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.

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

Course Objectives
This course is designed to provide individuals from allied healthcare professions and physical activity domains an understanding of how to stress the human body to elicit physical function and performance improvements in older adults. The course will lean heavily on prerequisite coursework and a working knowledge of anatomical and physiological terminology is expected. At the conclusion of this course, the student should be able to:

1. Demonstrate knowledge and understanding of the terms, concepts and scientific principles associated with geriatric fitness programming.
2. Discuss training factors that must be manipulated in the development of strength, power, endurance, mobility, agility, balance, and flexibility.
3. Apply the scientific principles of geriatric fitness programming in real-life practical applications.
4. Feel competent and confident in designing and carrying out practical fitness sessions for older adults, and demonstrate accountability and ownership in their work.

Class Meetings and Instructor Contact
Class sessions: Online course delivery
Instructor: Sandor Dorgo, Ph.D., CSCS
Office hours: Virtual office hours daily, 12:00 – 1:00 pm, or by appointment
Phone: (915) 747-7222
E-mail: sdorgo@utep.edu
Social Media: Golden Age Program: www.instagram.com/goldenagefitness50/
www.facebook.com/goldenagefitnesselpaso/
Fitness Research Lab: www.instagram.com/fitnessresearchlab.utep/
www.facebook.com/fitnessresearchlab.utep/

Required Textbook
Attendance Policy
The course will be delivered fully online. All assignments and tests will be accessible through Blackboard. All class meetings and discussions will be facilitated through Blackboard Collaborate. The instructor will set up the reoccurring virtual meetings. Students will be encouraged but not required to attend the virtual class meetings. Regularly attending in the virtual class meetings and participating in the discussion of the course material will benefit the students’ understanding of the course content. Also, study resources will be provided on Blackboard to facilitate student learning outside the live virtual meetings.

Tardy Policy
Classes meetings will be held on Blackboard Collaborate. Students will be encouraged but not required to attend class meetings from beginning to end.

Technology Needed for Course Completion
Students should have a reliable electronic device (desktop, laptop, tablet, etc.) and preferably high-speed internet access to be able to access, download, and upload all materials, assignments, and exams on Blackboard, and to voluntarily attend virtual class meetings. Campus resources (listed below) are available for students to rent relevant equipment, if necessary.

Preparation for Classes
Students will have reading assignments on a regular basis. The instructor will strive to cover all study materials and provide abundant amount of information; however, due to the limits of virtual class meetings and other influencing factors, students will also be expected to attain textbook and reading assignment information on their own.

In-class Participation
Students are encouraged to actively participate in all online discussions and online physical activities. Discussions and in-class activities will be applied in order to better understand the given material, enhance learning, practice communication skills and demonstrate knowledge without paper or text.

Note: The Kinesiology Program seeks to provide reasonable accommodations for all qualified individuals with disabilities with respect to equal educational opportunities. If you have a disability and need classroom accommodations, please contact The Center for Accommodations and Support Services (CASS) at 747-5148, or by email to cass@utep.edu, or visit their office located in UTEP Union East, Room 106. For additional information, please visit the CASS website at www.sa.utep.edu/cass. CASS’ Staff are the only individuals who can validate and if need be, authorize accommodations for students with disabilities.

Scholastic Honesty, Discipline, and Professional Conduct
The University of Texas at El Paso prides itself on its standards of academic excellence. In all matters of intellectual pursuit, UTEP faculty and students must strive to achieve excellence based on the quality of work produced by the individual. In the classroom and in all other academic activities, students are expected to uphold the highest standards of academic integrity.
Any form of academic dishonesty is an affront to the pursuit of knowledge and jeopardizes the quality of the degree awarded to all graduates of UTEP. It is imperative, therefore, that the members of this academic community understand the regulations pertaining to academic integrity and that all faculty insist on adherence to these standards. Any student who commits an act of academic dishonesty is subject to discipline. Academic dishonesty includes, and is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, and any act designed to give unfair advantage to a student or the attempt to commit such acts. Proven violations of the detailed regulations, as printed in the *Handbook of Operating Procedures (HOP)*, available on the homepage of the Office of Student Conduct and Conflict Resolution and Office of Student Life [https://www.utep.edu/student-affairs/osccr/](https://www.utep.edu/student-affairs/osccr/), can result in sanctions ranging from disciplinary probation, to a failing grade on the work in question, to a failing grade in the course, to suspension or dismissal, among others.

