



**FACULTY OF HEALTH  
SCHOOL OF KINESIOLOGY AND HEALTH  
SCIENCE**

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**Course:** HH/KINE 3350 3.00 – Physical Activity, Health and Aging  
**Term:** Winter 2024  
**Section:** A  
**Type:** LECT 01  
**Course Website:** eClass

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**Course Instructor Information**

**Name:** Dr. Lauren Tristani  
**Office Hours:** Please email me to schedule an appointment via Zoom  
**Email:** [ltrist@yorku.ca](mailto:ltrist@yorku.ca)

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**Class Activities**

This course will primarily involve in person synchronous lectures. Lectures will take place twice weekly, each lasting one and a half hours, and will encompass formal lectures, engaged discussions, and active learning experiences. Attendance is strongly encouraged and will help to maximize learning outcomes.

**Technical Requirements:**

Several platforms may be used in this course (e.g., eClass, Canvas, Zoom, etc.) through which students will interact with the course materials, the course director/TA, as well as with one another.

Students should note the following:

- Zoom is hosted on servers in the U.S. This includes recordings done through Zoom.
- If you have privacy concerns about your data, provide only your first name or a nickname when you join a session.
- You may keep your camera off during zoom discussions if you wish.
- The system is configured in a way that all participants are automatically notified when a session is being recorded. In other words, a session cannot be recorded without you knowing about it.
- Technology requirement and FAQs for Moodle can be found here – <http://www.yorku.ca/moodle/students/faq/index.html>

*NOTE:* A way to determine Internet connection and speed: there are online tests, such as Speedtest, <https://www.speedtest.net/> that can be run.

***eClass:***

Throughout the semester, I will be using eClass to provide you with the course lectures and readings as well as information about the course/assignments/quizzes etc. It is ***your responsibility to consult eClass*** on a regular basis to ensure that you receive all relevant course documentation and information. Make sure the email address you have linked with eClass is the email address you use regularly so that you can receive regular updates. “I did not know because it was not online” or “because I did not check eClass” are not excuses that will be accepted under any circumstances for the course.

**Course Description**

This course will work to explore the aging process, with particular emphasis on the impact of physical activity on the health and well-being of aging adults. Through an examination of biological, psychological, and social aspects of adult human development and aging, students will develop a deeper understanding of the aging phenomenon. Further, the course will also delve into various theoretical frameworks for aging, allowing students to critically analyze and assess strategies for promoting successful aging. This foundational knowledge will act as a critical starting point to explore physical activity and health in an aging context.

Throughout the course, students will engage in discussions and analyses of current physical activity promotion strategies. These strategies are designed to foster healthy and active aging across various settings, including organizations, institutions, communities, and at the population level. By critically evaluating these strategies, students will gain the skills necessary to contribute to the promotion of optimal aging outcomes for older adults.

Material presented in class—from lectures, films, demonstrations, guest speakers—may be included on the quizzes, as will material from selected readings and resources.

**Intended Student Learning Outcomes**

- Demonstrate a working knowledge of, and be able to apply, key terms/concepts related to ‘aging’.
- Understand the use and application of common models, frameworks, and approaches to aging research.
- Examine how certain characteristics of physical activity (e.g., frequency, duration, intensity, mode, intent, etc.) affect chronic disease prevention and/or health and wellness promotion with aging.
- Critically appraise physical activity initiatives and strategies aimed to enable, mediate, and advocate for active and healthy aging.
- Apply new knowledge from the course to evaluate some current issues and debates relating to aging, physical activity, and health locally, nationally, and globally.
- Develop and demonstrate deep critical thinking and effective writing communication skills on topics relating to aging, physical activity, and health.
- Advocate responsibly and professionally for physical activity of older adults.

***Participation:***

This course is optimized by student participation. In addition to regular participation in lecture and eClass discussions, we will engage in specific activities to maximize our learning through student engagement. You should plan to attend lectures on **Tuesdays and Thursdays from 10 -**

**11:30am EST/EDT** to fully participate in these activities. Please see eClass for a detailed class schedule of activities.

**Course Organization**

For 2023, KINE 3350 is being delivered synchronously in-person.

Course objectives will be achieved through a combination of: a) lectures and course material, b) active small and large group classroom discussions, c) experiential learning exercises, and d) purposeful assignments and quizzes/tests. You are expected to engage in *all* of these modes of learning to achieve the desired course objectives and outcomes described.

