

# Collin College - Continuing Education

## Course Syllabus

### **Course Title: Older Adult Fitness Specialist Certification**

**Course Description:** This 24-hour certification class is for health and fitness professionals wanting to gain knowledge, training, and competency to assess fitness levels, design fitness programs and provide motivating exercise instruction for older adults.

**Course Prerequisite(s):** This is an intermediate level course for students with experience or education in fitness training.

### **Course Objectives:**

1. Identify the key age-related changes in physiology and fitness levels.
2. Demonstrate safe and effective exercises for older adults.
3. Perform fitness assessments for older adults.
4. Design exercise prescriptions for older adults.
5. Market exercise programs to older adults.

**Textbook(s):** "GAMUT: The AAH Training Series: SrFit"

### **Lesson Plan**

- Session 1: What Is Aging?  
Aging and the Organ Systems, Nutrition; Lifestyle Modifications
- Session 2: Endurance Exercises, Lifestyle Exercise, Training Guidelines, Strength Training  
Chronic Diseases and Exercise, Conditions, Medications And Their Effect On Exercise
- Session 3: Low Back Pain, Posture, Balance, Lifetime Sports; Motivation, "Age-Friendly" and Ageless Business and Marketing
- Session 4: Written and Practical Exams