



AOTA Approved Provider #4023



Course Title: Geriatric Rehab 102

Course Subtitle: Exercise and Physical Activity for Older Adults

Course Description: Geriatric Rehab 102, Exercise and Physical Activity for Older Adults, is a 2-hour course designed for the clinician using activity and exercise as part of a therapy program. Exercise is the most powerful intervention used by therapists to promote healthy and independent functioning. This course describes the role of physical activity and exercise, the effects of a sedentary lifestyle, elements of an effective exercise program and reviews a variety of different types of exercise including stretching, strengthening, aquatics, Tai Chi, plyometrics and aerobics.

Upon the completion of the course and successfully answering 10 interactive multiple-choice questions, the learner will complete a satisfaction survey and receive a completion certificate for .2 AOTA eligible CEU's.

Course Length: 2 Hours

Course Authors: Patrick J. VanBeveren, PT, DPT, MA, OCS, GSC, CSCS and Dale Avers, PT, DPT, PhD

Course Objectives:

Upon course completion, the learner will be able to:

- Understand the role of physical activity for older adults
- Outline the physical stress theory
- Outline and define the elements of an exercise prescription
- Become familiar with types of exercises for older adults including aquatics, Tai Chi, stretching, strengthening and plyometrics

Outline of Content:

Hour 1:

Role of Physical Activity
The Slippery Slope of Aging
History of Strengthening Exercise

Physical Stress Theory
Elements of an Exercise Prescription

Hour 2:

Types of Exercises for Older Adults

Aerobic Exercise

Aquatic Exercise

Strengthening

Stretching

Plyometrics

Tai Chi

Summary