

**EDKP 446: Fall 2023**

**Department of Kinesiology & Physical Education McGill University**

**EDKP 446 - Physical Activity and Ageing - Fall 2023 (3 credits)**

**Course Prerequisite:** EDKP 395 Exercise Physiology

**Course Schedule:** Tuesday and Thursday, 10:05 – 11:25 am, Trottier Building 2110

**Instructor Information:**

**Name and Title:** Jenna C. Gibbs

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speakers, hands-on workshops, and by attending the group presentations of your peers and asking questions following the presentations. Students are expected to prepare for these sessions by reviewing the assigned readings and lecture notes before the class sessions. For students unable to attend these in-person class sessions, you can still engage in the course by reviewing the lecture notes and assigned readings on myCourses and participating in the myCourses discussion forums as directed.

### **Required Course Materials:**

- a) Course notes on myCourses
- b) Assigned readings from the scientific literature on myCourses
- c) Additional readings, videos, and resources on myCourses
- d) Device for accessing myCourses (computer, tablet, smartphone)

### **Optional Course Materials:**

- a) Optional textbook: Danielle R. Bouchard. Exercise and Physical Activity for Older Adults. Human Kinetics, Champaign, IL, USA, 2020

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C+	60-64
C	55-59
D	50-54
F (fail)	0-49

**Journal Club Presentation (Group):** Students will prepare one journal club presentation based on a scientific article (mandatory assigned readings will be selected by the course instructor), which will be worth 15% of their final grade. Students will work in groups of 5-6 and will orally present their summary and critique of the article in-class and subsequently answer questions from their instructor and classmates (details on the specific format to be posted on myCourses). The journal club presentation slides must be submitted on myCourses the day before the designated class session (*see Course Schedule*). Non-presenting students should come to the class session prepared to discuss the readings with other students, which will contribute toward their final participation grade (i.e.,









