General Information
Instructor: Matthew Segovia, M.S.
Email: mdsegovia@utep.edu
Office Hours: By appointment via Zoom – scheduled as needed
Class time: Asynchronous online delivery

Prerequisites BIOL 2311, KIN 3331, KIN 4312, and department approval.

Course Description
Designing and implementing scientifically sound fitness programs for the older adult population. Analysis of concepts of aging, age-related changes in physical ability, physical activity needs of older adults, exercise programming guidelines for older adults, and practical implementation of fitness programs for older adults.

Learning Objectives
Students who successfully complete this course should be able to:
• Demonstrate knowledge and understanding of the terms, concepts and scientific principles associated with geriatric fitness programming.
• Discuss training factors that must be manipulated in the development of strength, power, endurance, mobility, agility, balance, and flexibility.
• Apply the scientific principles of geriatric fitness programming in real-life practical applications.
• Feel competent and confident in designing and carrying out practical fitness sessions for older adults, and demonstrate accountability and ownership in their work.

Course Evaluation
Quizzes x 6 100
Medical consideration paper x 1 100
Demonstration Videos x 5 150
Demonstration defense paper x 5 100
Course Project 300

Total Points Possible 750

Grade Points
A = 675 - 750
B = 600 - 674
C = 525 - 599
D = 450 - 524
F = 0 to 449

Grades will not be rounded. For instance, if you have earned a 78.6%, you will earn a C; your percentage will not be rounded to a B.
**Quizzes:** All quizzes will be taken on blackboard and are marked on the course schedule. The quizzes will be over the course content for that week(s) and will be available until the designated due date and are meant to be used as a concept check throughout the course.

**Medical Consideration Paper:** Each student will be responsible for a research paper that details a medical condition that is specific to an aging population. The student is to select a condition of their choice (hopefully one that is of interest) that can either be improved through exercise, or one in which exercise accommodations are specific and needed. Further instruction will be provided during the semester.

**Demonstration Videos:** Each student will be responsible for creating and submitting demonstration videos during the course. The videos will cover a specific topic with the goal being that an individual with little to no exercise experience can follow for application. The video topics will be over the corresponding course topics of the week(s). Further instruction will be provided during the semester.

**Demonstration Defense Paper:** Along with the demonstration videos, each student will also be required to submit with it a defense paper. This paper should explain the students reasoning and importance for creating the video. Further instruction will be provided during the semester.

**Course Project:** Each student is required to complete a course project. The course project will be a complete program design that an older individual would be able to follow for a full workout. There are three components that you will be graded and assessed on: 1) Exercise design and components; 2) Video submission; 3) Program defense paper. Further instruction will be provided during the semester.

**Attendance Policy**
There are no scheduled virtual meetings for this course. Students may move through the weeks at their own pace. Be aware of required assignments each week and plan accordingly.
The last day to **drop this course is April 1, 2021** without receiving a ‘W’ or failing grade.

**Course Content**
See the class schedule for approximate dates for each covered topic.

**Changes to this syllabus:** The course schedule may be altered by the instructor, with sufficient notice being provided to students.

**Cheating, Plagiarism, Scholastic Dishonesty, and Student Discipline:** Cheating is obtaining a reward for ability by dishonest means. It is unethical and not acceptable. Plagiarism occurs whenever a student quotes, paraphrases or summarizes another person's work without providing correct citation. Plagiarism occurs whether the work quoted is a book, article, website, reader's guide like Cliffs Notes or SparkNotes, another student's paper, or any other source. An entire essay is fraudulent even if only a single sentence is plagiarized. **Do not submit work under your name that you did not do yourself, ever.** You may not submit work for this class that you did for another class. If you cheated or plagiarized, you will be subject to disciplinary action as stated in the UTEP undergraduate catalog policy.