**Course Readings**

There is no required textbook for this class; however, readings will be assigned throughout the term. Bibliographic citations and sources to these readings will found in the PowerPoint of the corresponding lecture and/or reading links will be posted to eClass. You are expected to familiarize yourself with any suggested readings. Doing so will allow you to: a) develop a deep and critical understanding of the course material, b) facilitate lecture discussions and activities, and c) provide the foundation of knowledge for your written assignments.

**Course Communications**

**Office Hours:** By appointment only. Please email me to make an appointment.

**Email:** [ltrist@yorku.ca](mailto:ltrist@yorku.ca)

1. Please use eClass discussion boards to seek information from other students.
2. I will try to respond to emails within two business days (excluding weekends or 48 hours prior to assignment/test due date).

A brief email is the most effective mode of communication (i.e., one or two questions that can be answered in one or two sentences each). More complex discussion must take place during office hours. **Emails must consist of a *subject heading* that includes ‘KINE 3350’... The text of the email must include your FULL name.**

**Evaluation Overview**

The final course grade will be based on the following items, which are weighted as indicated:

<i>Assessment</i>	<i>Value</i>
5 Quizzes at 3% each	15%
Aging Case Study	30%
Physical Activity Intervention	20%
Participation	5%
Final Assessment	30%

*Note: Information pertaining to course assignments and evaluations will be posted to eClass and discussed in class.*

## **Grading, Assignment Submission, Late Penalties, and Missed Tests**

**Grading:** The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York. For a full description of York's grading system please see <https://gradstudies.yorku.ca/current-students/regulations/courses-grading/>

### **Testing Format:**

The quiz format may include close-ended (T/F, MC, fill-in-the-blank) and open-ended (short answer and/or long answer) questions. The quizzes will largely assess your knowledge and understanding of the information shared during lectures, class discussions, guest lecturers, and through readings. The quiz test format will use *timed* and *sequential* questioning, meaning that you will have a set amount of time to answer each question and you will not be able to go back to a previous question once you have answered the question or the time has passed. Although this approach may seem to be unnecessarily challenging, it is unfortunately necessary to protect academic integrity. When planning and evaluating the exams, I will take into consideration the added challenge of the timed and sequential testing.

### **Assignment Submission:**

Assignments for the course will be submitted through eClass. Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments for this course must be received on the due date specified. Computer problems will not be accepted as an excuse for late assignments. Plan ahead when preparing to submit your assignments. *Late assignments will incur a progressive deduction of 2% per day for a maximum of five days, after which no assignments will be accepted.*

### **Challenging Grades/Marking:**

Challenges to a mark on any element of the course must be received ***within five business days*** of the time the component grade is posted. The challenge must be submitted as a one-page written request, to the Course Director, detailing specifically what (which question/component) should be changed and why. The request needs to be accompanied by the appropriate petition form available from the Registrar's Office. **Note that re-marking may result in the mark going up, down or staying the same.**

Challenges to a re-marked assignment or test, or to the final grade must be submitted in writing **AT THE END OF THE COURSE** (once final grades have been posted) using a formal request for a grade reappraisal from the KINE Undergraduate Office. This request must be submitted to the KINE Undergraduate office within three weeks of the release of the final grades.

**Missed Tests:** Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., a completed Attending Physician's Statement form) may request accommodation from the Course Instructor.

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## Academic Policies

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### Academic Integrity

#### Statement for undergraduate courses

Academic misconduct is a serious offence. The principle of academic integrity, particularly of doing one's own work, documenting properly (including use of quotation marks, appropriate paraphrasing and referencing/citation), collaborating appropriately, and avoiding misrepresentation, is a core principle in university study. Students should consult Section VII, "Academic Misconduct", in the "Academic Regulations and University Policies" entry in the Undergraduate Calendar, available at <https://secretariat-policies.info.yorku.ca/policies/academic-honesty-senate-policy-on/> to view a fuller description of prohibited actions, and the procedures and penalties.

#### Statement regarding Turnitin.com

This course may use web-based services (Turnitin.com, phrase-matching software) to reveal authenticity and ownership of submitted work. For courses using such software, students will be expected to submit their work either directly to Turnitin.com or via an online learning platform (e.g., Moodle) using plagiarism detection so that it can be checked for academic dishonesty. If you object to uploading your assignments to Turnitin.com for any reason, please notify the instructor to discuss alternative submissions.

### Intellectual Property Notice

All slides, presentations, handouts, tests, exams, and other course materials created by the instructor in this course are the intellectual property of the instructor. A student who publicly posts or sells an instructor's work, without the instructor's express consent, may be charged with misconduct under York's Academic Integrity Policy and/or Code of Conduct, and may also face adverse legal consequences for infringement of intellectual property rights.

