

EASTERN ILLINOIS UNIVERSITY
DEPARTMENT OF KINESIOLOGY AND SPORTS STUDIES

KSS 5225 PHYSICAL ACTIVITY AND AGING
(Spring 2010)

INSTRUCTOR: Dr. Phyllis Croisant

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OFFICE HOURS MW 2-3 PM
Tues. 3-4 PM
F 11:30 AM-12:30 PM
For other hours, call or email for an appointment

TEXTBOOKS: *Physiology of Exercise and Healthy Aging* – Albert W. Taylor
(Human Kinetics, 2008)
Exercise for Older Adults - American Council on Exercise

COURSE DESCRIPTION: This course includes:
a. Theories of physical aging
b. Physiological changes with aging
c. Nutritional & lifestyle factors which affect aging
d. Effects of short-term physical activity upon aging systems
e. Effects of chronic physical activity upon aging systems
f. Indications and contraindications of activity for older persons
g. Guidelines for physical activity programming for older adults

EVALUATION:

6 Quizzes	120	A = 180 - 200 pts.
6 Article Reviews	30	B = 160 - 179 pts.
Oral Presentation	<u>50</u>	C = 140 - 159 pts.
	200	

Extra credit (10 pts. max) - Additional article reviews, or observation reports about physical activity programs for older adults (5 pts each).

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (581-6583).

STUDENT SUCCESS CENTER

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.