC 511 for graduate credit are responsible for the following in addition to the assignments above. These additional assignments are designed to link the classroom with the community and to develop deeper learning of the course topics.

1. Students taking the course for graduate credit must perform an extended literature review for the final paper, using a minimum of 10 original research articles (including at least one international reference). This will ensure a greater depth of knowledge of the paper topic appropriate for a graduate student. (20% of final grade, see grading section).
2. Students must participate (or observe when licensing requirements prohibit) in **five** distinct types of client programming for special or aging populations. This could be personal training, cardiac rehab, pulmonary rehab, physical therapy or other rehab programs, water exercise classes, group fitness for special populations, yoga for special populations (example: prenatal, arthritis), senior adult activity or fitness programs, Special Olympics training, youth fitness, or another program subject to instructor approval. Each experience must be documented and include a two-page double-spaced typed description and reflection of the experience. (5% of final grade)
3. Graduate students will take the lead in presenting their entire chapter for that day and leading class discussion. (10% of final grade)

CLASS TIMELINE (subject to change)

<i>Date</i>	<i>Day</i>	<i>Class Topic</i>
1/8	T	Class 1: Overview, Class expectations
1/10	TH	Class 2: Chapters 1- 2, Intro and Approach to Exercise and Disease Management Last day to drop/add is Friday, 1/11
1/15	T	Class 3: Chapter 3-4, Exercise is Medicine, Managing Exercise in Persons with Multiple Chronic Conditions select lecture topics
1/17	TH	Class 4: Legislation affecting special populations: IDEA, ADA, Civil Rights, Title IX, Health Care Reform (readings posted on Blackboard)
1/22	T	Class 5: Chapter 5, Youths (Last day for S/U selection is Tues 1/22)
1/24	TH	Class 6: Chapters 6, 12, 13, Myocardial Infarction, Heart Failure, Heart Transplant
1/29	T	Class 7: Chapter 14, Hypertension, choose final paper/presentation topic
1/31	TH	Class 8: Chapters 17-18: Lung diseases COPD, CRPD, review for Exam I (Last day to apply for August or December 2013 graduation without a fee is Fri Feb 1)
2/5	T	Class 9: EXAM I
2/7	TH	Class 10: Chapters 19-21, Asthma, Cystic Fibrosis, Lung Transplants
2/12	T	Class 11: Chapter 23, End-Stage Metabolic Diseases (kidney, liver) guest speaker
2/14	TH	Class 12: <i>SEACSM Meeting, Greenville, SC</i>
2/19	T	Class 13: Chapters 22, 24, 25, Hyperlipidemia, Obesity, Diabetes
2/21	TH	Class 14: Chapter 26: Frailty, aging,
2/26	T	Class 15: Senior Fitness Test Demo/Practice
2/28	TH	Class 16: : Chapter 27, Cancer
3/5	T	Class 17: Chapter 28: HIV/AIDS
3/7	TH	Class 18: Chapters 30-31: Chronic Fatigue, Fibromyalgia (Last day to withdraw for N grade or S/U rescind is Wed March 6)
3/12	T	SPRING BREAK—no class
3/14	TH	SPRING BREAK—no class
3/19	T	Class 19: Chapters 34, 35, 36, Arthritis, Back Pain, Osteoporosis Review for Exam II
3/21	TH	Class 20: EXAM II
3/26	T	Class 21: Chapter 37-38: Amputation, Stroke and Brain Injury
3/28	TH	Class 22: Chapters 39: Spinal Cord Injury
4/2	T	Class 23: Chapters 40, 45, Muscular Dystrophy, Cerebral Palsy
4/4	TH	Class 24: Chapters 42, 44, Multiple Sclerosis, Amyotrophic Lateral Sclerosis (ALS)
4/9	T	Class 25: Chapters 46, 48, Parkinson's & Alzheimer's diseases
4/11	TH	Class 26: Chapters 49-50: Mental illness, anxiety, and depression
4/16	T	Class 27: In-class presentations
4/18	TH	Class 28: In-class presentations, review for final
4/22	M	Final papers due on Turnitin.com by midnight
4/25	TH	FINAL EXAM, 3:00 p.m., Room 219

