

KES 3302
Health and Aging
Summer II 2019

Sul Ross State University

Department of Kinesiology and Human Performance

Class Time: Online

Class Location: Online

Instructor: Jim Hector, Ed.D.

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Office Phone: 432-837-8213

Office Hours: MTWTH: 9:00 – 11:30

COURSE RATIONALE: The purpose of the online 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: Material will be available on power point presentations and youtube.com

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

STUDENT LEARNING OUTCOMES:

SLO 1 - Undergraduate students will demonstrate written comprehensive competency in Core Kinesiology Theories.

SLO 2 - Undergraduate students must quantify student internship experience.

SLO 3 - Undergraduate students will demonstrate proficiency in a variety of communication methods.

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 online presentations and discussion boards. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class. This is a online blackboard course. No assignments shall be accepted via email and **all assignments shall be turned in on blackboard or during class.**

GRADING:

1000 total points possible

- Final Exam = 100 points
- Quizzes (10 @ 40 points each) = 400 points
- Youtube activities (4 @ 50 points each) = 200 points
- Discussion Boards = (4 @ 50 points each) = 200 points
- Outside assignment (interview) = 100 points
- Syllabus quiz = 20 points bonus

A = 1000 – 900
B = 800 -899
C = 700 – 799
D = 600 – 699
F = >600

EVALUATION PROCEDURES:

- ✓ **Syllabus Quiz = 10 bonus points**
 - There will be a syllabus quiz worth ten points. You must take the syllabus quiz and make 80% or answer eight out of ten questions correctly before advancing to the first chapter quiz or any assignments/discussion boards. The syllabus quiz will be available in the Quiz, Test & Exams section. **See syllabus calendar for due date.**

- ✓ **Final Exam = 100 points**
 - The final exam will consist of multiple choice questions. Exams will cover all material provided in the assigned readings.
 - All students are expected to take the exam no later than the designated day and time assigned.
 - The final exam will be posted in the Quiz, Test & Exams section of blackboard.
 - **All students are expected to take the final exam no later than the designated day and time assigned in the syllabus calendar.**

- ✓ **Quiz, Test & Exams = 40 points each totaling 400 points.**
 - There will be 10 quizzes that may consist of multiple choice or matching questions. Quizzes could cover any material provided in the assigned reading.
 - 40 point quizzes can be found in the Quiz, Test, Exams section of blackboard.
 - **All students are expected to take the quiz no later than the designated day and time assigned in the syllabus calendar.**
 - **All quizzes that are submitted after the due date will receive a zero.**

- ✓ **Video Activities = 50 points each totaling 200 points.**
 - Video activities may consist of various projects related to the topic area of discussion.
 - Video activities are found in the Assignments section of your menu.
 - **All students are expected to complete video activities no later than the designated day and time assigned in the syllabus calendar.**
 - **All assignments that are submitted after the due date will receive half off.**

- ✓ **Discussion Board = 50 points each totaling 200 points.**
 - Discussion Board which can be found on the menu of blackboard.
 - **Students must participate in discussion board activities no later than the dates outlined in the syllabus calendar.**
 - **Students will receive a zero if they do not participate on discussion boards before the due date.**

- ✓ **Outside Assignment = 100 points**
 - Students will interview a (aged 65 years or older). A questionnaire will be provided online via blackboard in the course content section
 - The interview is graded on the quality of the questionnaire.
 - Students may create their own twelve (12) questions and do not need to use the sample.

DISCUSSION BOARD: Discussion board first response must be at least 100 words. There will be a discussion question posted under the discussion tab for you to respond. To respond to the discussion you click on the hyperlink to the discussion and then click on create new thread. Put your last name and the week in the subject line (eg. LastNameDiscussion1). You can respond directly in the message area, however, I suggest you type your response in a word document, spell check, then copy and paste it into the message area. You can upload your response as an attachment, but please **ALSO** copy and paste it into the message area so we do not have to open an attachment to read your post. Answering a discussion question is worth 15 points. As mentioned below each response is worth 5 points totaling 25 points.

