

fitness new brunswick

Older Adult Fitness



Become a

Certified Fitness Professional

The Leader in Fitness Education
in New Brunswick!

NATIONALLY RECOGNIZED
through the National Fitness
Leadership Alliance



Course Content



Regular physical activity makes sense for everyone, particularly older adults wishing to maintain independent and active lifestyles. Physical, emotional, social and spiritual benefits result. This **20 hour course** sensitizes leaders to the special considerations involved in leading older adult fitness classes.

Pre-requisite: Successful completion of Basic Fitness Theory (BFT).

Content Includes:

- Fitness NB Certification and Re-certification Requirements
- Physiology of Aging and Exercise
- Biological Theories of Aging
- Benefits of Exercise
- Canada's Physical Activity Guide for Older Adults
- Introduction to General Exercise Guidelines
- Understanding and Motivating Older Adults
- Comparison of Elders
- Behavioural Change Strategy
- Communication and Leadership Skills
- Instructor Responsibilities
- Psychosocial Considerations
- Leadership Strategies for Making Exercise Enjoyable
- Common Health Challenges Faced
- Cardiovascular Disorders
- Respiratory Problems
- Musculoskeletal Conditions including Joint Replacements
- Metabolic Disorders
- Classifications of Older Adults
- PAR-Q and PAR Med-x
- Physical Activity Self Assessment Form
- Feedback and Evaluation of Programs
- Exercise Techniques
- Safety Guidelines
- Class Design
- Warm-up, Cardiovascular Conditioning, Muscular Strength & Endurance, Cool down
- Stretching
- Use of Music and Cueing
- Contraindicated Exercises
- Programming and Leadership
- Determining Levels of Function
- Programming Levels of Function
- Various Other Programming
- Legal Liability and Insurance
- Participant Recruitment and Support
- Marketing Strategies
- Networking and Support Systems
- Finding Financial Support

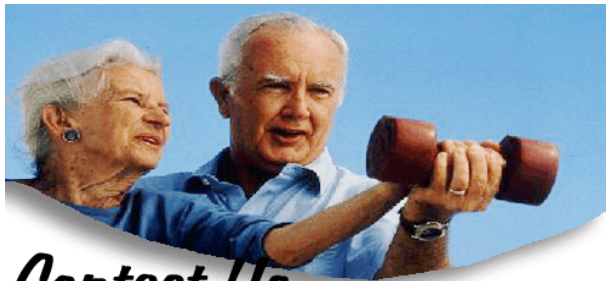
Benefits of hiring a certified fitness leader (for facilities):

- Reassures consumers that Fitness NB leaders have met national (NFLA) standards.
- Increases credibility and marketability of the fitness industry.
- Promotes professionalism of the facility.
- Reduces liability risk for the facility.

Benefits of requesting a certified fitness leader (for the public):

- Reassurance that leaders have met national (NFLA) standards.
- All Fitness NB certified leaders are trained to conduct safe and effective practices.
- All Fitness NB certified leaders are standardized and are consistent with their practices.
- Reassurance that Fitness NB certified leaders are professionals kept up to date with the latest practices.

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Contact Us

For more information on upcoming courses, workshops, or membership please contact:

Fitness New Brunswick

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Saint John, NB
E2M 5V8

Tel: (506) 672-1993

Toll Free: 1-888-790-1411

Fax: (506) 672-8762

E-mail: executivedirector@fitnessnb.ca

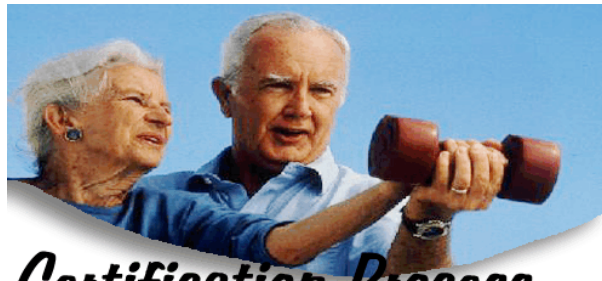
Web Site: www.fitnessnb.ca



Fitness New Brunswick is a member of the National Fitness Leadership Alliance (NFLA).

Mission Statement

Fitness New Brunswick is a not-for-profit organization that develops and promotes certification in fitness while being an advocate for active living and physical activity.



Certification Process

Stage One: Basic Fitness Theory

- Full attendance at the Basic Fitness Theory (BFT) Course.
- Successful completion of the BFT Exam (80% or higher).

Stage Two: Specialty Course

- Full attendance at a Specialty Course. (Group Fitness Leadership, Resistance Training Leadership, Aquafitness Leadership, Older Adult Fitness Leadership, Personal Fitness Trainer.)
- Successful completion of the Specialty Exam (80% or higher.)

Stage Three: Apprenticeship

- Recommended 8 hours of practical experience in a formal setting.

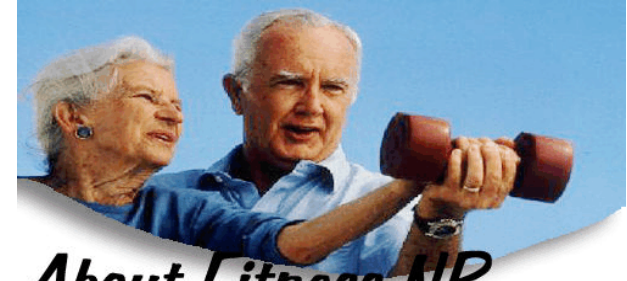
Stage Four: Evaluation

- Current Adult 1 person CPR. (Please note: Personal Fitness Trainers must also hold a current First Aid Certificate.)
- Practical Evaluation.

Stage Five: Certification

- Successful completion of stages 1-4.
- Payment of annual Fitness NB Professional Association Fee.
- Certification requirements must be completed within 6 months.

Call Fitness NB to find out more about Examination Challenges!



About Fitness NB

Top professionals are certified with Fitness New Brunswick for the following reasons:

- Fitness NB is a not-for-profit organization recognized as **THE** provincial certifying agency for fitness professionals in New Brunswick.
- As a not-for-profit organization, Fitness NB is an unbiased source of fitness education and certification.
- A Fitness NB certification is recognized Nationally and transferable to any province/territory in Canada.
- A Fitness NB certification elevates the credibility and marketability of the fitness professional since the consumer is reassured that minimal national standards (NFLA) have been met.
- Fitness NB promotes professionalism in the fitness industry.
- Fitness NB certifications reduce liability risk for the leader and facility.
- Fitness NB training provides standardization and consistency of leadership.
- Fitness NB creates public awareness and recognition of safe and effective practices for fitness professionals.

Fitness NB offers certifications in: Group Fitness, Resistance Training, Older Adult, Aquafitness, Personal Fitness Training, and more!