**Grading Scale**
A: 90.00-100%; B: 80.00-89.99%; C: 70.00-79.99%; D: 60.00-69.99%; F: below 59.99%

**Evaluation of Students**

Final grade will be based on the cumulative number of points of the following:

<table>
<thead>
<tr>
<th>Event:</th>
<th>Value:</th>
<th>Due date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes on Designated Course Material (total of 14 quizzes)</td>
<td>70% (14 x 5%)</td>
<td>Ongoing (see detailed due dates below)</td>
</tr>
<tr>
<td>Training Plan Design and Video Assignments (total of 12 assignments)</td>
<td>30% (12 x 2.5%)</td>
<td>Ongoing (see detailed due dates below)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100 %</strong></td>
<td></td>
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</tbody>
</table>

**Quizzes:** Quizzes will include materials covered in class with particular focus on the covered textbook chapters, as well as other assigned reading. Quiz contents are detailed in the course schedule, but may be adjusted as the course proceeds. The instructor will inform the students if any adjustments are necessary. The format of quizzes will be multiple choice. Quiz questions will be developed by the course instructor. All quizzes will be available online through Blackboard for a period of time (typically over several days), allowing students to complete the quizzes at their preferred time. However, quizzes must be completed by the below specified due dates. Quizzes will not be available for completion after the due dates, thus failure to complete the quizzes by the specified due dates will result in zero grade on the given quiz.

During the online quizzes, students must follow the below specified policies/guidelines. Policy violations will be considered a violation of the scholastic honesty, discipline, and professional conduct expectations outlined above in the course syllabus and will result in disciplinary actions.

