



Online Continuing Education Courses  
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AOTA Approved Provider #4023

**Course Title:** Geriatric Rehab 102

**Sub-Title:** 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 working in geriatrics. This course provides a comprehensive overview of the role of exercise and the importance of physical activity for the aging population. The course will emphasize theory and provide up-to-date clinically-relevant information on designing and implementing exercises for the geriatric population. At the end of this course, the clinician will feel better prepared and inspired and will be prepared to design treatment activities and interventions that are much more fun, creative, and effective.

**Target Audience:** OT/OTA

**Course Length:** 2 hours

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

**Educational Level:** Introductory, Intermediate, Advanced

**Course Objectives:**

At the conclusion of the course, participants 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

**Hour #2**

PHYSICAL STRESS THEORY  
ELEMENTS OF AN EXERCISE PRESCRIPTION

## TYPES OF EXERCISES FOR ADULTS SUMMARY

### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://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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