

PEKN 4P12: Exercise Programming for Older Adults

Dr. Kimberley Gammage

COURSE INFORMATION

PEKN 4P12 provides students with an applied experience that will be relevant to careers in rehabilitation, kinesiology, gerontology, fitness and other health-care related professions. Students will have the opportunity to work closely with older adults in an exercise setting. Students will be involved in a variety of hands-on learning experiences, including working in a group exercise setting, working with individual clients, and developing and/or presenting educational materials. Emphasis is on programming to meet the guidelines set out by the Health Canada physical activity recommendations for older adults, with an emphasis on strength and balance training. Space is limited in this class, so not all applicants will be accepted.

COURSE REQUIREMENTS

All students must provide documentation of **current first aid and CPR** certification prior to the start of the term in order to be eligible for the course. All students must attend a **3-hour training session** prior to the start of the term, which will occur outside the scheduled class hours. If you do not provide documentation, or you cannot attend one of the sessions, you will be deregistered from the course.

INSTRUCTIONS

All students must submit a typed letter indicating his/her interest in applying for PEKN 4P12. The letter should include your Brock email address and student number and should be submitted directly to Dr. Gammage by email (kgammage@brocku.ca) at least **2 weeks prior to the start of term** for which you are applying. The letter should outline your interest in the course and personal experience (e.g., work or volunteer) with seniors (if any). You should also indicate any experience in training, fitness, coaching and/or teaching, including relevant courses or certifications. This letter should not exceed 1 page.

In addition to the above letter, please attach documentation regarding:

- Relevant courses and grades (you can attach a copy of your transcript, unofficial is fine)
- First Aid/CPR certification, and any other relevant certifications

REGISTRATION PROCESS

Qualified students will be required to meet with Dr. Gammage after submitting their application. Successful students will be selected from this group. This process will start approximately 1 month prior to the start of term. In order to register in this course, students must receive permission from Dr. Gammage to get an override from the Undergraduate Program Coordinator. The Undergraduate Program Coordinator will be provided with a list of successful applicants in order to provide overrides. You will be notified by email that you have been provided with an override and are permitted to register in the course through your Brock Portal system.

For more information contact Dr. Gammage at kgammage@brocku.ca.