- The quizzes will assess students’ knowledge on the predetermined course materials, including textbook chapters and other designated readings. Quiz questions will be presented in a multiple-choice format and the content of the quiz questions will be directly relevant to the reading materials.
- Quizzes are to be taken online, accessed through the course Blackboard site.
- Students will be allowed only a single attempt on the quizzes. The score obtained for that single attempt will be documented in the final grade sheet.
- Quizzes will be accessible through a variety of devices, including desktops, laptops, tablets, smartphones, etc. However, reliable internet connection is critical to successfully complete the exam.
- Quizzes will be accessible only during the time periods specified by the instructor. After the expiration of the exam deadline, students may no longer access the quizzes, resulting in zero score on the relevant quiz.
- Quizzes will be set-up with only one question displayed at a time and backtracking will be prohibited. Accordingly, students should carefully review the presented question and register their answer, as they will not be able to return to the given question later.
- Quizzes will have a time limit for completion. The specific time limit will be displayed prior to the start of the quiz, and a rundown clock will assist students to proper time allocation. At the expiration of the allotted test time, the test will be automatically submitted. Should students experience internet problems or an unexpected disconnection, they will be able to log in again and continue with the quiz prior to the expiration of the allotted time period.
- Accessing the quizzes will require students to activate the Respondus Lockdown Browser. This will require that students close all other webpages or applications on their device.
- Students are encouraged to learn more about the Respondus Lockdown Browser. Prior to taking the quizzes, students should watch an introductory video about this feature, available here: https://www.youtube.com/watch?time_continue=136&v=XuX8WoeAycs&feature=emb_logo or visit the related website https://web.respondus.com/he/lockdownbrowser/
- Respondus Monitor uses a webcam and microphone, through which it records the student’s attempt on quiz taking. Before the start of the quiz, a start-up sequence is initiated to ensure that the student’s webcam and microphone are working properly.
- During the start-up process, Respondus Monitor uses a student photo, which is used to identify the student taking the quiz. Blocking the webcam view with an object, or moving out of the webcam view during the photo taking disables Respondus Monitor entirely. Students thus must take a photo where they are clearly recognizable.
- The students’ webcam must be properly positioned, or if students use an electronic device, such as a laptop or a tablet that has a built-in webcam, the device must be properly positioned so that the resulting video image shows the entire face of the student. Students should check their webcam images to avoid the webcam showing only part of their face, or the student being out of the webcam view entirely. Students’ face must be fully viewable by the webcam during the entire quiz session.
- Students should remove any sunglasses, hats, etc., which would obscure their face recognition. If taking the exam in a public setting, students may wear a surgical mask for public health purposes.
- The faces of students should be well lit, allowing proper recognition and monitoring. Students are advised to avoid taking the exam in a dark room, or have a bright light source (for example an open window) right behind them, thus making their image obscure or shadowed. Students should review their own webcam image for reassurance of video quality prior to taking the exam.
- During the set-up process, Respondus Monitor asks students to take a video snapshot of their immediate test environment. Students are asked to show a 180° view of their surroundings immediately next to their electronic device. This should include items on the student’s desk/table, lap, chair, bench, etc.
- Students are not allowed to have the textbook, class notes, and other electronic devices (laptops, tablets, phones, etc.) placed in the surrounding of the quiz taking device.
- During the quizzes, the use of external devices, such as books, notes, phones, printers, computer files, emails, or any other communication devices are prohibited. The Lockdown Browser feature will disable the student’s primary device to print, capture screen content, visit other web pages, or access other applications during the quizzes.
- During the quizzes, students are expected to keep their eyes continuously on the device monitor. Looking down and up, or looking off to the sides is prohibited.
- During the quizzes, students are not allowed to have a conversation with others in the immediate surrounding area. Student focus should be exclusively on the quiz.
- During the quizzes, students’ face must be consistently viewable. Students should not block the webcam view or cover their face in any way. Students should also avoid leaning into the webcam or moving out of the webcam view.
- During the quizzes, if using a non-stationary device such as a laptop or tablet, students are advised to place the device on a stable surface, such as a desk, and use the device from there during the entire duration of the quiz. Students should avoid repeatedly moving, shaking, rotating, or adjusting the laptop/tablet, such as when taking the quiz while placing the laptop/tablet in their lap.
- During the quizzes, getting up and walking away from the webcam view is prohibited.
- Since the quizzes are voice and video recorded, students should display a professional behavior during the quiz. While reading the quiz questions and answer choices out loud is acceptable, using profanity, vulgarity, or derogatory comments is unacceptable.

Tentative Quiz Availability Dates

<table>
<thead>
<tr>
<th>Quiz Number</th>
<th>Available for Student Access</th>
<th>Due Date (last availability)</th>
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</thead>
<tbody>
<tr>
<td>Quiz 1</td>
<td>Thursday, June 11</td>
<td>Sunday, June 14 by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 2</td>
<td>Friday, June 12</td>
<td>Sunday, June 14 by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 3</td>
<td>Tuesday, June 16</td>
<td>Sunday, June 21 by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 4</td>
<td>Wednesday, June 17</td>
<td>Sunday, June 21 by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 5</td>
<td>Thursday, June 18</td>
<td>Sunday, June 21 by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 6</td>
<td>Friday, June 19</td>
<td>Sunday, June 21 by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 7</td>
<td>Tuesday, June 23</td>
<td>Sunday, June 28 by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 8</td>
<td>Wednesday, June 24</td>
<td>Sunday, June 28 by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 9</td>
<td>Thursday, June 25</td>
<td>Sunday, June 28 by 11:59 pm</td>
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<tr>
<td>Quiz 10</td>
<td>Friday, June 26</td>
<td>Sunday, June 28 by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 11</td>
<td>Friday, June 26</td>
<td>Sunday, June 28 by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 12</td>
<td>Tuesday, June 30</td>
<td>Monday, July 6 by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 13</td>
<td>Wednesday, July 1</td>
<td>Monday, July 6 by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 14</td>
<td>Thursday, July 2</td>
<td>Monday, July 6 by 11:59 pm</td>
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</tbody>
</table>
Training Plan Design and Instructional Exercise Video Assignments: As part of the course, the video assignment provides students the opportunity to put theory into real-world practice. Students will be asked to complete a series of instructional exercise videos intended for real-life application for the geriatric population. Each student will be responsible for creating/designing their own set of exercise training sessions and develop instructional videos for each of the exercise sessions they created. The entire virtual assignment structure and the students’ related performance will be overseen by the course instructor, while trained and experienced real-world program supervisors will be involved in the student performance evaluation as teaching assistants. The evaluation will be based primarily on the students’ abilities to create an exercise training program that adheres to the scientific principles of geriatric exercise training discussed in this course. Student performance on this assignment will be assessed by a relevant rubric, accessible for students on Blackboard. A detailed list of guidelines on the assignment completion expectations are provided for students on Blackboard, titled “Video Assignment Guidelines”.