### Online Proctoring

Some courses may use online proctoring software for tests and exams. This software may require students to turn on their video camera, present identification, monitor and record their computer activities, and/or lock/restrict their browser or other applications/software during tests or exams. This software may be required to be installed before the test/exam begins.

### Conduct Expectations

It is essential that students be mindful of their interactions online as the University Code of Conduct remains in effect in virtual learning environments. The University Code of Conduct applies to any interactions that adversely affect, disrupt, or interfere with reasonable participation in University activities. Student disruptions or behaviours that interfere with University functions on online platforms (e.g., use of Moodle, Zoom), will be taken very seriously and will be investigated. Outcomes may include restriction or removal of the involved students' access to these platforms.

Some courses may use a web-based service (Turnitin.com) to reveal authenticity and ownership of student submitted work. For courses using such software students will be expected to submit their work electronically either directly to Turnitin.com or via an online

learning platform (e.g. A2L, etc.) using plagiarism detection (a service supported by Turnitin.com) so it can be checked for academic dishonesty.

### **Special Accommodation**

The University is committed to fostering an inclusive and supportive environment for all students and will adhere to the Human Rights principles that ensure respect for dignity, individualized accommodation, inclusion and full participation. The University provides a wide range of resources to assist students, as follows:

- a) If you require academic accommodation because of a disability or an ongoing health or mental health condition, please contact Student Accessibility Services @ <http://accessibility.students.yorku.ca>
- b) If you require academic accommodation because of an incapacitating medical condition, you must, as soon as practicable, inform your instructor(s) of your inability to complete your academic work. You must also submit a York University Student Medical Certificate (found at <https://registrar.yorku.ca/pdf/attending-physicians-statement.pdf>). The University may, at its discretion, request more detailed documentation in certain cases.
- c) If you are experiencing mental health concerns, please visit <https://mhw.info.yorku.ca>. *Good2Talk* is a service specifically for post-secondary students, available 24/7, 365 days a year, and provides anonymous assistance: <http://www.good2talk.ca/> or call **1-866-925-5454**.
- d) If you require academic accommodation on religious grounds, you should make a formal, written request to your instructor(s) for alternative dates and/or means of satisfying requirements. Such requests should be made during the first two weeks of any given academic term, or as soon as possible after a need for accommodation is known to exist.
- e) If you have been affected by sexual violence, Sexual Assault Survivors' Support Line & Leadership (SASSL) offers support, information, reasonable accommodations, and resources through the Sexual Violence Support & Education Coordinator. For information on sexual violence, contact the SASSL at <https://sassl.info.yorku.ca> or call **416-650-8056**.
- f) If you feel you have experienced discrimination or harassment on any of the above grounds, including racial, gender, or other forms of discrimination, contact the Human Rights and Equity Office at <https://rights.info.yorku.ca>.

### **York University Policies**

Students are also encouraged to familiarize themselves with, and adhere to, the policies, procedures, and regulations that govern academic and professional life (including this course) at York University. Please read them carefully.

### **School of Kinesiology and Health Science Policies**

- *Student Handbook*: <http://kine.info.yorku.ca/kinesiology-and-health-science-handbook>
- *KINE Undergraduate Calendar*: <https://calendars.students.yorku.ca>

### **Academic Integrity and Misconduct**

There is zero tolerance for any form of cheating, plagiarism, and misconduct in this course. As such, students should be familiar with, and follow, York University's rules and regulations relating to these important academic and professional matters. Being unaware of University policies is not accepted as a legitimate excuse, or legal appeal, for academic misconduct.

Students should refer to the following resources:

- *Undergraduate Academic Calendar*: <https://calendars.students.yorku.ca>
- *Senate Policy on Academic Honesty*:  
<https://www.yorku.ca/secretariat/policies/policies/academic-honesty-senate-policy-on/>
- *Academic Integrity Website*:  
<https://www.yorku.ca/unit/vpacad/academic-integrity/>

### Student Conduct Standards

- *Student Conduct and Responsibilities*  
<https://www.yorku.ca/secretariat/policies/policies/code-of-student-rights-and-responsibilities-presidential-regulation/>
- *Code of Student Rights and Responsibilities (Presidential Regulation)*:  
<http://secretariat-policies.info.yorku.ca/policies/code-of-student-rights-and-responsibilities-presidential-regulation>
- *Office of Student Community Relations (OSCR)*:  
<http://oscr.students.yorku.ca/student-conduct>
- *Senate Policy on Disruptive and/or Harassing Behaviour in Academic Situations*:  
<http://secretariat-policies.info.yorku.ca/policies/disruptive-andor-harassing-behaviour-in-academic-situations-senate-policy>
- *Racism (Policy and Procedures)*: <http://secretariat-policies.info.yorku.ca/policies/racism-policy-and-procedures>

