

## Course Information Sheet

**Course Title:** Strength Training Past 50 , Third Edition

**Course Description:** Acclaimed researcher Wayne Westcott explores how to design and implement strength programs for older clients. You will learn how to merge form and function to improve your client's activities of daily living (ADL) while protecting aging joints, and you'll understand the physiology of strength training like never before. Discover how to add quality and function to your client's golden years. Course includes soft-cover textbook, separate testing booklet and free, instant grading. Softcover, 257 pages. Third edition.

### Learning Objectives:

1. Explain the benefits of performing strength training exercises.
2. Identify the first step that should be completed prior to starting a strength training program.
3. Explain the changes to the musculoskeletal system that occur with aging.
4. Identify factors that effect strength fitness.
5. Identify which strength tests to perform to assess upper body strength, endurance and strength of the midsection, and lower body strength.
6. Explain the proper protocol to use to administer a push-up test to men and women.
7. Identify points to include on a free-weight safety checklist.
8. Identify points to include on a machine safety checklist
9. Identify what to look for in terms of space requirements in a fitness center.
10. Identify appropriate questions to ask a personal trainer before deciding to work with them.
11. Identify which exercises require a spotter.
12. Identify which machine and/or free-weight exercises to use to strengthen the midsection and lower back.
13. Identify which machines and/or free-weight exercises to use to strengthen the chest and upper back muscle groups.
14. Identify which machines and/or free weight exercises to use to strengthen the muscle groups in the shoulders and arms.
15. Identify the recommended training frequency and number of sets to use in a strength training program.
16. Explain how to determine when to increase the weight load in a strength program.
17. Explain how to apply the 5 percent rule to determine the amount of weight to use to increase the load.
18. Explain how to use the double-progressive approach to progress a strength training program.
19. Explain how to use the pyramid approach for strength training.
20. Identify the appropriate range of movement to use when performing strength training exercises.

**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](http://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:**

**Wayne L. Westcott, PhD**, directs the exercise science program and fitness research program at Quincy College in Quincy, Massachusetts. He has been a strength training advisor for several national organizations, including the American Council on Exercise, American Senior Fitness Association, YMCA of the USA, President's Council on Physical Fitness and Sports, International Council on Active Aging, Medical Fitness Association, and United States Navy. He has also served as an editorial advisor for publications such as *Physician and Sports Medicine*, *American College of Sports Medicine's Health and Fitness Journal*, *American College of Sports Medicine's Certified News*, *Fitness Management*, *On-Site Fitness*, *American Fitness Quarterly*, *Club Industry*, *Perspective*, *Prevention*, *Men's Health*, and *Shape*.

Westcott is the author of 25 fitness books, including *Building Strength and Stamina*, *Strength Training for Seniors*, *Fitness Professional's Guide to Strength Training Older Adults*, *Strength and Power for Young Athletes*, *Complete Conditioning for Golf*, *Youth Strength Training*, and *Building Strength and Stamina Navy Fitness Edition*, all with Human Kinetics.

Dr. Westcott has been honored with the Lifetime Achievement Award from the International Association of Fitness Professionals, the Healthy American Fitness Leader Award from the President's Council on Physical Fitness and Sports, the Roberts-Gulick Award from the YMCA Association of Professional Directors, the Lifetime Achievement Award from the Governor's Committee on Physical Fitness and Sports, the NOVA 7 Exercise Program Award from *Fitness Management Magazine*, the Marla Richmond Memorial Education Award from the Medical Fitness Association, and the Faculty of the Year Award from Quincy College.

**Thomas R. Baechle, EdD, CSCS,\*D (R), NSCA-CPT,\*D (R)**, is a professor and chair of the exercise science department at Creighton University. He is a cofounder and past president of the National Strength and Conditioning Association (NSCA), and for 20 years he was the executive director of the NSCA Certification Commission.

Baechle has received numerous awards, including the Lifetime Achievement Award from the NSCA and the Excellence in Teaching Award from Creighton University. He has more than 35 years of experience competing in and coaching weightlifting and powerlifting and presenting

and teaching on these topics. Baechle has authored, coauthored, or edited 15 books, including three editions of *Fitness Weight Training*, four editions of the popular *Weight Training: Steps to Success*, and three editions of *Essentials of Strength Training and Conditioning*, all published by Human Kinetics.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards:  
[www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A