

## Senior Fitness Specialty Certification

Introduction	Senior Fitness Standards & Understanding Older Adults ①	Exercise Recommendations & Principles ②	Fall Prevention ③
Fitness Testing ④	Programming & Instruction ⑤	Programming Examples ⑥	Wrapping Up

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### Introduction

## WELCOME

- Welcome to NETA's online Senior Fitness Specialty Certification program.
- NETA's Senior Fitness Specialty Certification program is a resource for group fitness and personal training professionals to better serve the needs of an aging population.

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### Introduction

#### Course Objectives

Upon successful completion of this online course you will be able to...

- Understand the bio-markers of aging
- Practice exercise drills for fall prevention
- Practice functional fitness assessments for older adults
- Understand exercise selection for specific chronic conditions
- Learn to incorporate a wide range of exercise options in a group setting to help each individual meet their fitness goal

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### Senior Fitness Standards

## Section One

### Senior Fitness Standards

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### Senior Fitness Standards

#### STANDARDS 1 & 2

- Standard 1: Overview of aging and physical activity**
  - Demographic information and various definitions of aging.
  - The benefits of physical activity as it relates to disease prevention, health promotion, and quality of life.
- Standard 2: Exercise science and psychosocial aspects of aging**
  - Physiological and functional changes associated with aging and how these changes may impact exercise activity and program design.
  - Applied movement analysis and motor learning principles for proper selection and implementation of specific exercises, which will enhance functional capacity.
  - Society's stigma regarding aging, the disengagement theory, and common physiological problems associated with aging.
  - Demographic considerations as they relate to individual participation in physical activity programs.

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### Senior Fitness Standards

#### STANDARDS 3 & 4

- Standard 3: Assessment**
  - Criteria for test selection
  - Cardiovascular risk factor identification
  - Health, activity, and other lifestyle appraisals
  - Background and medical screening
  - Physiological and functional fitness assessments
  - Accepted national guidelines for exercise testing and prescription
- Standard 4: Exercise program design**
  - Interpretation of data
  - Physical and functional fitness components related to activities of daily living
  - Appropriate application of exercise principles
  - Training formats and session designs for different functional abilities
  - Individual and group exercise sequencing and exercise program structure
  - Economic considerations and consequent equipment options
  - Participant recruitment and tracking

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