



Course Title: Geriatric Rehab 106 - Impaired Muscle Performance

Course Description: Geriatric Rehab 106, Impaired Muscle Performance, is a 1-hour course designed for the clinician working in geriatrics in the acute care environment. This course will cover various aspects of muscle performance, muscle structure and how the structure of the muscle changes throughout the aging process. This clinically-relevant information will provide the clinician with the proper knowledge and foundation to be better equipped to design treatment interventions and create exercise programs that will help clients reach their maximum potential and functional independence.

Target Audience: OT / OTA and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 1 contact hour / .1 ceu

Course Prerequisites: None

Course Author / Instructor: Guccione, PT, PhD, DPT / Brown, MS, OTR/L, CHT

Learning Objectives:

- Outline changes in muscle structure and function associated with aging
- Outline changes in metabolic function associated with aging
- Become familiar with evidence-supported suggestions for resistance training
- Understand adaptations in muscle power, strength, size and composition with resistance exercise
- Discuss nutritional intake as a countermeasure for sarcopenia

Agenda:

Hour #1

INTRODUCTION

CONSEQUENCES OF SARCOPENIA

Changes in Muscle Structure and Function Associated with Aging
Changes in Metabolic Function Associated with Aging

MUSCLE COUNTERMEASURES FOR OLDER INDIVIDUALS

Resistance Exercise

Nutritional Intake as a Countermeasure for Sarcopenia

Summary

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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