ACKNOWLEDGEMENT
UBC’s Point Grey Campus is located on the traditional, ancestral, and unceded territory of the xwməθkwəy̓əm (Musqueam) people. The land it is situated on has always been a place of learning for the Musqueam people, who for millennia have passed on in their culture, history, and traditions from one generation to the next on this site.

COURSE INFORMATION

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Course Code Number</th>
<th>Credit Value</th>
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<tbody>
<tr>
<td>Aging, Health, and Physical Activity: Socio-Cultural Perspectives</td>
<td>KIN 500F</td>
<td>3 credits</td>
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Instructor: Dr. Laura Hurd  
Email: laura.hurd@ubc.ca  
Telephone: (604) 822-4281  
Office: Annex Auditorium A, Room 156C, 1924 West Mall  
Appointments: Please email me to schedule a mutually convenient time.

COURSE STRUCTURE

Class Location: Online  
Class Times: Fridays, 9:30 AM to 12:30 PM

This graduate seminar course is a collaborative effort in which active participation is essential. Each class will begin with brief opening remarks from the instructor about the week’s topic and underlying theoretical concepts and related debates. During the second part of the class, each student will take a turn facilitating the discussion of that week’s required readings. The last two weeks of class will be structured around student presentations of their research papers.

COURSE DESCRIPTION

The purpose of this course is to examine the socio-cultural research and theorizing pertaining to aging, health, and physical activity. In particular, this sociology-based course considers how older adults’ embodied experiences of health and physical activity are shaped and constrained by their social position as well as cultural norms and ideals. Thus, we discuss the role of age, ability, culture, gender identity, racialization, sexual orientation, and social class on older adults’ everyday experiences of health and the moving body. We additionally explore how health and physical activity in later life are shaped and constrained by power inequities, such as those related to ableism, ageism, classism, healthism, heterosexism, and successful aging narratives. Specific topics related to health and physical activity in later life that we investigate include body image, chronic illness, consumer culture, disability, elite sport, exercise and leisure activities, technology, and the built environment.
SCHEDULE OF TOPICS

Week#1 – Introduction

Week#2 – The Aging Body in Socio-Cultural Context

Week#3 – Aging, Health, and Successful Aging

Week#4 – Gender, Aging, and Body Ideals

Week#5 – Gender Identity, Sexual Orientation, and Health in Later Life

Week#6 – Race, Class, and Health in Later Life

Week#7 – Physical Activity and Aging

Week#8 – Sport and Aging

Week#9 – Chronic Illness, Pain, and the Aging Body

Week#10 – Social Activity/Inactivity and Health in Later Life

Week#11 – Disability, Technology, and the Moving/Immobile Older Body

Week#12 ➔ Student Presentations

Week#13 ➔ Student Presentations