Course Information Sheet

Course Title: Fitness Pro’s Guide to Strength Training Older Adults

Course Description:

This resource contains the information and tools you need to educate, motivate, and assist older adults in committing to and benefiting from individualized strength training programs. Baechle and Westcott, leading authorities in fitness and strength training, offer information and guidance based on their combined 50-plus years of experience as strength training athletes, coaches, instructors, and researchers. Guidelines for senior strength training provide a basis for your program design, and recommendations for program modifications will assist you in constructing strength training programs that meet each client’s needs, abilities, and limitations. Previously published as Strength Training for Seniors, this new edition has been retooled to assist health and fitness instructors at health clubs, YMCAs, community centers, nursing homes, retirement communities, and other organizations in helping older adults obtain the far-reaching benefits of strength training. Use the information and tools in Fitness Professional’s Guide to Strength Training Older Adults to help your senior clients understand the benefits of strength training, overcome their intimidation, and commit to a training program that will enable them to enjoy a more vibrant and active lifestyle.

Learning Objectives:

After completing this course, the participant will be able:

1. To gain knowledge as to why seniors need strength training
2. To understand the parameters and strategies for modifying protocol for various diseases and needs of seniors
3. To learn instruction techniques that are beneficial for various needs of seniors
4. To design and implement appropriate exercises based on individual needs and goals
5. To know and understand exercise form, musculature, and exercises beneficial and appropriate to each individual client
6. To understand and incorporate the use of elastic bands, bodyweight and other alternative exercises and when to utilize them in a workout for seniors
7. To design progressive programs for strength training and utilize testing procedures appropriate for each client.
8. To understand modifications necessary for those seniors with special considerations
9. To gain knowledge in the design of sports specific training programs for the senior athlete whether competitive or recreational.
10. To gain basic knowledge in the dietary needs of seniors that are within the trainer’s scope of practice.

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:

Thomas R. Baechle, EdD, CSCS,*D; NSCA-CPT,*D, competed in Olympic-style weightlifting and powerlifting and was an instructor of weight training and a strength and conditioning coach for 20 years. Currently he is a professor and chair of the exercise science department at Creighton University, where he directed phase III cardiac rehabilitation for 16 years. He is a cofounder and past president of the National Strength and Conditioning Association (NSCA) and for 20 years was the executive director of the NSCA Certification Commission.

Wayne L. Westcott, PhD, CSCS, is fitness research director at Quincy College in Quincy, Massachusetts. As an athlete, coach, teacher, professor, researcher, author, and speaker, Westcott has more than 38 years of experience in strength training and is recognized as a leading authority on fitness. For over 25 years, Westcott has focused on strength training instruction and research for adults 50 to 100 years of age. His landmark study at the John Knox Village Nursing Home increased awareness of the benefits of strength training for seniors with various health conditions and fitness levels and led to the implementation of strength training centers in more than 500 nursing homes.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Sponsors: N/A