

YORK UNIVERSITY
FACULTY OF HEALTH
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE

COURSE: HH/KINE 3350 3.0 - Physical Activity, Health and Aging

TERM: FALL 2016

COURSE INSTRUCTOR: Kathy Broderick
Room 342 Bethune
E-mail vdmerwe@yorku.ca

SECTION AND TIME:

Tuesday/Thursday – Section A – 10:00am
- Section B – 11:30am

ORGANIZATION OF THE COURSE

The course involves formal lectures. The lecture material introduces the body of knowledge with respect to the aging process. A practical component encompasses the observation of the activity patterns of the elderly and conducting an in depth interview with an aging individual. Discussion opportunities, use of videos and readings will be used to support learning during this course.

COURSE LEARNING OBJECTIVES

Purpose

The purpose of this course is to introduce students to the social and financial implications of a burgeoning aging population. Emphasis will be placed on the need to heighten the awareness that ageism should not evolve as a discrimination factor

Specific Learning Objectives

Students will be able to:

- Explore the aging process
- Explore the influence of Seniors on society
- Examine the activity patterns of Healthy Seniors and Seniors with Chronic Disease
- Examine the care for the elderly

EVALUATION:

Mid-Term Examination	30%	Tuesday, October 11, 2016
Final Examination	45%	In Exam Period
Field Work Assignment	15%	Tuesday, November 1, 2016
Interview	10%	Tuesday, November 22, 2016

ASSIGNMENT SUBMISSION

Assignments for this course must be received on the due date specified for the assignment.

Field Work Assignment: Tuesday, November 1, 2016

Interview Assignment: Tuesday, November 22, 2016

LATENESS PENALTY

Assignments received later than the due date will be penalized one half grade point per day that the assignment is late

MISSED EXAM:

There will be **NO** Mid Term Make-Up Examination. A cumulative Final Examination will be designed for students who miss the Mid Term Examination. Documentation must be provided.

NOTE:

For those students who have written the Mid Term Examination the Final Examination will **NOT** be cumulative.

FIELD WORK ASSIGNMENT

OBJECTIVE

The objective of the Field Work Assignment is to provide students with an opportunity to explore the physical activity patterns of older people. Students may observe and report on programs in Long Term Care Facilities, Adult Day Care Programs, Community Centres, Retirement Homes, the YMCA/YWCA, or Rehabilitation Centres.

PROCEDURE

Students must **obtain permission** from the supervising agency to attend a physical activity session(s).

EVALUATION

Students must submit the Verification Form and the Field Work Report, by:
Tuesday, November 1, 2016

INTERVIEW

OBJECTIVE

To gain a broader understanding of an aging individual.

PROCEDURE

Students must interview an aging individual to discuss issues relevant to the individual and the aging process.

EVALUATION

Students must submit the Interview by **Tuesday, November 22, 2016**

FIELD WORK REPORT

STUDENT: _____

AGENCY: _____

NAME OF PROGRAM _____

ADDRESS: _____

PHONE: _____ CONTACT PERSON: _____

GENERAL INFORMATION

Time of Session: _____ Length of Session: _____

No. of Sessions per Week: _____ No. of Weeks: _____

Attendance: _____ Female: _____ Male: _____

Age Range: _____

Status of Seniors: Frail _____% Active _____% Fit: _____%

Instructor: _____ Years of Experience: _____

CRITICAL ASSESSMENT

Write a three page Critical Assessment of the program including the following information:

- Provide a brief description of the program.
- Were the activities challenging e.g. encouraging movement and conditioning and were the activities appropriate considering the attributes of the participants?
- Were the participants motivated?
- Did one person(s) stand out and why?
- What would you do to improve the program?
- Describe your insights and impressions.

The Field Work Report must be typed, double spaced in a 12 point font.

