



Western University
Faculty of Health Sciences
School of Kinesiology



Exercise and Chronic Disease
Winter 2023

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Office Hrs: Thursday

Learning Outcomes :

6. Final Exam

Weekly Schedule

Week	Topic	Notable Events
Week 1	Introduction; defining chronic disease in aging context	
Week 2	Exercise prescription basics: AT/RT & FT/NM	
Week 3	'Step-by-step' approach; Seniors and Clinical Fitness Tests	PP #1 due Monday ('Step-by-Step' reading)
Week 4	Type 2 diabetes (T2D)	
Week 5	Type 2 diabetes (T2D)	PP #2 due Monday (T2D patient)
Week 6	Mid-term Week	Monday: Mid-Term Wednesday: Mid-Term Review
	Reading Break	
Week 7	Heart disease	
Week 8	Heart disease	PP #3 due Monday (Heart disease patient)
Week 9	Chronic obstructive pulmonary disease (COPD)	
Week 10	Chronic obstructive pulmonary disease (COPD)	PP #4 due Monday (COPD patient)
Week 11	Clinical Case Presentations	

Course/University Policies

1. The website for Registrarial Services is <http://www.registrar.uwo.ca>.

In accordance with policy, the centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at his/her official university address is attended to in a timely manner.

2. Academic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy 24.88.8 15

request for relief must be supported by a clear and detailed explanation of the reasons for the request together with all supporting documentation.

Appeals generally proceed in this order:

- 1.