MRGO6101 Exercises for Old Age Populations 老年運動 (1 Credits unit) **2025/26**

Module Head: Dr. Alexander Woo ***Last update: 22/9/2025***

Session	1	2	3	4	Exam
Date	8/12/2025 (M)	15/12/2025 (M)	22/12/2025 (M)	12/1/2026 (M)	24/1/2026 (Sat)
Time	1830-2130	1830-2130	1830-2130	1830-2130	PM
Venue	OLC	OLC	OLC	CUHKMC	*(TBC)*

Content	Speakers	Session	Date
Aerobic and resistance exercise for elderly people: from bench to bedside	Dr. Jones CHAN	1	8/12/2025 (M)
Enhancing Community Health: The Impact of Local Exercise Initiatives	Mr. George WONG	2	15/12/2025 (M)
Exercise Prescription for Osteoporosis and Metabolic Diseases	Mr. Alexander WOO	3	22/12/2025 (M)
Exercise Physiology (1.5 hours) The Effectiveness of Community Group and Home Based Falls Prevention Exercise Programmes on Bone Health in Older People (1.5 hours)	Prof. Katherine Brooke-Wavell	4	12/1/2026 (M)
Written Examination		----	

Venue:
OLC Seminar Room, Orthopaedics Learning Centre, 1/F, Li Ka Shing Specialist Clinic (North Wing), Prince of Wales Hospital, Shatin
CUHKMC Classroom 1005-6, 10/F, CUHK Medical Centre, 9 Chak Cheung Street, Shatin
(TBC) To Be Confirmed

Brief Description:
This course aims at developing the professional knowledge and skill of students in prescription of Exercises for Old Age populations, especially with common geriatric condition (degenerative disease, cardiopulmonary problems and other pharmacological considerations).
本課程旨在培養學生的專業知識和技能，為一般老年人骨科疾病（退化性疾病，心肺問題和其他藥理學問題）提供運動處方。

Learning Outcome:
Students should be able to:
Understanding the Exercise Physiology
Understanding the applications of Exercises for the Old Age Populations, related also with common Geriatric problems.

Attention: University policy and regulations on honesty in academic work

Attention is drawn to University policy and regulations on honesty in academic work, and to the disciplinary guidelines and procedures applicable to breaches of such policy and regulations. Details may be found at http://www.cuhk.edu.hk/policy/academichonesty/.

With each assignment, students will be required to submit a signed declaration that they are aware of these policies, regulations, guidelines and procedures.

- In the case of group projects, all members of the group should be asked to sign the declaration, each of whom is responsible and liable to disciplinary actions, irrespective of whether he/she has signed the declaration and whether he/she has contributed, directly or indirectly, to the problematic contents.
- For assignments in the form of a computer-generated document that is principally text-based and submitted via VeriGuide, the statement, in the form of a receipt, will be issued by the system upon students' uploading of the soft copy of the assignment.

Assignments without the properly signed declaration will not be graded by teachers.

Only the final version of the assignment should be submitted via VeriGuide.

The submission of a piece of work, or a part of a piece of work, for more than one purpose (e.g. to satisfy the requirements in two different courses) without declaration to this effect shall be regarded as having committed undeclared multiple submissions. It is common and acceptable to reuse a turn of phrase or a sentence or two from one's own work; but wholesale reuse is problematic. In any case, agreement from the course teacher(s) concerned should be obtained prior to the submission of the piece of work.

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Assessment: Written Examination (100%)

The written Examination covers all the contents of the lectures.

Date: 24/1/2026 (Sat) Time: PM (*tbc*) Venue: Campus, CUHK *(tbc)*

Speakers:

Mr. Alexander Woo (module coordinator)	MBA in Health Care (CUHK), MMedSc. (HKU), BSc. Physiotherapy (PolyU), Prof. Dip. Acupuncture (HKBU) Principal Physiotherapist, CUHK Medical Centre
Dr. Jones Chan	MBChB (CUHK), FRCP (Edinburg), FHKAM, FHKCP, MSc(Clinical Gerontology), Dip Clin Derm (Cardiff), Dip Sports & Ex Med Practice (Bath) Consultant, Department of Medicine & Therapeutics, Prince of Wale Hospital
Mr. George Wong	MSc Clinical Gerontology, BSc Physiotherapy Project Director, The Hong Kong Society for Rehabilitation
Prof. Katherine Brooke-Wavell	PhD, MSc, BSc (Hons) Professor in Skeletal Physiology, Exercise and Ageing, School of Sport, Exercise and Health Sciences, Loughborough University, UK