



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Anti Aging Certificate Program

Target Audience: OT/OTA

Course Length: 12 hours

Course Author/Instructor: Italia, DC, PhD

Educational Level: Introductory, Intermediate, Advanced

Course Objectives:

At the end of this course, participants will be able to:

- Explain basic concepts of health
- Identify the health spectrum
- Recognize the various facts associated with aging
- Determine the difference between sickly aging and normal aging
- Recognize the various theories of aging
- Recognize the most common theory of aging
- Determine the risks associated with being sedentary
- Identify the effect of exercise on the cardiovascular system
- Describe how exercise affects cholesterol and cancer
- Examine the various components of an exercise program
- Identify which exercises are best for health and longevity
- Recognize the relationship between exercise and antioxidants
- Recognize basic concepts of stress
- Establish how stress and other emotions can cause disease and ill health
- Determine the relationship between nutrition and stress
- Differentiate the relationship between various stress reducing techniques
- Identify how social relationships, religion and prayer can affect health and aging
- Recognize the negative and positive factors from consuming alcohol

- Recognize how alcohol affects nutrition
- Identify how smoking affects health
- Identify the relationship between nutrition and smoking
- Recognize the relationship between second hand smoke and nutrition
- Identify various smoking cessation techniques
- Identify the role of antioxidants and free radicals
- Examine the relationship between antioxidants and heart disease
- Determine the relationship between diet, cancer, and the environment
- Identify various antioxidants that can affect cancer
- Describe how caloric restriction affects longevity
- Explore basic concepts of weight control and obesity
- Recognize how obesity affects overall health and promotes disease
- Identify various dietary patterns and habits
- Determine how diet patterns affect health and promote disease
- Explore the typical American diet pattern
- Review the vegetarian diet pattern
- Analyze the Mediterranean diet pattern and its components
- Identify why fruits and vegetables are anti-aging foods
- Determine how fruits and vegetables offer health benefits
- Select what components of fish have positive effects on health
- Recognize how fish affects cardiovascular disease and cancer
- Identify how garlic affects health and inhibits disease
- Demonstrate the role grains have in health and longevity
- Explain the basics of fiber and how it can affect health and disease
- Identify how nuts can positively affect health and decrease disease
- Recognize how legumes and soy can affect heart disease
- Relate how legumes and soy can affect cancer
- Recognize the beneficial components of yogurt
- Identify how yogurt can affect the immune system

- Define what prebiotics are and how they affect health
- Describe how chocolate can promote health and longevity
- Explore how tea can positively affect health and decrease disease risk
- Identify what the beneficial components of wine are
- Determine the how and when of wine consumption
- Explain basic concepts of water and signs of dehydration
- List how water affects disease and promotes health
- Identify who is susceptible to nutrient deficiencies
- Determine the relationship between a daily multiple vitamin and health
- Analyze how growth hormone can promote health and possibly slow aging
- Explain the risk versus benefit of using testosterone and melatonin
- Recognize the role of DHEA and DHEA-S on health and longevity
- Identify the main concepts of an anti-aging strategy

Outline of Content:

Action	Certificate	Prt-Qust	Subject	Timer
	Anti Aging Certificate Program	1-1	Introduction	10
	Anti Aging Certificate Program	2-1	Introduction (continued)	10
	Anti Aging Certificate Program	3-1	The Facts of Life Extension	10
	Anti Aging Certificate Program	4-1	The Facts of Life Extension (continued)	10
	Anti Aging Certificate Program	5-1	The Theories of Aging	10
	Anti Aging Certificate Program	6-1	Theories of Aging	10
	Anti Aging Certificate Program	7-1	Exercise	10
	Anti Aging Certificate Program	8-1	Exercise (continued)	10
	Anti Aging Certificate	9-1	Exercise (continued)	10

	Program			
	Anti Aging Certificate Program	10-1	Exercise (continued)	10
	Anti Aging Certificate Program	11-1	Exercise	10
	Anti Aging Certificate Program	12-1	Exercise (continued)	10
	Anti Aging Certificate Program	13-1	Stress	10
	Anti Aging Certificate Program	14-1	Stress (continued)	10
	Anti Aging Certificate Program	15-1	Stress (continued)	10
	Anti Aging Certificate Program	16-1	Stress	10
	Anti Aging Certificate Program	17-1	Social Relationships, Religion, and Prayer	10
	Anti Aging Certificate Program	18-1	Alcohol	10
	Anti Aging Certificate Program	19-1	Alcohol (continued)	10
	Anti Aging Certificate Program	20-1	Smoking	10
	Anti Aging Certificate Program	21-1	Smoking	10
	Anti Aging Certificate Program	22-1	Smoking (continued)	10
	Anti Aging Certificate Program	23-1	Smoking (continued)	10
	Anti Aging Certificate Program	24-1	Introduction of Antioxidants	10
	Anti Aging Certificate Program	25-1	Antioxidants and Cardiovascular Disease	10
	Anti Aging Certificate Program	26-1	Antioxidants and Cancer	10
	Anti Aging Certificate Program	27-1	Antioxidants and Cancer (continued)	10
	Anti Aging Certificate Program	28-1	Food Quantity - Caloric Restriction	10
	Anti Aging Certificate Program	29-1	Weight Control and Obesity	10

Anti Aging Certificate Program	30-1	Weight Control and Obesity (continued)	10
Anti Aging Certificate Program	31-1	Dietary Habits and Patterns	10
Anti Aging Certificate Program	32-1	Dietary Habits and Patterns (continued)	10
Anti Aging Certificate Program	33-1	Diet Types	10
Anti Aging Certificate Program	34-1	Diet Types (continued)	10
Anti Aging Certificate Program	35-1	Diet Types (continued)	10
Anti Aging Certificate Program	36-1	The Anti-Aging Foods	10
Anti Aging Certificate Program	37-1	Fruits and Vegetables	10
Anti Aging Certificate Program	38-1	Fish	10
Anti Aging Certificate Program	39-1	Fish	10
Anti Aging Certificate Program	40-1	Garlic	10
Anti Aging Certificate Program	41-1	Grains	10
Anti Aging Certificate Program	42-1	Fiber	10
Anti Aging Certificate Program	43-1	Nuts	10
Anti Aging Certificate Program	44-1	Legumes and Soy	10
Anti Aging Certificate Program	45-1	Soy and Legumes (continued)	10
Anti Aging Certificate Program	46-1	Yogurt	10
Anti Aging Certificate Program	47-1	Yogurt (continued)	10
Anti Aging Certificate Program	48-1	Yogurt (continued)	10
Anti Aging Certificate Program	49-1	Chocolate	10
Anti Aging Certificate	50-1	Tea	10

	Program			
	Anti Aging Certificate Program	51-1	Wine	10
	Anti Aging Certificate Program	52-1	Wine (continued)	10
	Anti Aging Certificate Program	53-1	Water	10
	Anti Aging Certificate Program	54-1	Water (continued)	10
	Anti Aging Certificate Program	55-1	Deficiencies and Supplements	10
	Anti Aging Certificate Program	56-1	Deficiencies and Supplements	10
	Anti Aging Certificate Program	57-1	Hormones	10
	Anti Aging Certificate Program	58-1	Testosterone and Melatonin	10
	Anti Aging Certificate Program	59-1	DHEA	10
	Anti Aging Certificate Program	60-1	Conclusion	10
	Anti Aging Certificate Program	61-1	Administering an Anti Aging Program	10

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:

A minimum 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, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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