“Scholastic dishonesty (which includes the attempt of any student to present the work of another as his or her own, or any work which s(h)es has not honestly performed, or attempting to pass any examination by improper means) is a serious offense and will subject the student to disciplinary action. The aiding and abetting of a student in any dishonesty is held to be an equally serious offense. All alleged acts of scholastic dishonesty should be reported to the Dean of Students for disposition. It is the Dean of Students’ responsibility to investigate each allegation, dismiss the allegation, or proceed with disciplinary action in a manner which provides the accused student his or her rights of due process.” Refer to [http://www.utep.edu/dos/acadintg.htm](http://www.utep.edu/dos/acadintg.htm) for further information.
UTEP has a site license for **Turnitin.com**, a plagiarism detection site that you can also use to check your own work for this or other classes to prevent getting in trouble. If you want to test your understanding of plagiarism, take the self-assessment at [http://education.indiana.edu/~frick/plagiarism](http://education.indiana.edu/~frick/plagiarism) or visit [http://www.turnitin.com](http://www.turnitin.com)

When an assignment specifies that you must perform a task individually, asking for your classmates’ help is **collusion** and thus scholastic dishonesty. Any instances of scholastic dishonesty will be reported to the Dean of Students Office.

**Deadline Policy and Late Assignments:** It is essential that you regularly visit the class Blackboard website prepared to work. Once a deadline has passed, you can no longer turn in your work for credit. Plan carefully to ensure you meet the deadlines. If you wait until the last minute, things that can go wrong often do. Start early so you have time to deal with problems and are still able turn in your assignments on time. Do not procrastinate!

**Missed Assignments:** All assignments will strictly follow UTEP’s attendance policy. Any missed assignment that does not meet the requirements of an excused absence will be counted as a 0. If you are going to / or miss an assignment and you believe the absence is excusable, you must contact the Professor within 24 hours of the assignments due date. Emailing later in the semester about missing grades, even if the absence was excused, will not be accepted. It is the student’s responsibility to keep track of when assignments are due and also communicating to the Professor when absences happen.

**Students in Need of Assistance:** UTEP seeks to provide reasonable accommodations for all qualified individuals who need accommodations or support for their learning. This university adheres to all applicable federal, state, and local laws, regulations and guidelines with respect to providing reasonable accommodations as required, affording equal educational opportunity. It is the student's responsibility to register with the Center for Accommodations and Support Services: [http://sa.utep.edu/cass/](http://sa.utep.edu/cass/) in the UTEP Union Bldg. East Wing, Room 106 *within the first two weeks of classes*, and inform the faculty member to arrange for appropriate accommodations or support.

The CASS Office can also be reached in the following ways: Web: [http://cass.utep.edu/](http://cass.utep.edu/); Phone: (915) 747-5148 voice or TTY; Fax: (915) 747-8712; E-Mail: cass@utep.edu

**Campus Safety and Emergencies Notifications:** Information Technology at UTEP provides emergency notification via your mobile phone. Visit [http://www.utep.edu/it](http://www.utep.edu/it) for more information and registration. Check the UTEP website for health-related information and updates.

**Blackboard Help:** Students can receive help on blackboard 24/7 by calling 915-747-4357 and selecting option number 2, or by visiting [https://www.utep.edu/technologysupport/ServiceCatalog/Student_Services.html](https://www.utep.edu/technologysupport/ServiceCatalog/Student_Services.html)
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<td>Chapter 1 – The Field of Gerokinesiology</td>
<td>Start Researching Medical Consideration</td>
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<td>Week 14</td>
<td>Chapter 11 – Flexibility Training</td>
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<td>Week 15</td>
<td>Working week – no class content</td>
<td>Medical consideration paper due 5/8 by 11:59pm</td>
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<td>Week 16</td>
<td>Working week – no class content</td>
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<td>Week 17</td>
<td>Finals Week – FINAL PROJECT DUE 5/14 BY 11:59PM!!!</td>
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* All online assignments are due by 11:59pm the Saturday of the assigned week. For instance, Quiz 1 is due February 27th at 11:59pm*