



Older Adult Fitness Leadership Course Content

Introduction (.5 hours)

- OAFL Course Outline
- NBCFAL 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 hours