### Copyright and Fair Dealing Guidelines

<http://secretariat-policies.info.yorku.ca/policies/copyright-and-fair-dealing-guidelines>

### Conduct of Examinations (Policy and Guidelines)

Including Religious Observance Accommodations:

<https://www.yorku.ca/secretariat/policies/policies/academic-accommodation-for-students-religious-observances-policy-guidelines-and-procedures/>

**Course Schedule\***

<i>Week</i>	<i>Dates</i>	<i>Evaluation Due Dates</i>	<i>Topic(s)</i>
1	Jan. 9		Welcome!
	Jan. 11		Introduction to Aging & Health
2	Jan. 16		Theories of Aging Aging Research & Methodologies
	Jan. 19	QUIZ 1	
3	Jan. 23		Biological Aging & Health
	Jan. 25		
4	Jan. 30		Psychological Aging & Health
	Feb. 1	QUIZ 2	
5	Feb. 6		Social Aging & Health
	Feb. 8	CASE STUDY	
6	Feb. 13		Functional Health & Optimal Aging
	Feb 15	QUIZ 3	
7	Feb. 20	<i>No Lectures: Winter Reading Week (Feb. 17-23, 2024)</i>	
	Feb. 22		
8	Feb. 27		Physical Activity (PA), Aging, & Health
	Feb. 29		
9	Mar. 5		Practical & Clinical Aspects of Aging
	Mar. 7	QUIZ 4	
10	Mar. 12		Masters Athletes
	Mar. 14	INTERVENTION ASSIGNMENT	
11	Mar. 19		Public Health Approaches to Promoting Healthy Aging
	Mar. 21	QUIZ 5	
12	Mar. 26		Community Approaches to PA, Health, & Aging
	Mar. 28		
13	Apr. 2		Where do we go from here?
	Apr. 4	FINAL ASSIGNMENT*	Closing Remarks

\* Subject to change by the Course Instructor, with notice provided in class and/or on eClass  
*Note:* Please review important dates as published by the Office of the Registrar.

**Acknowledgement of Indigenous Peoples and Traditional Territories:**

York University recognizes that many Indigenous nations have longstanding relationships with the territories upon which our campuses are located that precede the establishment of York University. We acknowledge our presence on the traditional territories of the Mississaugas of Credit First Nation, the Huron-Wendat, the Haudenosaunee Confederacy and the Métis Nation of Ontario. I encourage you to educate yourself about the traditional territories of the land upon which you are learning.



### **Calumet and Stong Colleges' Student Success Programming**

Calumet and Stong Colleges aim to support the success of Faculty of Health students through a variety of **free programs** throughout their university career:

- [Orientation](#) helps new students transition into university, discover campus resources, and establish social and academic networks.
- [Peer Mentoring](#) connects well-trained upper-year students with first year and transfer students to help them transition into university.
- [Course Representative Program](#) supports the academic success and resourcefulness of students in core program courses through in-class announcements.
- [Peer-Assisted Study Sessions \(PASS\)](#) involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are historically challenging.
- [Peer Tutoring](#) offers one-on-one academic support by well-trained Peer Tutors.
- Please connect with your Course Director about any specific academic resources for this class.
- Calumet and Stong Colleges also support students' [Health & Wellness](#), [leadership and professional skills development](#), [student/community engagement and wellbeing](#), [Career Exploration](#), [Indigenous Circle](#), [awards and recognition](#), and [provide opportunities to students to work or volunteer](#).
- For additional resources/information about Calumet and Stong Colleges' Student Success Programs, please consult our websites ([Calumet College](#); [Stong College](#)), email [scchelp@yorku.ca](mailto:scchelp@yorku.ca), and/or follow us on Instagram ([Calumet College](#); [Stong College](#)), Facebook ([Calumet College](#); [Stong College](#)) and [LinkedIn](#).
- Are you receiving our weekly email (Subject: "Calumet and Stong Colleges - Upcoming events")? If not, please check your Inbox and Junk folders, and if it's not there then please contact [ccscadm@yorku.ca](mailto:ccscadm@yorku.ca), and request to be added to the listserv. Also, make sure to add your 'preferred email' to your [Passport York personal profile](#) to make sure you receive important news and information.