

COURSE CONTENTS (*outline – titles of lectures*):

1. Demographic considerations as they relate to participation in physical activity programs - Definitions of aging - Epidemiology related to health and physical activity of older adults.
2. Benefits of physical activity and exercise as they relate to multiple dimensions of wellness (health functional fitness, etc.).
3. Barriers associated with aging for physical activity participation in later life.
4. Assessment and goal setting procedures before the exercise program - Selection and use of screening tools to determine health, physical activity and disability status of older adults.
5. Design of an exercise program (mode, frequency, duration, intensity) and principles (overload, functional relevance, challenge and accommodation) for both individual and group settings.
6. Design of an exercise program (components and methods including warm-up and cool down, flexibility resistance aerobic endurance, balance and mobility mind-body exercise in both individual and group settings).
7. Adaptation of group and individual exercise programs for age related medical conditions and for people who have experienced falls.
8. Recognition of signs and symptoms associated with medical related negative interactions during physical activities.
9. Application of motor learning principles for proper client instruction, verbal feedback and reinforcement.
10. Motivation of older adults to participate in physical activity and exercise programs.
11. Incorporation of leadership skills into personal training and group physical activity classes to enhance teaching efficiency and client satisfaction - Reception of participant's feedback - Social support strategies.
12. Safety and first aid - Signs that indicate need for immediate exercise cessation or immediate medical consultation - Establishment of an emergency action plan.
13. Professional conduct and ethics - Accessing resources for the enhancement of professional skills - Methods of continuing education to enhance professional skills.

TEACHING METHOD(S) (*lectures – labs – practice etc.*):

1. Lectures.
2. Problem solving projects.
3. Design and implementation of exercise programs.

ASSESSMENT METHOD(S):

1. Mid-term exams
2. Problem solving projects
3. Exercise program
4. Final (written) exams

LEARNING OUTCOMES:

<p>Upon the completion of this course the student will be able to:</p> <ol style="list-style-type: none"> 1. Determine and combine the physical, social and psychological characteristics of older adults, as well as the limitations imposed by the aging process. 2. Recognize, assess and interpret the physical activity effects on human performance, functional capacity and quality of life of older adults. 3. Select and apply the appropriate procedures in order to assess physical fitness and activity, quality of life and functional status of older adults prior to participation in an exercise program. 4. Design and apply exercise programs for older adults aiming at improving physical fitness and functional capacity. 5. Structure and deliver motivational interventions in order to increase participation in exercise programs.
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LEARNING OUTCOMES – CONTINUED:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Ability to determine and combine the physical social and psychological characteristics of older adults, as well as the limitations imposed by the aging process.	Lectures, understanding project, home study.	Mid term exams, final written exams.	30
Ability to recognize, assess and interpret the physical activity effects on human performance, functional capacity and quality of life of older adults.	Lectures, understanding project, problem solving projects, home study.	Mid term exams, problem solving project, final written exams.	50
Ability to select and apply the appropriate procedures in order to assess physical fitness and activity, quality of life and functional status of older adults prior to participation in an exercise program.	Lectures, problem solving projects, home study.	Problem solving project.	50
Ability to design and apply exercise programs for older adults aiming to improve physical fitness and functional capacity.	Lectures, design of exercise program, problem solving projects, home study.	Problem solving project, exercise program, final exams.	40
Ability to structure and deliver motivational interventions in order to increase participation in exercise programs.	Lectures, problem solving projects, home study.	Problem solving project, design of motivational intervention, final exams.	40
		TOTAL	210

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Cotton, R.T. (Ed) (1998). Exercise for older adults. Champaign, IL: Human Kinetics.
2. Spirduso, W.W. (2001). Physical dimensions of aging. Champaign, IL: Human Kinetics.
3. Brill, P.A. (2004). Functional fitness for older adults. Champaign, IL: Human Kinetics.