

## **HK444 Motor Function in Older Adults**

**Instructors are typically Dr. Rietdyk for fall, Dr. Haddad for spring**

The goal of this course is to understand age-related changes in motor function and the consequence to balance and mobility. The success of interventions designed to improve motor function will be examined. This course provides hands-on experience in balance training with older adults. Balance training will take place at University Place (UP, 1700 Lindberg Road) (<http://www.universityplace.org/index.cfm>). University Place is a residence for older adults which includes various levels of care including: independent living, assisted living, skilled nursing, rehab services and respite care. This course is especially relevant for students planning to enter PT, OT or other therapy programs.

The lectures (two per week) will be discussion format based on assigned readings. You will be required to attend a 2-hour lab at UP once a week (see lecture and lab times below); you will also need to register for a travel component which adds one half-hour before the lab and a half-hour after the lab. You are required to provide your own transportation; it is two miles from Lambert to UP.

**Pre-requisites** for the course are: HK253 and HK263 and at least one HK400-level course. GPA requirement is 3.0 or greater. If you do not meet these pre-requisites, you will be placed on a “wait list”, and you will be informed of acceptance before the deadline for priority registration.

You are required to dress professionally while at UP, dress code matches expectations for working in a PT or OT clinic.

Course background: In the course HK496 Independent Research Inquiry taught by Drs. Haddad and Rietdyk in the fall of 2009, undergraduate students trained older adults in balance control at UP. The students thoroughly enjoyed working with the residents on a regular basis, and the residents at UP also reported a very positive experience working with the undergraduates. Even though the students have graduated, they continue to email questions about the results and the residents – this had never happened previously. Therefore, HK444 Motor Function in Older Adults was developed by Drs. Haddad and Rietdyk to continue this positive experience in a more formal manner, without relying on research.

Contact Dr. Rietdyk ([srietdyk@purdue.edu](mailto:srietdyk@purdue.edu)) or Dr. Haddad ([jmhaddad@purdue.edu](mailto:jmhaddad@purdue.edu)) for more information.

Check schedule for lecture and lab times.

