

Become a ISSA SENIOR FITNESS INSTRUCTOR!

Specialize in a group of clients that have the time, money and motivation to work with a Certified Personal Trainer.

What You'll Learn From This Course

Our course material is continually updated so you can be sure you're receiving the most accurate and up-to-date information available. You'll learn everything you need to know to start helping clients start moving better and feeling less pain:

- Recognize the health and fitness challenges facing older adults and explain how exercise fits in the continuum of care.
- Identify a basic understanding of chronic conditions associated with aging and how to incorporate exercise for these conditions.
- Administer the proper health and fitness assessment techniques for older adults. Discuss the benefits of exercise to the older adult population.
- Apply the motivation and teaching techniques that are appropriate for the older adult demographic.
- Identify the correct exercise(s) to address an older adult client's specific condition (cardiovascular, pulmonary, metabolic, neurological, orthopedic, and / or sensory).
- Design strength, flexibility, and cardiovascular health and fitness programs for older adult clients.
- Explain business and marketing principles that support exercise programming for the older adult demographic.
- Identify the situation(s) when it is necessary to seek out a doctor's assistance with exercise design and/or injury needs.

Your New Career as a Specialist in Senior Fitness Starts Here

Your focus on senior fitness will not only bring you more clients (and possibly better rates) but will also be extremely rewarding as this group tends to value their health more than most of their younger counterparts. While this burgeoning segment of the personal training market is highly motivated and fun to work with, the real value is in the joy you'll experience in changing people's lives.

- Study at your own pace with flexible, online learning to fit your busy schedule.
- Pass your certification exam online wherever you're most comfortable.

How the ISSA Senior Fitness Certification Works

We know that balancing your studies with an already busy schedule can be a challenge, which is why we designed a flexible, self-paced online course schedule that allows you to study when, where, and how often you'd like.

1. **Get Instant Access and Start Studying Right Away**
 - Access your digital textbook online. With 1-2 hours of studying per day, most students finish in just 8-10 weeks. Feel free to study at your own pace.

About the International Sports Science Association (ISSA): Since, 1988, The ISSA is the world leader in fitness education and delivers comprehensive, cognitive and practical distance education for fitness professionals, grounded in industry research, using both traditional and innovative modalities. Founded by leading fitness researchers, PhDs and elite practitioners, the ISSA now offers 24 fitness certifications and has certified over 400,000 trainers in 174 countries.

2. Complete Quizzes and Test Your Comprehension
 - We offer multiple online practice quizzes throughout the course to completely prepare you for the final exam and for real life coaching and helping.
3. Take the Open-Book, Untimed Final Exam from Anywhere
 - You read that correctly - the final exam is online, open-book, untimed, and can be completed over multiple sessions! You can even go back and change any answer, at any time, before you submit your exam. If you don't pass the first time, we even allow you to re-take the exam

What You'll Get With This Course

1. Online Study Guide and Workbook

This online handy reference guide walks you through the course unit-by-unit, allowing you to gain a better understanding of personal trainer concepts.

Online Course Textbook (Downloadable & Printable)

Senior Fitness is a 323 page book that includes everything you need to earn an ISSA Senior Fitness Certification. The course material is continually updated with new information so you can be sure you're receiving the most up-to-date information available. Please see end of the page on the Table of Contents.

2. Online Exercise Lab

ISSA and Hyperstrike provide you with an exclusive online exercise lab with over 250 animated exercises. 3D animation and three different angles ensure that proper form and technique are a breeze!

3. Practice Exam and Section Quizzes

- The practice exam and quizzes test your understanding of the materials; so while you're reading you're preparing for the exam at the same time.
- 9 sets of quiz, 20 questions/ set.

4. Online and Home Study Exam:

- ISSA's certification exam solidifies your proficiency as a fitness professional. Choose a paper-and-pencil exam or utilize our secure online testing portal. One No-cost Retest (if necessary).
- 39 Short Answer, 9 Learning Experiences, 3 Case Studies

5. Online Student Forum

Our online forum is where you can post client or business challenges and receive guidance from our on-staff Master Trainers and members of the ISSA family worldwide.

Plus Bonus Support After Your Exam...

6. Free Professional Website

All ISSA members get a free website to support their personal trainer careers online. Five pages of professionally designed, easily editable, fully hosted content is

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included. Choose from nine designs and put your best face forward online! To learn more about this benefit, click: <https://www.issaonline.com/free-website/>

7. Unlimited Educational Support

All ISSA students have access to unlimited educational support. If you have questions about the course materials, our on-staff professors can guide you through.

Our online forum is where you can post client or business challenges and receive guidance from our on-staff Master Trainers and members of the ISSA family worldwide.

Course Author: Dr. Karl Knopf, EdD

Dr. Knopf is the co-author of the ISSA Senior Fitness Certification course and the ISSA Exercise / Fitness Therapy Certification course. He began his teaching career at Foothill College in Los Altos, California in 1976 as the coordinator of Adapted Physical Education. The program has evolved into the largest in California. Dr. Knopf has been instrumental in developing programs for mature adults, persons with arthritis and chronic pain, persons with disabilities, and the developmentally delayed. He has written three books: Water Workouts, Fitness Over Fifty, and his most recent, Senior Fitness for the ISSA. Dr. Knopf has been writing, consulting and speaking professionally throughout his career and is a frequent guest on television and radio talk shows. Since 1986 he has been a consultant with Stanford School of Medicine for older adult research projects and is a recent recipient of the respected NISOD, Excellence in Teaching Award. The ISSA is proud to have Dr. Knopf join our growing staff and lend his expertise in the field of Adaptive Physical Education and Older Adult Fitness.

