

Kin 3413A: Impairment and Aging
Fall 2023

Instructor: Dr. Marc Mitchell
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Phone: -requisite(s), you must obtain
approval should then be forwarded to your

When it comes to the prevention, rehabilitation and
management of common chronic conditions. Specifically,
students will learn to design safe and
effective interventions for clients living with pain, metabolic,
and other conditions. Students will be exposed to the many factors influencing
these conditions, including physiologic, psychological, clinical,
and social factors. The objective will be to arm students with a logical step-
by-step approach to diagnosis and management. The course will be lecture based with a
strong emphasis on discussion, clinical case presentation opportunities

Learning Outcomes :

Upon completion of this course, students will be able to:

1. Identify and delineate theoretical terms and concepts with regards to clinical exercise testing and prescription. (Knowledge)
2. Compare and contrast theoretical and practical approaches for exercise prescription in clinical settings including special considerations for specific populations as well as unique social and behavioral contexts. (Analysis)
3. Synthesize research and practical knowledge about exercise assessment and intervention for various populations. (Comprehension)
4. Begin to Develop skills in professional and clinical decision making as they pertain to exercise prescriptions designed by Registered Kinesiologists. (Application)
5. Further develop abilities to critically reflect upon own learning and relate to the topics discussed in class. (Reflection)

Required Course Material/Text:

ACSM's Guidelines for Exercise Testing and Prescription (11th Ed.). All other required readings will be posted on OWL.

Course Evaluation Overview:

1. "Exercise Prescription" (EP) assignments (4x1.25%)	5%
2. "Patient Perspectives" (PP) assignments (4x1.25%)	5%
3. Mid-Term Test (Monday, October 23)	30%
4. Oral Case Presentation (17.5% for presentation and 2.5% for attendance Weeks 11 & 12; 2 min presentation)	20%
5. Final Exam (Scheduled by Registrar's Office)	40%

Late Policy

Assignments are due as stated in the course syllabus

Evaluation Details:

1. "Exercise Prescription" (EP) assignments (see Weekly Schedule below for due dates)

Complete the 5-step and disease-specific exercise prescription.

2. "Patient Perspectives" (PP) assignments (see Weekly Schedule below for due dates)

Four times over the course of the semester you will be asked to read an article (first one) or watch/read patient videos/stories (the rest) to give you real insight into what life is like when living with a chronic disease. I hope in learning about these patient journeys and answering (and submitting) a few related questions you will be better prepared to work with real patients, real people in the near future. You will earn 1% for an adequately completed answer sheet (e.g., worth a 70% mark or higher).

3. Mid-Term Test (Monday, October 23)

About 35 multiple choice questions, with ~25 'content-type' questions and ~10 'case-based' questions.

4. Oral Case Presentation (Weeks 11 and 12; See OWL for your presentation date)

Giving an oral presentation is an important skill for anyone working in health. In a clinical setting, you must be able to document what is going on in written format and then transmit it clearly to other health care providers. To do this successfully, you need to understand the patient's socio-economic situation, their medical illness and its complexities, and several other factors (e.g., orthopedic, risk factors, etc.). You then need to compress all the 'data' into a concise, organized recitation of the most essential facts. The listener needs to be given all of the relevant information without extraneous details and should be able to construct his/her own care plan as the story unfolds. Consider yourself an advocate who is attempting to persuade an informed, interested judge the

6. Final Exam (Scheduled by Registrar's Office)

The final exam will be a

Week	Topic	Notable Events
Week 1	Chronic disease and exercise prescription review	
Week 2	Pain (Osteoarthritis)	PP #1 due Friday
Week 3	Pain (Osteoarthritis)	EP #1 due Monday
Week 4	Depression & Anxiety	PP #2 due Friday
Week 5	Depression & Anxiety	EP #2 due Monday
Week 6	Mid-term Week	Monday: Mid-T

Course/University Policies

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

In accordance with policy, the centrally administered e-

7 distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class.

documentation is to be submitted to academic counsellors within five (5) business days of their return to academic responsibilities. Any such documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy. Once the petition and supporting documents have been received and assessed, appropriate academic considerations shall be determined by academic counseling, in consultation with the student's instructor(s). Academic considerations may include extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, re-weighting course requirements, or granting late withdrawals without academic penalty. Academic considerations shall be granted only where the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete their academic responsibilities. (Note

A request for relief against a mark or grade must be initiated with the instructor as soon as possible after the mark is issued. In the event that the instructor is not available to the student, or fails to act, or if the matter is not resolved satisfactorily with the instructor, a written request for relief must be submitted to the Chair of the Department within three weeks of the date that the mark was issued. In the case of a final grade in a course, the written request for relief must be submitted to the Chair of the department by January 31st (for first-term half courses) or June 30th (for second-term half courses or full-year courses)

8. Support Services

Health and Wellness:

Information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

There are various support services around campus and these include, but are not limited to:
Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

9. Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>