



IslandFitnessCouncil  
DEVELOPING ACTIVE LIVING LEADERS

## Older Adult Fitness Leadership Course Content

### ***Introduction***

***(.5 hours)***

- OAFL Course Outline
- IFC Certification and Re-certification Requirements

### ***Physiology of Aging and Exercise***

***(4 hours)***

- Biological Theories of Aging
- Benefits of Exercise
- Canada's Physical Activity Guide for Older Adults
- Intro to General Exercise Guidelines

### ***Understanding and Motivating Older Adults***

***(2 hours)***

- Understanding Your Older Adult Clients
- Comparison of Elders
- Behavioural Change Strategy
- Communication and Leadership Skills
- Instructor Responsibilities
- Psychosocial Considerations
- Leadership Strategies for Making Exercise Enjoyable

### ***Common Health Challenges Faced***

***(3 hours)***

- Cardiovascular Disorders
- Respiratory Problems
- Musculo-skeletal Conditions including joint replacements
- Metabolic Disorders
- Neurological Disorders
- Visual and Auditory Disorders
- Medications and Exercise
- Falls Prevention

### ***Assessment***

***(1 hour)***

- Classifications of Older Adults
- PAR-Q and PAR Med-x
- Physical Activity Self Assessment Form
- Feedback and Evaluation of Programs

### ***Exercise Techniques***

***(6 hours)***

- Safety Guidelines
- Class Design
- Warm up, cardiovascular conditioning, muscular strength and endurance, cool down
- Stretching
- Use of music and cuing
- Contraindicated Exercises

### ***Programming and Leadership***

***(1.5 hours)***

- Determining Levels of Function
- Programming for Levels of Function
- Various Other Programming
- Legal Liability and Insurance

### ***Participant Recruitment and Support Systems***

***(1 hour)***

- Marketing Strategies
- Networking and Support Systems
- Finding Financial Support

### ***Exam***

***(1 hour)***

- NFLA Older Adult Fitness Leadership Exam

***Total Hours: 20***