Responses to others: Both responses must be at least 30 words each. Under each discussion post you must respond to another classmate's original discussion post. The response is worth 10 points (respond to two separate classmates for 10 points). The response must be more than "good job", "I like what you said", etc., it must be a substantial response that would be as if you were having a discussion on the topic in class. A substantial response would include, but not limited to: adding to the discussion with further information you find (cite your source), asking relevant questions, as well as critiquing in a positive way the post. **ALWAYS** spell check and edit your responses. These should be academic responses and not chat room or informal language. Do be

respectful of others, do use proper language – do NOT hurt others feelings. To respond to another’s post, click on their post and reply. Title the subject of your response with your last name and “response to _____ week 1 post” (eg. Brandon’s response to Henderson’s Discussion 1 post).

DISCUSSION BOARD GRADING EXAMPLE:

- Discussion post = 30 points
- Discussion response = 10 points
- Second discussion response = 10 points
- Total points: = 50 points

Note: All grading will be based on the quality of the assignment submitted; factors such as a student's ability and the effort put into an assignment will only be assessed to the extent that they influence the quality of the work submitted. All written work should be submitted in APA format.

EVALUATION PROCEDURES:

Note: All grading will be based on the quality of the assignment submitted; factors such as a student's ability and the effort put into an assignment will only be assessed to the extent that they influence the quality of the work submitted. All written work should be submitted in APA format.

EXPECTATION OF STUDENTS:

- Students are responsible for keeping up with the power point reading and are expected to view the assigned video activities and/or other posted readings prior to class in order to contribute to online discussion.

ADA Accommodations: The University is committed to equal access compliance with the American with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. The Disability Services Coordinator in Counseling and Student Support Services has the responsibility to ensure students with disabilities the opportunities for full participation in programs, services, and activities. Students seeking disability services need to contact the Disability Services Coordinator:

Counseling Accessibility Services
Ferguson Hall Room 112
432-837-8203

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.

REVIEW ALL DUE DATES. TOPICS WILL NOT BE AVAILABLE AFTER DUE DATES

Topic	Due Dates
<i>Course begins</i>	<i>Monday, July 8</i>
<i>Syllabus Quiz due</i>	<i>Tuesday, July 9</i>
<i>Quiz 1 – Chapter 1</i>	<i>Thursday, July 11</i>
<i>Discussion Board 1</i>	<i>Sunday, July 14</i>
<i>Quiz 2 – Chapter 2</i>	<i>Monday, July 15</i>
<i>Video Activity 1</i>	<i>Wednesday, July 17</i>
<i>Quiz 3 – Chapter 3</i>	<i>Thursday, July 18</i>
<i>Discussion Board 2</i>	<i>Sunday, July 21</i>
<i>Quiz 4 – Chapter 4</i>	<i>Monday, July 22</i>
<i>Video Activity 2</i>	<i>Wednesday, July 24</i>
<i>Quiz 5 – Chapter 5</i>	<i>Thursday, July 25</i>
<i>Quiz 6 – Chapter 6</i>	<i>Monday, July 29</i>
<i>Video Activity 3</i>	<i>Tuesday, July 30</i>
<i>Discussion Board 3</i>	<i>Wednesday, July 31</i>
<i>Quiz 7 – Chapter 7</i>	<i>Thursday, August 1</i>
<i>Quiz 8 – Chapter 9</i>	<i>Monday, August 5</i>
<i>Video Activity 4</i>	<i>Wednesday, August 7</i>
<i>Quiz 9 – Chapter 10</i>	<i>Thursday, August 8</i>
<i>Quiz 10 – Chapter 12</i>	<i>Monday, August 12</i>
<i>Discussion Board 4</i>	<i>Sunday, August 4</i>
<i>Final Exam</i>	<i>Thursday, August 15</i>
<i>Interview</i>	<i>Thursday, August 15</i>