VERIFICATION FORM

THANK YOU FOR SUPPORTING THIS STUDENT

RECOGNITION OF FIELD WORK ASSIGNMENT

----- a student from York University enrolled in
KINE 3350 – “Physical Activity, Health and Aging” has observed the

(Name of Program)

Signed: -----

Title:-----

Agency:-----

Address:-----

Phone:-----

INTERVIEW

Design questions to obtain the following information. Write a three page synopsis of the Interview. The Interview must be typed, double spaced in a 12 point font.

INFORMATION:

Name:

Age:

Place of Birth:

Marital Status:

Children/Grandchildren:

Working Life Occupation:

Retirement Status:

Living Arrangement: home, apartment, institution, family:

Subjective Health Rating: poor, fair, good, excellent:

Objective Health Rating: Number of prescription drugs, ailments, chronic diseases, surgical procedures:

Does the individual suffer pain?

Rapport with doctor:

Did the doctor encourage the individual to be involved in Physical Activity?

Involvement in Physical Activity: Active - describe activities
 Inactive - reasons

Involvement in other Activities:

What brings most joy to their lives?

What brings most stress to their lives?

Describe a Typical Day:

Issues/concerns relevant to the individual and the aging process:

SUGGESTED PROGRAMS

RETIREMENT HOMES

Friuli Centre
Friuli Court. Woodbridge------(905)856-4922

Glynnwood Retirement
7700 Bayview Ave. Thornhill------(905)881-9475

Guildwood Extencicare
60 Guildwood Ave. Scarborough------(416)266-7711

Holland Christian Homes
7900 McLaughlin Rd. S. Brampton------(905)459-3333

Maple Health Centre
10424 Keele Street------(905)303-0133

Peel Manor
525 Main St. N. Brampton------(905)453-4140

Bernard Betel Centre
1003 Steeles Ave. West------(416)225-2112
Ext. 124

Delmanor
187 Wynford Drive------(416)331-9797

St. Hilda's Tower
2339 Dufferin St.------(416)781-6621

The Grenadier
2100 Bloor St. W.------(416)769-2885

The Gibson
1955 Steeles Ave. E.------(416)498-5588

Oak Ridges Retirement Community.
12925 Yonge St.------(905)773-4220
Ext. 115

YMCA = Arthritis Aqua Fit/Prime Tyme Fitness/ Building Better Bones

Brampton YMCA
20 Union St.------(905)451-9622

Metro Central YMCA
20 Grosvenor St., Toronto------(416)975-9168

Mississauga YMCA
325 Burnamthorpe Rd.------(905)897-9622

North York YMCA
567 Sheppard Ave. E.------(416)225-7773

Scarborough YMCA
230 Town Centre------(416)296-9622

SENIOR CENTRES

Bathurst Jewish Community Centre
4588 Bathurst St.------(416)636-1880

Mississauga Senior Centre
1389 Cawthra Rd.------(905)274-2369

University City Recreation Centre
453 Sentinel Rd.------(416)661-3763

Woodbridge Family Fitness Centre
171 C Mary Croft Ave.------(905)856-5800

Driftwood Community Centre
4401 Jane St.------(416)395-7944

Milliken Park Community Centre
4325 Mc Cowand Rd.------(416)396-77577

ADULT DAY CARE

Villa Columbo
3010 Dufferin St.------(416)789-2113

S.P.R.I.N.T.
Anne Johnston Health Centre
2398 Yonge St.------(416)486-8666

REHABILITATION

Humber River Regional Hospital
200 Church St.------(416)744-2500

Promotion Physiotherapy
One Promenade Circle, Thornhill------(905)731-1991

St. Michael's Hospital Rehabilitation
30 Bond St. -----(416)864-5101

St. John's Rehabilitation Hospital
285 Cummer Ave.------(416)226-6780

Sunnybrook Geriatric Day Hospital
2075 Bayview Ave.------(416)480-6100

Bridgepoint Hospital
14 St. Mathews Road------(416)461-8252