



Course Title: Geriatric Rehab 102 - 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 and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 2 contact hour / .2 ceu

Course Prerequisites: None

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

Learning Objectives:

- 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

Agenda:

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

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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