



Online Continuing Education Courses  
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Approved Provider

APP: #4023

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**Course Title:** Geriatrics 250

**Course Subtitle:** Physical Activity and Healthy Aging

**Course Description:** Aging is the progressive deterioration at the cellular, tissue, and organ level that leads to loss of homeostasis, decreased ability to adapt to internal or external stimuli, and increased vulnerability to disease and death. Visible imprints of aging are loss of quantity and pigmentation of hair, diminished height, decreased muscle mass, and thin wrinkled skin. But it is not as bad as it sounds. The human body is an amazing machine. Meet Man Kaur, a 101-year-old winner of the World Masters Games in New Zealand, where she completed the 100-m dash in just 74 seconds. She is the oldest woman to achieve this feat. Kaur's accomplishment is even more remarkable in that she only began her running career at the age of 96. In this lesson, we explore how the aging process affects our bodies and how exercise positively impacts these processes.

**Course Source:** Clinics in Geriatric Medicine

**Course Length:** 1 hour

**Course Format:** text-based, downloadable PDF

**Course Authors:** Multiple

**Course Instructor:** Joanne Brown, MS, OTR/L, CHT

**Target Audience:** OT/OTA's, PT/PTAs

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

The course is written at the intermediate level, but learners of all levels will benefit from the information.

**Course Objectives:**

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

- Outline and describe 5 changes to the musculoskeletal system that occur with age
- List and describe 8 benefits of exercises for healthy aging
- Discuss the benefits of different types of exercise for various older adult-specific conditions
- Describe 5 evidence and community-based exercise programs for community-dwelling older adults
- Describe 5 evidenced-based exercise programs that are either home-based or designed for more frail older adults

## **Outline of Content:**

### **Hour #1**

- Introduction
- Changes to the musculoskeletal system with age
- Benefits of exercise for healthy aging
  - I. Improved mobility
  - II. Reduced risk of Sarcopenia and Frailty
  - III. Osteoporosis prevention and management
  - IV. Fall prevention
  - V. Pain
  - VI. Cognition and memory
- Types of exercises
  - I. Aerobic
  - II. Resistance
  - III. Balance and flexibility
  - IV. Counseling older adults for regular daily activity
- Summary

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

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes text-based, downloadable PDF.

### **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 top-navigation bar.

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