



Health and Sports Science Module Handbook
Faculty of Sports Science Universitas Negeri Makassar

Module designation		<i>Exercise and Aging</i>				
Semester(s) in which the module is taught		3				
Person responsible for the module		Dra. Ichsani M.Kes				
Language		Bilingual (Bahasa and English)				
Relation to curriculum		Compulsory				
Teaching methods		3 parallel classes consist of 35 students/class: 1) Lecture (Face to face lecture): 2 hours x 14 weeks 2) Practical class: -				
Workload	Total workload	88 hours				
		Face to face teaching	Structured activities	Independent study	Exam	total
	Lecture	28	28	28	4	88
	Practical class					
	Total					88
Credit points		2 credits				
Required and recommended prerequisites for joining the module		None				
Module objectives / intended learning outcomes		<p>By the conclusion of this course, students will:</p> <ol style="list-style-type: none"> 1. Understand the physical, psychological, and demographic characteristics of the older population. 2. Understand current policy and programs as they relate to older adults. 3. Be able to explain the different types of research and to interpret and discuss research article. 4. Be able to formulate guidelines for exercise for working with the diversity of the older population. 5. Be able discuss and implement different types of exercise programming. 6. Learn about professional opportunities in the field. 				



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<p>Content</p>	<ol style="list-style-type: none"> 1. Aging, physical health, and physical activity. 2. Aging theories (evolutionary programmed and nonprogrammed aging theories and controversies). 3. Global shifts in the demography of aging. 4. Body composition and age-related changes. 5. Musculoskeletal changes. 6. Cardiovascular changes. 7. Pulmonary changes. 8. Endocrine System changes. 9. Balance, locomotion, and falls. 10. Motor control. 11. Physical function. 12. Measurement of exercise specific to older adults. 13. Barriers and solutions to exercise adherence.
<p>Exams and assessment formats</p>	<p>Assignments</p> <ul style="list-style-type: none"> • Peer Reviewed Journal Article Summary For this assignment, students will select a peer-reviewed journal article that relates to class material published within the last two years. Students then will write a paper explaining the following: why they selected the article, an overview of the article, how it relates to class material, the important takeaways, anything they did not understand, what would change about the study, and rationale as to why they would or would not recommend others read the article. Weight: 15% • In-Class Quizzes There will be 4 quizzes based on the readings assigned for each upcoming week. They cover material from upcoming readings for the assigned week. The format of quizzes will be a combination of true or false, multiple choice, matching and/or short answer questions. Weight: 15% <p>Mid and Final Semester Exams There will be 2 exams based on assigned readings and in-class discussions. Exam format will be a combination of true or false and multiple choice. Weight: 70%</p>



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Study and examination requirements	Students are expected to attend all classes unless circumstances prevent them from attending and an email or notification was sent prior to class. Final grading will be based on students' attendance, their participation in completing the assignments, and their scores in mid and final examinations.
Reading list	<p>Bouchard, D.R. (2021). Exercise and Physical Activity for Older Adults. Human Kinetics.</p> <p>Sullivan. G. M., & Pomidor, A. K. (2015). Exercise for Aging Adults: A Guide for Practitioners. Springer.</p>