

Biomechanics & Performance for Seniors

Course Description: “Biomechanics & Performance for Seniors” is a fun, fast-paced 1-day workshop designed to give you practical, useful training ideas that you can use with your older clients immediately. This brand-new continuing education program features 4 brand new, never- before-offered CE programs that are designed to help you train your clients to see impressive results while adhering to the age-appropriate training concept of “Gain without Pain.

Starting from a solid combination of current research and good old fashioned exercise science, this evidence-based program will expose you to program design strategies especially tailored to older clients who want to maintain their functional independence. You’ll learn how to make traditional strength training exercises more effective and learn new cardio variations that you’ve probably never been exposed to before.

Finally, you’ll learn safe and effective modifications for once-common activities that are now regarded as ineffective, unsafe or both. “Biomechanics & Performance for Seniors” is going to open your eyes to a whole new world of training options. Whether you work with your clients one-on one or in a group setting, this course is going to change the way you think about program design. This new set of workshops will revolutionize your training program.

Learning Objectives:

- After completing Module 1: The Biomechanics of Grip and Core Stability, you will be able to
 - Define biomechanics and the use in interprofessional areas.
 - Compare and contrast various markers of longevity
 - List the components assessments designed specifically for seniors.
 - Explain the components of the various drills to assess senior specific tasks.

- After completing Module 2: The Biomechanics of Function and Strength you will be able to:
 - Identify the normal range of motion for joints
 - Explain exercise recommendations for strength training for aging seniors.
 - List the various exercises designed for functional movement.
 - Explain the various modalities to improve shoulder and t-spine mobility.
 - Identify muscles and range of motion for rotational power.

- After completing Module 3: The Biomechanics of Balance and Fall Prevention, you will be able to:
 - Identify the systems responsible for balance
 - Discuss the various medications impacting balance
 - Identify relative fall risk based on an individual's strength
 - Explain the important components and benefits of good landing technique.

- After completing Module 4: The Biomechanics of Gait Development: you will be able to:
 - List the phases of the Gait Cycle.
 - Discuss the link the core plays in upper and lower body movement.
 - Compare and contrast acceleration and deceleration.
 - Identify the phases of deceleration.
 - Compare and contrast drills designed for reaction, agility, and dynamic balance.

Target Audience: Fitness Professionals, Strength and Conditioning Specialists, ATs, PTs, PTAs, LMTs.

Schedule and Format: Live classroom training program.

Registration Fees: See our website for details: www.exerciseetc.com

Cancellation/Refund Policy: Full refund policy is available on our website: <https://exerciseetc.com/policies.php>

Course Developer and Presenter Credentials:

Guy Andrews, MA, CSCS

Guy is the Executive Director of Exercise ETC. He is a Certified Strength and Conditioning Specialist through NSCA as well as a Senior Fitness Specialist and a Performance Enhancement Specialist, both through NASM. He has worked in the fitness field since 1983 as a boot camp instructor, group fitness instructor, group fitness Instructor, group fitness director, personal trainer, fitness director, and general manager. He earned his bachelor's and master's degrees from Florida Atlantic University in Boca Raton, FL and holds multiple fitness certifications. Over the years, Guy has worked with many population groups; he currently teaches senior fitness for the City of Wilton Manors and for the Edgewater Assisted Living Community in Boca Raton, FL.

Contact Hours/CEUs/CECs: See our website for details: www.exerciseetc.com

Sponsors: N/A

