Older Adult Fitness Foundations

1.2 CEU's/ 12 CEC's

This class is for health and fitness professionals wanting to gain knowledge, training, and competency to assess fitness levels, design fitness programs and provide motivating exercise instruction for older adults. Required text available for purchase through W.I.T.S. This course is also a great review and preparation for those interested in taking the Older Adult Fitness Specialist Certification course.

Review will cover:

- Lecture One - Aging, Diet & Nutrition and Lifestyle Modifications
- Lecture Two - Endurance, Strength Training and Chronic Disease & Exercise
- Lecture Three - Low Back Pain, Posture & Balance, Lifetime Sports, Motivation and Building Your Business as a Personal Trainer for Older Adults

- Practical Lab One - Heath Assessment, Fitness Testing and Flexibility
- Practical Lab Two - Endurance and Strength Training
- Practical Lab Three - Chronic Disease & Exercise, Posture and Balance

Required Workshop Text: SrFit 2nd Edition

Course Fee: $195