Course Information Sheet

Course Title: Action Plan for Menopause

Course Description: Learn the physiological and psychological changes associated with menopause and the role exercise and nutrition have in helping to manage the hot flashes, mood swings and depression often associated with menopause. Published in conjunction with ACSM, this book will become a staple in your fitness and nutrition library. Course includes soft-cover textbook, separate testing booklet and free, instant grading. Softcover, 220 pages.

Learning Objectives:

1. Identify the average age for menopause to occur for women in the U.S.
2. Identify the hormone responsible for changes in female sexual characteristics at puberty.
3. Explain why menstrual bleeding changes occur during perimenopause and menopause.
4. Identify the scientific term for hot flashes and night sweats.
5. Identify various methods used to help cope with hot flashes.
6. Identify the disease that is the number killer of women.
7. Identify the benefits of aerobic exercise for menopausal women.
8. Explain how bone density is measured and what happens to bone density during menopause.
9. Identify which activity would be most beneficial to improve bone density.
10. Explain the recommendations for women to follow to reduce the risk of osteoporosis.
11. Explain how the terms physical activity and exercise differ.
12. Identify the components of physical fitness.
13. Explain why muscular fitness is vital for women as they age.
14. Identify and explain the physiological principles that apply to a training program.
15. Explain what the PAR-Q is and how it is used.
16. Explain the importance of goal setting.
17. Explain how to set long term and short term goals.
18. Explain the purpose of a warm-up.

Target Audience: Beginner/Intermediate/Advanced

Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to
change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.

Instructor/Author Credentials:

**Barbara Bushman** is certified as a program director and exercise specialist through the American College of Sports Medicine (ACSM) and is an associate professor at Southwest Missouri State University. She received her PhD in exercise physiology from the University of Toledo and has since focused her research efforts on the topic of women and exercise, along with the usefulness of various exercise modes including cross-training and deep-water run training. Her findings have been featured in numerous journals, publications, and presentations.

Bushman also is a manuscript reviewer for ACSM's Medicine & Science in Sports & Exercise, and she is a member of the editorial board of The American Journal of Medicine & Sports. She has been a fellow of the American College of Sports Medicine since 1999, serving on the ACSM Media Referral Network and ACSM's Strategic Health Initiative on Women, Sport and Physical Activity, along with various other national and regional ACSM committees.

Bushman resides in Springfield, Missouri, with her husband, Tobin, and participates in numerous activities in her leisure time, including running, cycling, hiking, lifting weights, and open-water kayaking.

**Janice Clark Young** is an assistant professor in the health and exercise sciences program at Truman State University in Kirksville, Missouri, where she teaches health program planning, public health, and environmental and consumer health. She earned her doctorate in health education from the University of Kansas and is a nationally certified health education specialist (CHES).

In addition to serving as a reviewer for six different health textbooks, Young also wrote the Instructor's Manual for Hales' Invitation to Fitness and Wellness. She is a member of the American Alliance for Health, Physical Education, Recreation and Dance and the American Association for Health Education. In 2003 she was the recipient of the College Teaching Award at Southwest Missouri State University.

Young resides in Kirksville, Missouri, with her husband, Frank. She enjoys a range of physical activities including swimming and water sports, horseback riding, walking, and hiking.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE
awards: [www.exerciseetc.com](http://www.exerciseetc.com)

Sponsors: N/A