

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 4412A - Exercise for Specific Populations: Impairment and Aging
Fall 2021**

<p>Instructor: Dr. Alis Bonsignore</p> <p>Office: Not Available</p> <p>Email: lbonsig@uwo.ca</p> <p>Phone: Not Available</p> <p>Office Hrs: Every other Friday from 3pm - 5pm via zoom or in person by appointment following scheduled classes.</p> <p>TAs: Joshua Daniel Huggard Email: jhuggard@uwo.ca</p>	<p>Lectures: M/W/F 12:30 - 1:30</p> <p>Fall 2021 Instruction Mode: In person lectures</p>
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NOTE: All course information including grades, assignment outlines, deadlines, etc. are available

how to prescribe safe exercise according to clinical guidelines, special considerations for exercise programming and clinical benefits of exercise training. This course will focus on people living with cancer, heart failure, history of stroke, depression and older adults. The lectures will use real-world case studies to build the clinical skills needed to succeed in the field of Clinical Kinesiology.

Learning Outcomes/Schedule:

LEARNING OUTCOMES:

1. **Identify and delineate** theoretical terms and concepts related to clinical exercise testing, prescription and chronic disease management programs.
2. **Discuss** the pathophysiology of chronic health conditions in the context of exercise prescriptions and clinical outcomes to exercise training.
3. **Synthesize** the current evidence-based practices for exercise testing, prescriptions and interventions for chronic health conditions.
4. **Develop** clinical and decision-making skills needed to succeed as a Registered Kinesiologist in clinical practice.
5. **Further develop** analytical skills as they relate to working with people with chronic health conditions in clinical settings.

CLASS SCHEDULE AND READING OUTLINE (Tentative)

Week	Topic	Readings
1 Sept 8th	Introduction; Chronic Disease and Self-Management Models	Pg 1-19 Pg 361-362
2 Sept 13th	Exercise for Impairment and Aging	Readings will be posted on OWL and discussed in class
3 Sept 20th	Exercise and Cancer	Pg 313-324
4 Sept 27th	Exercise and Cancer	Readings will be posted on OWL and discussed in class
	Friday Lecture Case Studies Review Quiz #1 Due Monday October 4th at 11:59pm	
5 Oct 4th	Exercise and Heart Failure	Pg 237-242
6 Oct 11th	Exercise and Heart Failure	Readings will be posted on OWL and discussed in class
	Friday Lecture Case Studies Review Quiz #2 Due Monday October 18th at 11:59pm	
7 Oct 18th	Review + Mid Term Exam	None
8	Exercise and Stroke	Pg 248-251

Oct 25th		
9 Nov 1st	READING WEEK NO CLASSES	
10 Nov 8th	Exercise and Stroke	Readings will be posted on OWL and discussed in class
	Friday Lecture Case Studies Review	
	Quiz # 3 Due Monday November 15th at 11:59pm	
11 Nov 15th	Exercise and Depression in Clinical Populations	Readings will be posted on OWL and discussed in class
12 Nov 22nd	Exercise and Older Adults	Pg 177-186
	Final Case-	

	<p>how it affects your exercise program, prescribe safe and effective exercise, and describe the benefits of exercise to your client in a way that is easy for them to understand. For the purposes of this assignment, you will complete a case study on one of the health conditions discussed in class and prepare a final report using a pre-defined template. Consider preparing this report to be given to other health care professionals with expertise in chronic disease management and exercise. Please consider completing the example case-studies posted on OWL to prepare for this assignment.</p>	
Component III	Value: 15% (5% per quiz)	Date: Mondays throughout the semester – weeks are listed in schedule above
Online Quizzes (x3)	<p>At the end of each block of lectures on common chronic health conditions including cancer, heart failure and stroke a multiple choice and fill in the blank quiz will be posted on OWL. Students can expect the quizzes to be approximately 10-15 questions long. Each student shall complete the quizzes independently. These quizzes will be open book and completed in a set amount of time. Students will not be able to go back once a question is completed.</p>	
Component IV	Value: 35%	Date: TBD, Final Exam Period
Final Exam:	<p>Scheduled during the examination period, the 2-hour exam will have multiple choice true/false questions and short-answer questions plus one integrative problem. Calculators are permitted. Given the nature of the course, material is cumulative but a larger focus will be on material covered since the mid-term test.</p>	

Course Evaluation and Missed Quizzes/Tests/Assignments:

Assignments (i.e., case study assignment) are due as stated in the course syllabus and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. A missed mid-term examination, without appropriate documentation will result in a zero (0) grade. Acceptable reasons include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances. In the case that you miss a mid-term with appropriate documentation, the % of your grade allocated to the mid-term will be added to your final exam for a total of 60% of your final grade. In the case that you miss the deadline for an online quiz, your mark will be divided over the number of quizzes you complete. For example, if you complete 2 of 3 quizzes, the two completed quizzes will be worth 7.5% of your final grade rather than 5% for each of the three quizzes for a total of 15% of your final grade.

Course/University Policies

1. Statement on Use of Personal Response Systems (“Clickers”)

their use (Guidelines are shown below). Instructors are to communicate clearly to students information on

clickers may be used by the instructor for data gathering and for evaluating the students, and why they cannot be used by anyone but the student (since the students involved in misuse of a clicker may be charged with a scholastic offence).

2. **Academic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: https://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

4.

arrangements unless a conflict cannot be avoided by rescheduling writing the exam to a different time

