

ACE Senior Fitness Workshop

Course Overview

This workshop covers the principles of conducting assessments, exercise program design and how to apply them through the ACE Integrated Fitness Training® (ACE IFT®) Model for working with the older adult community. Participants will develop an understanding of the role that delivering effective assessments and program design play in facilitating behavior change as well as how to apply the principles of the ACE FT model to exercise program design to influence and support adults seeking to improve their lifestyle through an exercise program.

Course Objectives

This is for anyone who wants to or is working with adults over the age of 60. The workshop explores ways to design assessments to ensure they have the correct information to design safe, effective and fun programs for their older clients. Upon completion of this workshop, participants will be able to:

- Describe key factors that influence motivation and adherence to an exercise program.
- Conduct assessments and tailor an appropriate exercise program for clients.
- Develop a progressively challenging exercise program using the elements of the ACE IFT Model.

Who Will This Benefit?

- Fitness Professionals
- Fitness Enthusiast
- Anyone who wishes work with older adults and will be designing exercise programs for them.

Pre-requisite

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

Course EduTrainer

Anthony J. Wall, MS

Senior Director, Global Business Development

Course Provider

American Council on Exercise (ACE)

CEC Points

0.6 ACE, ACSM 6.0, NCSF 3.0, NASM 0.6, AFFA 6.0 & NETA 6.0

Course Duration

6 hours

Fitness Edutraining Asia (FEA)

Learning Materials

Senior Fitness Workbook Electronic Materials

Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course Completion

Grading Criteria

N/A

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness Attire

What Do I Need to Bring?

Stationery and a spare change of clothes

Course Capacity

Maximum 24 pax

Language

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

Welcome

On behalf of the American Council on Exercise,
welcome to the ACE Senior Fitness Workshop!

Workshop Goal:

This workshop covers the principles of conducting assessments, exercise program design and how to apply them through the ACE Integrated Fitness Training® (ACE IFT®) Model for working with the older adult community. Participants will develop an understanding of the role that delivering effective assessments and program design play in facilitating behavior change as well as how to apply the principles of the ACE IFT model to exercise program design to influence and support adults seeking to improve their lifestyle through an exercise program.



Workshop Learning Objectives:

Upon completion of this workshop, participants will be able to:

- ◆ Explain the general benefits of assessments and exercise programs for participants
- ◆ Describe key factors that influence motivation and adherence to an exercise program
- ◆ Conduct assessments and tailor an appropriate exercise program for clients
- ◆ Develop a progressively challenging exercise program using the elements of the ACE IFT Model

Workshop Timeline

Course and Instructor Introduction	15 minutes
Module 1: ACE Integrated Fitness Training Model Theoretical Introduction to the ACE IFT Model <ul style="list-style-type: none"> ◆ Function-Health-Fitness-Performance Continuum ◆ The ACE Integrated Fitness Training Model Application for Older Adults <ul style="list-style-type: none"> ◆ Dependent/Frail Older Adults ◆ Independent Older Adults ◆ Fit/Elite Older Adults Special Consideration for Older Adults <ul style="list-style-type: none"> ◆ Balance Training ◆ Muscular Training ◆ Cardiorespiratory Training ◆ Flexibility Exercise 	85 minutes
BREAK	5 minutes
Module 2: Conducting Assessments Introduction Fitness Assessment <ul style="list-style-type: none"> ◆ The Senior Fitness Test ◆ Balance and Gait Assessments ◆ Cardiorespiratory Assessments ◆ Core Function Assessments ◆ Movement Assessments 	85 minutes
LUNCH	60 minutes
Module 3: Exercise Programming Warm-up and Cool Down Techniques Muscular Training Based on the ACE IFT Model <ul style="list-style-type: none"> ◆ Functional Training ◆ Movement Training ◆ Load/Speed Training Cardiorespiratory Training Based on the ACE IFT Model <ul style="list-style-type: none"> ◆ Base Training ◆ Fitness Training ◆ Performance Training 	85 minutes
BREAK	5 minutes
Program Design Using the Elements of the ACE IFT Model	80 minutes
Workshop Wrap-up	10 minutes