

OLDER ADULTS HEALTH & FITNESS



Professional Development Short Course



OVERVIEW

Populations around the world are rapidly ageing, and this presents both challenges and opportunities for astute fitness professionals. As more focus is placed upon the need for physical activity as a preventative measure for the health risks commonly associated with ageing, skilled fitness professionals are ideally placed to assist and contribute to the healthy ageing process.

However, exercise prescription is only one piece of the healthy aging process. This comprehensive course provides health & fitness professionals with a well-rounded skill set to support older clients in remaining fit, healthy and functional as they approach their later years of life.

COURSE OUTLINE

This course includes four modules, to provide a comprehensive and holistic approach to health & fitness coaching for older adults:

1 The Changes in Anatomy and Physiology as we Age.

This module covers the anatomical and physiological changes associated with ageing, the health concerns that can impact an older client, and what signs and symptoms to look for in respect to an older client's mental wellness.

2 How to Assist in Falls Prevention and Management.

In this module, you'll learn about how to add falls prevention techniques to everyday exercise programs, the risk factors and preventative factors of falling, facts and myths about why people fall and specific exercise prescription for improving the brain-body balance systems.

3 Strength Training for Older Adults.

Learn about the benefits of strength training for older clients, how to match exercises to a client's goals, appropriate exercise selection for older clients and recommended training frequencies to promote active ageing.

4 Nutrition Recommendations for Older Adults.

This module covers the different nutritional requirements as clients age, the role of carbohydrates, fats and protein in older clients, important vitamins, minerals and food groups for the older population and what nutritional recommendations they can and should not make.

DETAILS

STUDY MODE: ONLINE

COURSE TIMELINE: 6 MONTHS

PRICE: \$995

ASSESSMENT REQUIREMENTS:
ONLINE THEORY QUIZ

RECOGNITION

FITREC™ LEVEL B