Frequently Asked Questions:

1. Pre-requisite?
Must be 18 year old and have proof of current CPR/AED certification
2. What is required to get my certificate?
You must meet the following:
 - Submission of all course quizzes
 - a score of 75% or better on all sections of the final examination
 - Proof of current Adult CPR/AED certificate
3. Is there any deadline for the exam?
You must take the exam within 8 months or you will have to pay a \$10 a month extension fee (up to four). After certified, you can still visit the course materials as long as you have an account with ISSA.
4. What happens if I fail my examination?
If you fail any portion of your Examination, you will be offered the opportunity to resubmit that portion of the examination, free of charge. (This is known as your second attempt at the examination.) Each retest beyond the second attempt (e.g., third attempt, fourth attempt, etc.) will incur an administrative fee.
5. Is there are an expiry date for the certification?
ISSA trainers are required to renew their certification every 2 years. This process consists of a renewal fee, updated CPR/AED certification, and documentation stating the completion of 20 Continuing Education Units (CEUs). (Please note, fulfillment of

this specification is required of trainers only after they have received certification through ISSA. CEUs are not a prerequisite to receiving certification.)

All ISSA Professional Trainers maintain their professional status by:

- Submission of the CE Report Form and accompanying documentation of acceptable CE hours completed during the previous 2-year certification cycle. These documents can be uploaded online at: ISSAtrainer.com, under My Account.
- Proof of a valid Basic Adult CPR/AED certification.
- Payment of renewal fees.

6. Renewal Fee

- \$0 if all 20 CEU credits are obtained through ISSA
- \$99 if CEU credits were earned outside of ISSA
- Late Fees: \$40 (3 - 6 months late), \$50 (6 - 12 months late)
- All renewal fees are non-refundable

7. Table of Contents for ISSA Senior Fitness Textbook

Table of Contents	Professional Conduct	Chronic Conditions I: Cardiovascular and Pulmonary
It's Never Too Late to Make a Client Feel Great!	Getting the Older Adult Started	Cardiovascular Conditions
	Fitness and Stress	Pulmonary Conditions
Making Your Client Fit for Life	The importance of Balance	
Age Related Changes		Chronic Conditions II: Neurological and Metabolic
Exercise, the Anti-Aging Solution	Motivating the Older Adult	Neurological Disorders
Agism	Knowledge As a Motivator	Exercises for the Neurologically Impaired
Causes of Premature Aging	A Different Era	Metabolic Disorders
Getting Old Does Not Equal Becoming Disabled	Socialization	
	Goal Setting	Chronic Conditions III: Orthopedic
Biomarkers of Aging	Excuses or Barriers to Exercise	Arthritis
"Normal" Effects of Aging	Thoughts for consideration	Fibromyalgia Syndrome (FMS)
Theories of Aging		Neck Problems
Men's and Women's Health Issues	Basic Assessment	Low Back Problems
	Basic Assessment	Shoulder Problems
Physiology of Aging	Intensity of Exercise: Target Heart Rate	Hip Problems
Lungs	Progressing	Knee Problems
Heart	Using MET Equivalents to Measure Exercise Intensity	Ankle Problems
Brain	Assessment for Cardiovascular Endurance	Osteoporosis
Kidneys	Assessment for Muscular Strength	Amputations
Body Fat	Assessment for Muscular Endurance	
Muscle	Assessment for Flexibility	Sensory Problems in Older Adults
Sight		Deafness and Hearing Loss
Hearing	Cardiovascular Fitness and the Older Adult	Visual Impairments

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Personality	Frequency of Exercise	
	Safety Considerations	Business and Marketing Basics
Healthy Aging	Cardiovascular Exercises	Business Basics
Cardiovascular System		Marketing Basics
Respiratory System	Strength Training Guidelines	
Musculoskeletal System	Goals and Techniques	Transfers and Ambulation Aids
Nervous System	Phases of a Strength Training Program	Basics of Assisting a Person in a Wheelchair
	Strength Exercises	Transfers
Facts and Myths of Fitness		Progressive Mobilization
	Maintaining Flexibility As We Age	Ambulation Aids
Exercises Older Adults Should Avoid	Optimal Conditions for Eliciting a Stretch	
Controversial Exercises	Stretching Techniques	Assessment of Posture
Exercises to Eliminate	Contraindications for Performing Stretching	Posture Evaluation
Special Precautions to Be Aware of with Older Adult Clients	Performance Requirements for Stretching Techniques	Procedures for Spinal Screening
	Stretches	
Effective Teaching	Frequency and Intensity	Glossary
How to Teach Older Adults	Safety	
Accommodating	Progressing	Index
Behaviours of Effective Teachers	About Floor Exercises	

Information displayed above is correct during time of publishing and may subject to change without prior notice.