

CENTER FOR PROFESSIONAL DEVELOPMENT**PERSONAL TRAINING & GROUP EXERCISE TRAINING FOR OLDER ADULTS**

200 Hours/6 Months/Instructor-Facilitated
Course Code: **CPD105** || Course Cost: **\$2395**

OVERVIEW

The Personal Training and Group Exercise Training for Older Adults Program is suited for people who are interested in a career working with seniors and older adults in the health and fitness industry, for established fitness professionals who want advanced education in working with older adults, and for allied health and medical professionals from all fields who want to design specialized exercise and wellness programs for their older adult clients and patients. And if you're an exercise enthusiast over 50, this program will help you develop a personalized program to meet your own goals.

You can also choose to participate in an Optional Field Internship Program to get practical experience in the profession. Internships are six weeks, 60 hours long. Graduating students will be prepared for a career working with older adults at senior centers, medically based fitness facilities, retirement communities, YMCAs, JCCs, hospitals, community wellness programs, personal training studios, physical therapy clinics, long-term care facilities, corporate fitness centers, collegiate settings, and private and commercial health clubs.

The program is offered in partnership with the International Council on Active Aging (ICAA), the American Senior Fitness Association (SFA), the Aquatic Exercise Association (AEA), and Healthways SilverSneakers® Fitness Program. Certificate program graduates will receive a complimentary one-year membership to the ICAA, which includes registration discounts for the annual International Active Aging Conference. In addition, graduating students will receive preferred discounts for the SFA's certification exams (Senior Personal Trainer Certification or the Senior Fitness Instructor Certification), the AEA's certification exam (Aquatic Exercise Association Fitness Professional Certification), and for Healthways Instructor Accreditation for Older Adult Exercise.

OBJECTIVES

Upon completing the Personal Training and Group Exercise Training for Older Adults Program, you'll:

- Be prepared to work as a fitness trainer, manager or owner in the older adult market
- Identify and define predictors of successful aging and characteristics that relate to individual participation in physical activity programs
- Be able to design exercise programs for preventive health
- Understand how factors have converged to make the 50+ market extremely desirable for the fitness industry
- Know how to conduct an in-depth health history interview
- Be able to identify medication-related interactions during physical activity and know when to refer clients to a health professional

MATERIALS INCLUDED

- *Physical Activity Instruction of Older Adults*
- *Anatomy for Strength & Fitness Training: An Illustrated Guide to Your Muscles in Action*

OUTLINE

- 1. Socio-Physiological Aspects of Aging**
 - a. Psychosocial Aspects of Aging
 - b. Musculoskeletal, Cardiovascular, and Metabolic Changes that Accompany Aging
 - c. Nervous System, Cognitive, and Sensory Changes that Accompany Aging
 - d. The Association Between Aging, Activity, and Disease
- 2. Designing Older Adult Exercise Programs**
 - a. Exercise Recommendations and Guidelines for Apparently Healthy Older Adults and Those With Chronic Diseases and Conditions
 - b. Principles of Cardiovascular and Resistance Exercise and Flexibility
 - c. Principles of Functional Exercise, Balance, Mobility, and Water Training
 - d. How to Design Exercise Programs for Apparently Healthy Older Adults
- 3. Business Management and Administration for the Mature Market**
 - a. Business Opportunities in the Mature Market
 - b. Marketing and Customer Service Principles
 - c. Business Development Through Member Programs and Services
 - d. How to Administer and Manage Age-Friendly Fitness Facilities or Wellness Centers
- 4. Exercise and Aging for Special Populations**
 - a. Screening, Health Assessments, and Fitness Testing
 - b. Cardiovascular and Metabolic Chronic Disease Considerations for Exercise Program Design
 - c. Musculoskeletal and Neurological Chronic Disease Considerations for Exercise Program Design
 - d. Common Medications for Chronic Disease Conditions
- 5. Elective Program: Optional Field Internship in Senior Personal Training**
 - a. Intern for a total of six weeks/60 hours for a practical experience working with members at fitness facilities and health centers
 - b. Network and interact with professionals in the health and fitness industry
 - c. Develop a professional goal statement and review career opportunities
 - d. Improve your ability to obtain employment or operate your own health and fitness facility

COMPUTER REQUIREMENTS

This program can be taken from a PC (Windows XP/Vista/7); it is not recommended for MAC users. You must have an Internet connection (high-speed recommended), as well as a computer with CD/DVD capabilities.

INSTRUCTOR BIO

Natalie Johnson, MS, has worked in an academic setting throughout her career. Natalie taught for the Kinesiology Department at San Diego State University in addition to being the Fitness & Operations Director at the Aztec Recreation Center. While instructing for the Kinesiology Department, she also was a “Student Mentor”. As a mentor Natalie advised senior Kinesiology students on resume writing, interviewing skills and assisted students in finding the most appropriate job based on experience, education and location.

Natalie’s experience outside of academia includes working in world renown resorts in California, Mexico and Jamaica (The Golden Door & Rancho La Puerta) in addition to being the owner of a fitness company called “Fit Chicks” since 2001. Natalie is certified as a Personal Fitness Trainer, Group Fitness Instructor, Sports Nutritionist, Wellness Coach and Pre/Post Natal Specialist. She presents annually for the Medical Fitness Association, Athletic Business and the National Health Benefits Conference.

Natalie was a Body by Jake Master Trainer and presenter on FitTV and continues to promote fitness locally in Tampa, Florida and nationally in publications and television.

Natalie is currently the “Manager of Health & Lifestyle Programs” for a Medical Health Plan in Florida. She oversees the Fitness Center and its staff as well as all preventative programs relating to weight loss, fitness, exercise and nutrition. She works closely with a medical management team and is very active in promoting exercise as medicine and prevention.

Natalie is also the Regional Director for the Medical Fitness Association and works closely with the organization to integrate fitness into the medical community.