

**KES 3302**  
**Health and Aging**  
**Fall 2016**

Sul Ross State University  
Department of Kinesiology and Human Performance

**Class Time:** Online

**Class Location:** Blackboard

**Instructor:** Jim Hector, Ed.D.

**Email:** [jhector@sulross.edu](mailto:jhector@sulross.edu)

**Office Hours:** M-F: 2:00 a.m. – 4:00 a.m.

**Office Location:** GPC 202A

**Office Phone:** 432-837- 8213

**COURSE RATIONALE:** The purpose of the course is to provide an in-depth study of physiological aspects, special health concerns, chronic illnesses and services as applied to health and aging.

**RECOMMENDED TEXTBOOKS/READING MATERIAL:**

**Textbook(s):** Ferrini, A. F. & Ferrini, R. L. (2006). *Health in the later years*. (4th Ed). Boston: McGraw-Hill.

**Other Materials:** There may be handouts from various sources and outside readings assigned periodically. Additional course materials may be posted on Blackboard.

**STUDENT LEARNING OUTCOMES:**

1. Create and implement health and physical activity principles of performance within diverse populations.
2. Prepare, instruct, and assess developmentally appropriate physical education and/or exercise prescription based on students'/clients' needs.

**STANDARD ALIGNMENT:**

- Standard II: The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.
  - ✓ *Competency 006:* The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.

**COURSE OBJECTIVES:** Students will be able to:

1. Demonstrate knowledge of the structures, functions, components, and actions of major body systems and how various body systems produce movement, adapt to physical activity and contribute to fitness.
2. Analyze the physiological effects of moderate and vigorous physical activity during and after exercise and knows the risks associated with inactivity and the health benefits of

regular participation in physical activity (e.g., decreased risk of illness, lowered resting heart rate).

3. Apply knowledge of the basic components of health-related fitness (i.e., cardiovascular endurance, muscular strength and endurance, flexibility, and body composition) and their significance in relation to physical activity, health and fitness.
4. Demonstrate an understanding of basic principles of physical fitness training (e.g., frequency, intensity, type, duration, progressive overload, specificity), and knows principles and benefits of warm-up and cool-down exercise procedures.
5. Analyze individual variation in levels of health and fitness and knows the principles and techniques for designing, implementing, and maintaining individualized health and fitness plans (e.g., setting realistic short-term goals, evaluating and selecting activities to achieve goals).

**STYLE OF TEACHING:** The objectives of this course will be met through an integrated teaching style that will include lecture, discussion, and presentations. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class.

**GRADING:**

**600 total points possible**

- |                              |                   |
|------------------------------|-------------------|
| ▪ Exams 2 @ 100 =            | 200 points        |
| ▪ Final Exam 1 @ 130 =       | 130 points        |
| ▪ Quizzes 17 @ 10 =          | 170 points        |
| ▪ Discussion Boards 2 @ 50 = | 100 points        |
| <b>Course Total</b>          | <b>600 points</b> |

**Grade Point Totals**

- 540-600 = A
- 480-539 = B
- 420-479 = C
- 360-419 = D
- < 359 = F

**Read chapter notes and supplemental before doing quizzes**

**EXPECTATION OF STUDENTS:**

- Students are responsible for keeping up with the reading and are expected to read the assigned chapters and/or other posted readings prior to class in order to contribute to online discussion.
- Handouts distributed through Blackboard and in class should be kept in a notebook in order to be referred to as necessary.

**ACADEMIC DISHONESTY OR MISCONDUCT:** Sul Ross State University is committed to the highest standards of integrity and ethical conduct. Participating in behavior that violates academic integrity (plagiarism, etc.) will result in disciplinary action and may include: receiving a failing grade for the assignment, failing the course, and suspension and/or dismissal from the University.

**DROP POLICY:** Access information regarding schedule changes at:  
<http://www.sulross.edu/page/967/schedule-changes-withdrawals>

## Tentative Course Outline

*This schedule is subject to revision. Please check Black Board for updates.*

Date	Topic	Assignment Due
09/4	Chapters 1	Chapter Quiz 1
09/11	Chapters 2 and 3	Chapter Quizzes 2 and 3
09/18	Chapters 4 and 5	Chapter Quizzes 4 and 5
09/25	Exam One	
10/2	Chapters 6	Chapter Quiz 6
10/9	Chapter 7 and 8	Chapter Quizzes 7 and 8
10/16	Chapter 9	Chapter Quiz 9
10/23	Chapter 10 and 11	Chapter Quizzes 10 and 11
10/30	Exam Two	
11/6	Chapter 12 and 13	Chapter Quizzes 12 and 13
11/13	Chapter 14	Chapter Quiz 14
11/20	Chapter 15 and 16	Chapter Quizzes 15 and 16
11/27	Chapter 17	Chapter Quizzes 17
12/3	Final Exam	

These due dates are final but you can work ahead if you like

**ADA Accommodations:** Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartz, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: [mschwartz@sulross.edu](mailto:mschwartz@sulross.edu)

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