



Exercise & Aging Specialist Certification

Provider: Native American Fitness Council

Course Description

Elders and inactive adults pose special challenges for fitness trainers. This certification gives you the skills to successfully motivate and train these community members. Chair exercises, balance training for fall prevention and modified functional movements are presented that keep elders enjoying active, independent living.

Continuing Education Credits: 13.5 hours

Eligibility to Participate: 18 years of age or older, CPR/AED recommended (not required)

Certification Renewal: The Exercise & Aging Specialist Certification is a specialty certification of the Native American Fitness Council & does not need renewal. Continuing education is encouraged.

Agenda

Day 1

- 8:00 - 8:15 Check In
- 8:15 - 8:30 Introduction to the Exercise & Aging Specialist Certification
- 8:30 - 9:30 The Importance of Helping our Native Elders
- 9:30 - 10:00 Physical Effects of Aging on Individuals
- 10:00 - 10:15 Break
- 10:15 - 11:00 Exercise and Aging
- 11:00 - 12:00 Resistance, Endurance, Balance & Flexibility Training for Older Adults
- 12:00 - 1:00 Lunch
- 1:00 - 2:00 Effectively Training Adults & Elders
- 2:00 - 2:45 Introduction to Functional Exercise Training System
- 2:45 - 3:00 Break
- 3:00 - 4:15 Starting an Elder Exercise Program
- 4:15 - 4:30 Questions & Answers

Day 2

- 8:00 - 8:15 Group Introductions
- 8:15 - 9:15 Martial Arts Inspired Movements for Elders
- 9:15 - 10:00 Senior Living Community Fitness Program
- 10:00 - 10:15 Break
- 10:15 - 11:00 Senior Living Community Fitness Program (continued)
- 11:00 - 12:00 Functional Exercise Training System - Balance & Agility
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Functional Exercise Training System - Strength
- 2:45 - 3:00 Break
- 3:00 - 4:15 Walking Strong Program
- 4:15 - 4:30 Awarding of Certificates