

Course Number PHED 3173

Course Title Exercise for the Active Aging

Course Description

This course is designed to teach students about the physiology and exercise needs of the aging. Attention will be given to the physiological systems, nutrition, adaptability to training, and training for muscular fitness.

Course Prerequisites

Accepted into Lock 1

Required Materials

Physical Activity Instruction for Older Adults by Jones and Rose Human Kinetics 0-7360-4513-9

Accreditation

Southern Wesleyan University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award associate, baccalaureate, and masters degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, GA 30033-4097 or call 404-679-4500 for questions about the accreditation of Southern Wesleyan University.

The teacher education programs at Southern Wesleyan University are accredited by the National Council for Accreditation of Teacher Education (NCATE), www.ncate.org. This accreditation covers initial teacher preparation programs and advanced educator preparation programs at the main campus in Central and all other learning centers operated by SWU. The university's teacher education programs are also approved by the South Carolina State Board of Education.

Program Learning Outcomes

Enter program learning outcomes

PLO#1	The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
PLO#2	The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PLO#3	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
PLO#4	The physically literate individual exhibits responsible personal and social behavior that respects self and others.
PLO#5	The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Course Learning Outcomes

Enter course learning outcomes, connect to program learning outcomes

		Aligns with
CLO#1	Understand the rationale for the development of the subdiscipline of kinesiology called gerokinesiology	PLO(s)# 1,2
CLO#2	explain the benefits of physical activity for body, mind, and spirit.	PLO(s)# 3, 5
CLO#3	Understand the physiological basis for various lab based assessments of cardiorespiratory function, muscular strength, body comp, and balance	PLO(s)# 2, 3
CLO#4	apply exercise principles and variables to the design and implementation of the aerobic endurance training component of a physical activity program	PLO(s)# 2, 3
CLO#5		PLO(s)#

Course Learning Assignments and Assessments Grading

Assignments	30 %
Study Questions	20 %
Key Terms	20 %
Application Activities	30 %
Total	100%

Enter Grade Category 1 from table above – Enter %

Various assignments will provide students with hands on experiences.

Enter Grade Category 2 from table above – Enter %

The study questions serve as chapter quizzes and will be completed for each chapter covered.

Enter Grade Category 3 from table above – Enter %

Key terms identified in each chapter will be defined.

Enter Grade Category 4 from table above – Enter %

Students will complete a variety of tasks when completing the application activities.

GRADE EQUIVALENCY TABLE

All grades are reported in a system of eleven letter grades designated as “A” through “F” with appropriate plus and minus additions reflecting the following scheme:

Percentage Value	Letter Grade	Numeric Value for GPA
96-100	A	4.0
93-96	A-	3.7

90-93	B+	3.4
87-90	B	3.0
84-87	B-	2.7
81-84	C+	2.4
78-81	C	2.0
75-78	C-	1.7
73-75	D+	1.4
70-73	D	1.0
<70	F	0.0

Course Policies

Attendance Policy

Regular attendance is a key to success in the course. Please refer to the Attendance Policy outlined in the Catalog for full details of the SWU policy on attendance.

Online attendance is based on completion of at least one designated assignment by the due date/time posted within the course site for each session. Online activities may include lecture, assignments, readings, discussion forums, and assessments (e.g. quizzes, tests).

Late Assignment Policy

Assignments

Meeting assigned due dates is critical for demonstrating progress and ensuring appropriate time for instructor feedback on assignments. Students are expected to submit their assignments on or before the due date. Assignments are due by midnight on the days specified.

In the case of extenuating circumstances (such as hospitalization, child birth, major accident, injury, military obligation, or bereavement), it is the responsibility of students to contact the instructor as soon as practicable. The instructor may waive the penalty for late work if the circumstances are justified.

Students must submit final course assignments no later than the last day of the term. No assignments are accepted after the last day of the term.

Discussions

Students must submit discussion board postings during the time frame indicated.

Communication

The course site (Canvas) and SWU email are the primary tools for class communication, assignments, handouts, etc. All participants must have access to the course site and SWU e-mail and are expected to access them on a daily basis.

While it is important to maintain good communication with the instructor, Internet connectivity problems and home computer problems are not considered adequate excuses for missing assigned class work.

Technology Requirements

To be successful in this course, all participants are expected to ensure their technology equipment meets the [recommendations \(Links to an external site.\)](#) provided by SWU's Technology Services.

Students requiring technical support related to their courses or other SWU-provided technologies should send an e-mail to helpdesk@swu.edu or call 864.644.5050.

Academic Honesty

Honesty in all matters - including honesty in academic endeavors - is a valued principle at Southern Wesleyan University. It is the expectation of the university that all those joining the academic program will act with integrity in all matters.

No forms of academic dishonesty will be tolerated. Students are encouraged to help each other maintain these high standards. All academic dishonesty should be reported to the faculty directly. Faculty, upon evidence of academic dishonesty (cheating, plagiarism, or misuse of another's intellectual property), either by voluntary confession, report of another student, or on the basis of work submitted, must follow the procedure outlined in the Catalog (under *Academic Honesty*). This includes but is not limited to a zero for the work involved, 10% course grade reduction, or a failing grade for the course. Unresolved cases may be appealed using the Appeal Process outlined in the Catalog (under *Academic Honesty*).

Accommodations for Students with Disabilities

Southern Wesleyan University is committed to providing equitable access to learning opportunities for all students. Accommodations can be made for students with disabilities, as outlined in “Services for Students with Disabilities,” found under mySWU’s Student tab under [Learning Resources \(Links to an external site.\)](#). Any student desiring accommodations must send a request and supporting documentation to Dr. Tonya Strickland at tstrickland@swu.edu.