



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: 27 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 - 10:00 The Importance of Helping our Native Elders
- 10:00 - 10:15 Break
- 10:15 - 11:00 Physical Effects of Aging on Individuals
- 11:00 - 12:00 Benefits of Exercise for the Aging
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Resistance Training for Elders
- 2:45 - 3:00 Break
- 3:00 - 4:15 Balance Training for Elders
- 4:15 - 4:30 Questions & Answers

Day 2

- 8:00 - 8:45 Warmup & Introductions
- 8:45 - 10:00 Flexibility Training for Elders
- 10:00 - 10:15 Break
- 10:15 - 12:00 Falls – Prevention & Rising
- 12:00 - 2:45 Effectively Training Adults & Elders
- 2:45 - 3:00 Break
- 3:00 - 4:15 Introduction to Functional Exercise Training System
- 4:15 - 4:30 Questions & Answers

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Day 3

- 8:00 - 8:15 Warmup – Tai Chi
- 8:15 – 10:00 Martial Arts Inspired Movements for Elders
- 10:00 - 10:15 Break
- 10:15 - 12:00 Senior Living Community Fitness Program
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Functional Exercise Training System – Upper Body Emphasis
- 2:45 - 3:00 Break
- 3:00 - 4:15 Functional Exercise Training System – Lower Body Emphasis
- 4:15 - 4:30 Questions & Answers

Day 4

- 8:00 - 8:15 Warmup – Dynamic Elder Movements
- 8:15 – 10:00 Chair Exercises
- 10:00 - 10:15 Break
- 10:15 - 12:00 Elder Walking Program
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Cultural Movements for Elders
- 2:45 - 3:00 Break
- 3:00 - 4:15 Connecting & Inspiring with Elders
- 4:15 - 4:30 Awarding of Certificates