

## Live Program Information Sheet

**Title:** Strength & Conditioning for Seniors, 2024

**Course Description:** This popular program artfully combines the latest research with the most current trends in senior fitness , resulting in a course that is designed to keep clients age 65 and older fit, active, functional and independent. Today’s seniors have the expectation of remaining vibrant, functional and active well into old age, and this course explores every aspect of the training process. You’ll discover age-appropriate training techniques suitable for all levels of senior from the active older adult to the frail elder. This 1-day program will explore both the physiological and psychological needs of your older clients and allow you to conceptualize and administer training programs customized to the individual needs of seniors.

### Learning Objectives:

- Function = Freedom: Integrated Core Training
- After taking this class you will be able to:
  - Explain Gray Cook’s “Functional Movement Screen”
  - Discuss how the physiological process of aging is more related to deconditioning
  - Provide exercise recommendations for increasing/restoring core strength for seniors
  - Explain the 3 “sling” systems and how to implement their training into a senior program
- Balance = Independence: Progressive Fall Prevention Programs
- After taking this class you will be able to:
  - Identify how we remain balanced
  - Explain the different systems within the body that are used for balance
  - Describe the goals of a balance training program
  - List program considerations for a balance training program
  - Provide program progressions for a balance training program

### Cognition = Confidence: Cardio Exercise and Cerebral Blood Flow

- After taking this class you will be able to:
  - Define the aging process
  - Identify neuroplasticity
  - Explain the main parts of the brain
  - Describe the importance of blood flow to the brain and how it affects cognition
  - List and explain the 5 elements of cognition

- *Strength = Control: Age-Appropriate Conditioning Exercise*
- After taking this class you will be able to:
  - Define Functional Strength Training
  - Discuss the basic and advanced ADLs
  - Explain how to integrate function exercises into your programs
  - List age-appropriate modifications for primal exercise patterns: Push, pull, rotate, squat, deadlift

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

**Schedule and Format:** Live Program.

**Registration Fees:** Please visit our website for the most up-to-date continuing education awards and pricing details.

**Cancellation/Refund Policy:** Exercise ETC has a **100% full refund policy** for all “live” training programs. If you are unable to attend a live training program, we will be happy to issue you a refund for the course you did not attend. Request for a credit must be made by email within 10 days of the originally scheduled class

#### **Course Developer 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 director, personal trainer, fitness director and health club 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, especially the older adult population, and has worked in a variety of environments including corporate fitness, hospital-based wellness centers, municipal and community centers and major health clubs. He currently teaches senior fitness for the City of Wilton Manors, FL as well as at the Edgewater Assisted Living Community in Boca Raton, FL.

##### **Mike Deibler, MS, CSCS**

Mike is Exercise ETC's Director of Education. He is the owner of Premier Training, a private personal training studio located in San Diego, CA. He is also the founder of "My Workout Creator" an online exercise programming system. Mike is a Certified Strength and Conditioning Specialist (NSCA-CSCS) with a BS in Kinesiology from the University of Connecticut and an MS in

Exercise and Sport Sciences from the University of Florida at Gainesville. A former All American in Track and Field for the University of Connecticut, Mike combines his success in the athletic world with his extensive education to become an elite fitness consultant and mentor for newly certified personal trainers. As a personal trainer and Boot Camp leader, Mike has helped hundreds of individuals reach their full fitness potential. Specializing in program design for athletes, functional training, and fat loss training for busy executives, Mike is also a certified personal trainer through ACE and NASM. Mike joined our faculty in 2008.

**Course Presenter Credentials:** Presenters vary by city. Please see our website for faculty assignments & credentials

**Contact Hours/CEUs/CECs:** Please visit our website for the most up-to-date continuing education awards.

**Sponsors:** N/A