

Syllabus

SPECIALIST IN SENIOR FITNESS

COURSE CREDITS

5 quarter credits

COURSE LENGTH

6 months

PREREQUISITES

Certified Fitness Trainer

CO-PREREQUISITE

Basic Adult CPR with AED

TEXTBOOKS AND MATERIALS

Knopf, Karl. *Senior Fitness*. Third Edition. Int'l Sports Sciences Association.

COURSE DESCRIPTION

Examines exercise programming for senior clients including topics on aging and exercise, chronic conditions for older adults, proper assessment, strength, flexibility, contraindicated exercises, and motivation. Upon successful completion of the certification examination (included in the course), students will earn an ISSA Specialist in Senior Fitness certification through the ISSA Professional Division.

COURSE OBJECTIVES

- Recognize the health and fitness challenges facing older adults and explain how exercise fits in the continuum of care.
- Identify a basic understanding of chronic conditions associated with aging and how to incorporate exercise for these conditions.
- Administer the proper health and fitness assessment techniques for older adults. Discuss the benefits of exercise to the older adult population.
- Apply the motivation and teaching techniques that are appropriate for the older adult demographic.
- Identify the correct exercise(s) to address an older adult client's specific condition (cardiovascular, pulmonary, metabolic, neurological, orthopedic, and / or sensory).
- Design strength, flexibility, and cardiovascular health and fitness programs for older adult clients.
- Explain business and marketing principles that support exercise programming for the older adult demographic.

- Identify the situation(s) when it is necessary to seek out a doctor's assistance with exercise design and/or injury needs.

COURSE OUTCOMES

- Determine appropriate exercise programming for clients based on the individual's current condition.
- Recognize the opportunities to modify a client's exercise program based upon assessment of the individual's progress.
- Define contraindicated exercises and provide alternative exercises for older adults.
- Educate clients on how to integrate a healthy lifestyle through exercise.
- Describe the biomarkers of aging.
- Explain the physiological changes that accompany aging.

COURSE OUTLINE

All modules run from Monday morning to Sunday night.

Module 1: Fit for Life, Biomarkers

Module 2: Physiology of Aging, Healthy Aging

Module 3: Facts and Myths, Exercises to Avoid, Effective Teaching, Motivating the Older Adult

Module 4: Basic Assessment

Module 5: Cardiovascular Fitness, Strength Training Guidelines

Module 6: Flexibility

Module 7: Cardiovascular, Pulmonary, Neurological, and Metabolic Conditions

Module 8: Orthopedic Conditions

Module 9: Sensory Conditions and Marketing

Module 10: Final Examination

INSTRUCTIONAL METHODS

This course will include online lectures, reading assignments, written assignments, discussions, and quizzes.

PROCTORED FINAL EXAMINATION

The course concludes with a closed-book, one-hour, timed, proctored examination. Module 6 of this course includes an assignment to schedule your proctor and report your proctoring appointment details to your instructor. The assignment provides all instructions for scheduling. Review this assignment as soon as possible, and no later than Module 6.

INSTRUCTOR CHAT HOURS

Instructor chat hours will be posted in the News Forum in Module 1.

GRADING

Review "How to Score Well" under "Course Home" for general guidance on how your written

submissions are evaluated. In addition, pay close attention to the assignment-specific guidelines, pointers, and expectations that the Instructor posts in the News Forum.

- **ASSIGNMENTS:** Students will complete written assignments that will be graded on accuracy and depth of thought. Assignments are due by the posted deadline.
- **QUIZZES:** Quizzes are true/false and multiple choice. Quiz completion is due by the posted deadline. Quizzes are automatically graded by the LMS upon submission.
- **DISCUSSION PARTICIPATION:** Students participate in discussions by creating an original response to the posted discussion and commenting on the posts of two peers.
- **FINAL EXAMINATION:** The final exam is a closed-book, proctored exam during the final module of the course. The final exam is automatically graded by the LMS upon submission.

Component:	% of Grade:
Assignments	32%
Quizzes	15%
Discussion	14%
Case Studies	15%
Final Exam	24%
Total	100%

Letter Grade:	Percentage:
A+	97-100
A	94-96
A-	90-93
B+	87-89
B	84-86
B-	80-83
C+	77-79

C	74-76
C-	70-73
D+	67-69
D	64-66
D-	60-63
F	59 or below

EARNING YOUR CERTIFICATE - MINIMUM REQUIREMENTS

To earn your certificate, you must:

- **Earn a course score of 75% or better**
- **Submit all case studies**
- **Complete the final exam**
- **Current Adult CPR/AED** must be on file with the ISSA Professional Division. (See Module 10 for submission instructions).
- **All fees must be paid in full.**