Students will be asked to upload their assignment documents on Blackboard under the relevant links. Assignment submission due dates will be as follows:

<table>
<thead>
<tr>
<th>Assignment 1 due:</th>
<th>Assignment 2 due:</th>
<th>Assignment 3 due:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, June 9, 11:59 pm</td>
<td>Thursday, June 11, 11:59 pm</td>
<td>Saturday, June 13, 11:59 pm</td>
</tr>
<tr>
<td>Assignment 4 due:</td>
<td>Assignment 5 due:</td>
<td>Assignment 6 due:</td>
</tr>
<tr>
<td>Monday, June 15, 11:59 pm</td>
<td>Wednesday, June 17, 11:59 pm</td>
<td>Friday, June 19, 11:59 pm</td>
</tr>
<tr>
<td>Assignment 7 due:</td>
<td>Assignment 8 due:</td>
<td>Assignment 9 due:</td>
</tr>
<tr>
<td>Monday, June 22, 11:59 pm</td>
<td>Wednesday, June 24, 11:59 pm</td>
<td>Friday, June 26, 11:59 pm</td>
</tr>
<tr>
<td>Assignment 10 due:</td>
<td>Assignment 11 due:</td>
<td>Assignment 12 due:</td>
</tr>
<tr>
<td>Monday, June 29, 11:59 pm</td>
<td>Wednesday, July 1, 11:59 pm</td>
<td>Friday, July 3, 11:59 pm</td>
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</tbody>
</table>

Late Submission of Assignments
Due dates for each assignment will be enforced. Late submissions for assignments will not be accepted. Failure to submit an assignment by the designated due date and time will result in zero credit for the given assignment.

Extra Credits
No extra credit opportunities will be presented in this course.

Syllabus
The electronic copy of the syllabus will be accessible for students on Blackboard. It is recommended that students review the syllabus thoroughly before the start of the semester and later consult with it frequently.

Course Schedule
Tentative course schedule is posted on Blackboard with specific details on daily reading assignments and course content. Please note that the last day to withdraw from class with an automatic “W” is June 26th. After that date a grade of “F” will be recorded. The instructor has the
right to change or modify course content, presented material, required assignment details, course schedule, and grading procedure. Students will be notified of any changes.

**Available Student Resources:**
- UTEP Library: [https://www.utep.edu/library/](https://www.utep.edu/library/)
- University Writing Center: [https://www.utep.edu/uwc/](https://www.utep.edu/uwc/)
- UTEP Technology Support Center and Equipment Checkout: [https://www.utep.edu/technologysupport/TSCenter/tsc_eqcheckout.html](https://www.utep.edu/technologysupport/TSCenter/tsc_eqcheckout.html)
- UTEP HelpDesk: [https://www.utep.edu/technologysupport/](https://www.utep.edu/technologysupport/)
- UTEP Computer and Printing Labs: [https://www.utep.edu/technologysupport/ServiceCatalog/COMP_ComputerPrintingLabs.html](https://www.utep.edu/technologysupport/ServiceCatalog/COMP_ComputerPrintingLabs.html)
- UTEP Counseling and Psychological Services: [https://www.utep.edu/student-affairs/counsel/](https://www.utep.edu/student-affairs/counsel/)
- UTEP Office of Student Conduct and Conflict Resolution: [https://www.utep.edu/student-affairs/osccr/index.html](https://www.utep.edu/student-affairs/osccr/index.html)
- UTEP Campus Advocacy, Resources and Education: [https://www.utep.edu/student-affairs/care/](https://www.utep.edu/student-affairs/care/)