

Course Information Sheet

Course Title: Able Bodies Balance Training

Course Description: ABLE Bodies Balance Training offers an activity-based program to improve balance and mobility for both fit and frail older adults. This practical instructor's guide provides more than 130 balance and mobility exercises that enhance older adults' abilities to maintain balance in completing their everyday tasks to increase their self-confidence and improve their quality of life while reducing their fall risk. The exercises and activities are easily implemented with the use of existing facilities and inexpensive equipment. They also encourage fun and social interaction, helping instructors to create and maintain an energized and positive environment that improves communication, motivation, and overall progress. The program may be used in group or individual settings and can be customized according to level of experience:

Learning Objectives:

After completing this course, you will be able to:

1. Gain knowledge in the ABLE Bodies Balance Training program and its components
2. Learn the importance of medical clearances and medical histories
3. Gather suggestions and information on inexpensive equipment appropriate for the class
4. Know how to plan for class size and location
5. Understand how flexibility, posture, core stability, strength, balance, mobility and cardio can all enhance the balance training program
6. Gain information on how to set up and design a solid and creative program
7. Understand the importance of safety guidelines with older adults and the frail, and how to properly implement these guidelines
8. Create a toolbox of exercises incorporating flexibility, stability, strength, core, and mobility
9. Modify exercises based on the participants' abilities
10. Learn how to progress clients in a safe manner
11. Understand how to properly format a class for all levels and learning abilities

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.exercisetc.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:

Sue Scott, MS, is an exercise consultant, balance specialist, and active living consultant. In her work with older adults and through her fitness company, Renewable Fitness, Scott focuses on bettering the health and well-being of seniors, particularly frail older adults.

Scott has over 10 years of experience working exclusively with seniors and fitness. She has worked in fitness as an educator, researcher, consultant, and personal trainer since 1986. She is certified as an American College of Sports Medicine (ACSM) health and fitness instructor and an International Dance Exercise Association (IDEA) master trainer.

Scott is the creator of the Adventures in Better Living through Exercise (ABLE) Bodies Balance Improvement Protocols. A National Blueprint on Active Aging grant in 2003 enabled Scott to research the effectiveness of the ABLE Bodies balance techniques in a randomized, controlled trial. In 2005, Scott presented her findings at the American College of Sports Medicine (ACSM) conference in Nashville as well as the International Association of Homes and Services for the Ageing (IAHSA) conference in Norway and the American Public Health Association (APHA) conference in Philadelphia.

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

Sponsors: N/A