

## Workshop Information Sheet

**Program Title:** Senior Fitness Live Workshop Series

**Course Description:** This popular program artfully combines the latest research with the most current trends in senior fitness, the course 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 2-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:

- ^ #1 Facilitating Progress: Sustainable Exercise for the Older Spine
- ^ After taking this class you will be able to:
  - Identify 10 lifestyle causes of back and neck pain
  - Explain who is more likely to have neck pain
  - List common musculoskeletal causes of back pain
  - Compare and contrast the importance of heat vs ice
  - Create recommendations for office environments to reduce the risk of neck pain
  
- ^ #2 Forever Functional: An Integrated Approach to Balance Training
- ^ 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 recovery.
  
- ^ #3 Progressive Synchronization: Training Before & After Hip or Knee Replacement
- ^ After taking this class you will be able to:
  - Identify precautions to take after a joint replacement
  - Explain the predictors of negative outcomes to joint replacement
  - List the mobility joints as opposed to those joints that are for stability
  - Explain the predictors for successful outcomes to joint replacement
  - List specific exercises to be done post-rehab after joint replacement.

- *#4 Reversing Dysfunction: Training Older Shoulders*
- After taking this class you will be able to:
  - Explain the role of the fitness professional when evaluating clients with chronic shoulder conditions
  - Identify the symptoms of various shoulder conditions
  - Explain how to integrate age appropriate shoulder exercises into your programs based on your client's disease/condition and abilities
  - Describe how to build a strong foundation to functional shoulder strength for your older clients
  - List common exercise modifications for common shoulder dysfunctions, like arthritis, bursitis, impingement, rotator cuff tears, etc.
  
- *#5 Empowering Transformation: Managing Chronic Disease*
- After taking this class you will be able to:
  - Explain the role of the fitness professional when evaluating clients with chronic medical conditions
  - Identify the characteristics of various diseases
  - Explain how to integrate exercises into your programs based on your client's disease/condition and abilities
  - Describe how to build a strong foundation to functional training for your clients
  - List common medications and side effects that can occur

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

**Schedule and Format:** Workshop series

**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 **no refund policy** for all “live” training programs. If you are unable to attend a live training program, we will be happy to issue you an in-house credit for the courses you did not attend. The credit is good for one year and may be used for any program or product you desire. Request for a credit must be made in writing 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. 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