Online Hybrid Older Adult Specialist Certification

Get the training and education you need to serve the fastest growing fitness population in the US. This 38 hour course includes 9 hours of ONLINE lecture, 9 hours of ONLINE practical training preparation, a LIVE 3 day practical training & testing. This unique specialist certification provides you with the specific knowledge and practical skills you’ll need for working with older adult clientele. Learn what common ailments and physical conditions are germane to this special population and how to design age appropriate, fun and functional exercise programs. * Order your textbook 888-330-9487 or click on the link below to go to our store.

Special Note: This course is recommended for "2" college credit by the American Council on Education. 44 W.I.T.S. CEU's

Learning Outcomes

After successfully completing this course, students will be able to:

1. Identify the key age-related changes in physiology and fitness levels.
2. Demonstrate safe and effective exercises for older adults.
3. Perform fitness assessments for older adults.
4. Design exercise prescriptions for older adults.
5. Market exercise programs to older adults.

Pre-Requisite:
This is an intermediate level course for students with experience and certified education in fitness training.

Unique Extra's for your success in the W.I.T.S. certification course:

- Student workbook (included no charge).
- Student study guide (included no charge).
- Online interactive lectures and practical labs
- LIVE 3 day practical experience and test.
- Prometric International test sites: $75.00 US/Canada & $85 international fee.
- Practical skills competency retest only $75.00

Required Workshop Text: SrFit (2nd edition) by American Academy of Health and Fitness
The SrFit textbook is used for advanced training for Certified Personal Trainers who wish to work with the older adult. As a personal trainer, you need to know how to safely and effectively serve this special clientele. This book will become even more important as the industry sets standards. As the medical community and insurance companies begin to recognize personal trainers as a viable option, this textbook will enable trainers to participate effectively. This is a required text for our Older Adult certification course. Textbook may be obtained via the SHOP W.I.T.S.
Reading Assignments
Older Adult Specialist Certification

Title: Senior Fit for Personal Trainers 2nd Edition
Authors: Tammy Petersen

Lecture
Week 1: Chapters 1, 2 and 3
Week 2: Chapters 6, 7 and 8
Week 3: Chapters 9, 10, 11 and 12

Practical
Week 1: Chapters 4 and 5
Week 2: Chapters 6 and 7
Week 3: Chapters 8, 9 and 10

* Adult CPR is required for the certification to be issued. It may be completed before or after the course and the exams. Results will be issued but no certificate without the proof of CPR.

Course Fee: $699