

KINE 296: Applied Exercise Prescription for Older Adults

Instructors: P. Kelly Charles, Ed.S. (pkmart@wm.edu), Evie Burnet, D.P.T., Ph.D. Class meeting times: Tuesday and Thursday 11-12:10

Course Description

This course is designed to introduce students to the facilitation of fitness and wellness activities for older adults. It is based on the model studied in the prerequisite course: Health-Related Exercise Prescription, while building on research conducted by Kinesiology and Health Sciences faculty with the Williamsburg Landing, a local retirement community. The instructor pairs the student with a client for one-on-one training throughout the semester. Students will design an exercise plan that implements weight, cardiovascular, balance, and flexibility training; and proper warm up and cool down techniques. The class will include classroom theory, demonstration and practice of fitness activities and incorporates the goal of applied community research and scholarship as well as fieldwork with clients from Williamsburg Landing.

Course Credit

3 credit hours, consisting of meetings with clients at Williamsburg Landing on Tuesdays and Thursdays from 11-12:10 and at least 6 hours of homework per week.

Course Prerequisite

KINE 295: Health-Related Exercise Prescription

Course Texts

American College of Sports Medicine and Chodzko-Zajko, W (2013). *Exercise for Older Adults* Wolters Kluwer Health/Lippincott Williams & Wilkins. ISBN: 9781609136475.

Smith, William (2015). *Exercises for Better Balance*. Hatherleigh Press.

Students will compile a list of 5 scholarly readings that focus on the particular needs of their client and incorporate them into their paper and presentation assignments.

Course Objectives

Upon successful completion of this course the student will:

1. Demonstrate proper technique while performing body weight and resistance training; flexibility, balance, and cardiovascular exercise.
2. Understand the major principles underlying adaptation of the body to resistance training and cardiovascular exercise.
3. Demonstrate and understand the significance of proper warm-up, stretching, cool down exercises and relaxation techniques.
4. Design and modify resistance training and cardiovascular exercise programs for specific clients from Williamsburg Landing.
5. Implement and evaluate resistance training and cardiovascular exercise programs for specific clients from Williamsburg Landing.
6. Analyze the efficacy of different mentor/client interactive techniques through phone conversations, on-site interviews and mentoring experiences.
7. Synthesize the most appropriate treatment protocol for the client.
8. Reflect on the overall mentoring experience in the final paper.
9. Present findings through PowerPoint about individualized program development.
10. Coordinate learning from scientific faculty research, the scholarship of the Health-Related Exercise Prescription prerequisite and the experiential application.

Course Evaluation

1. Attendance: (10%) Students are expected to be at all class meetings.
2. Chapter Presentations/ Group Exercise Instruction: (10%) Students will present chapter summaries to the class and lead a Balance and Stretching portion of the class.
3. Log of Field Experiences: (20 %) Include details of all phone calls made to encourage client attendance and give positive reinforcement. It will also detail the analysis of the needs and condition of the client and the wellness program being

developed to meet these needs. This analysis will take the form of a plan/outline of an individualized exercise plan for each client devised by the student and implemented through one-on-one training.

3. Paper: (30%) Comprehensive written project to analyze the particular challenges faced by the client, based on the sources researched and utilized by each student. The concluding section will take the form of a reflective analysis of the experience, challenges faced and lessons learned.
4. Presentation (30%) PowerPoint presentation to the class that includes details from the paper, within the parameters of HIPPA, and incorporates the diagnostics from the log, the protocol developed to help the client and scholarly sources used.

Tentative Course Schedule (Unless noted meetings are at Williamsburg Landing)

<u>Date</u>		<u>Reading(s)</u>
1/23	Adair Hall 203, Introduction	ACSM Ch 1 1//28
	Williamsburg Landing for orientation	ACSM Ch2, 3
1/30	First exercise session at-Williamsburg Landing	ACSM Ch4, 5
1/31	Add/Drop Deadline	
2/4, 2/6		ACSM Ch6, 7
2/11, 2/13		ACSM Ch 8, 9
2/18, 2/20		ACSMCh 10
2/25, 2/27		Smith Intro, Ch1
3/2, 3/5		Smith Ch2
3/10, 3/12	Spring Break	
3/17, 3/19		Smith Ch 3
3/24, 3/26		Smith Ch4
3/23	Last Day to Withdraw	
3/31, 4/2		Smith Ch 5
4/7, 4/9		Presentation articles
4/14, 4/16		Presentation articles
		Presentation articles
4/21, 4/23	Adair Hall203, presentations	
4/28, 4/30	Adair Hall 203, presentations	