



Online Continuing Education Courses  
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AOTA Approved Provider #4023

**Course Title:** Geriatric Rehab 106

**Sub-Title:** 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

**Course Length:** 1 hour

**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:

- 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

**Outline of Content:**

**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

### **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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