

Functional Ageing and Exercise

By Cody Sipes PhD and Dan Ritchie PhD

Functional Ageing and Exercise is targeted towards Fitness Professional (encompassing gym instructors, group exercise instructors and personal trainers) who have completed the Older Adults competency SISFFIT314A. It is ideal for fitness professionals who want gain the skills to perform functional fitness assessments and create functional exercise programs for a wide variety of older clients.

Functional Ageing and Exercise explores:

- Understanding Mature Adults
 - Growth of the market
 - Traditional views of seniors vs attitudes of Boomers
 - Ageing population and the fitness industry
 - Market segmentation (different types of older adults and their common characteristics)
 - Opportunities for fitness professionals who specialize in functional aging
- Applied Physiology of Ageing
 - Ageing of the body's physiologic systems
 - Common chronic conditions and disorders
- Functional Ageing and Exercise
 - Concepts related to aging such as trajectory of ageing, disablement model, hierarchy of physical function, healthy/successful/positive aging, dimensions of wellness
 - Traditional exercise recommendations
 - Evidence for traditional exercise and function (Latham et al, etc.)
 - Newer approaches to exercise training
 - Define Functional Longevity Training – An approach to exercise that pairs functional training techniques and strategies with the needs and interests of the ageing population in order to improve and maintain physical function
- Health and Functional Fitness Assessment
 - Screening/Client Intake: PARQ, health history
 - Physical Assessments: HR, BP, Posture
 - Functional Fitness tests: Timed Up and Go, 30s Chair Stand, Berg Balance Scale
 - Characteristics of high-quality fitness assessment
- The Functional Ageing Training Model
 - Quick review of why traditional exercise methods are rather inferior and define again Functional Ageing Training
 - Foundation: Four Cornerstones
 - The Pillars of Specificity and Progressive Overload
 - The Structure: 7 Key Principles for Functional Training

- Individual and Small Group Training Strategies and Teaching Techniques
- Safety and Monitoring Mature Clients
 - Eliminating or reducing the major risks
 - The appropriate environment
 - Signs and symptoms checks
 - Know the individual

Course Presenter Bios

Cody Sipe, PhD

Cody has an extensive background in the fitness industry with 20 years of experience as a personal trainer, fitness instructor, program director, exercise physiologist and club owner. He is currently an Associate Professor and Director of Clinical Research in the physical therapy program at Harding University. He has spent his career researching, developing and practicing the most effective training strategies to improve function in older adults and has completed certifications as an ACSM Exercise Specialist, ACSM Registered Clinical Exercise Physiologist, FallProof Balance and Mobility Enhancement Specialist and more. His secondary area of expertise is in the prevention and management of chronic disease conditions.

He has presented internationally, served on boards and committees and/or published articles for most of the top fitness organizations in the world including IDEA, CanFitPro, ACSM, ACE, ICAA, AFPA, MFA and many more. In 2005 he was honored with the IDEA Program Director of the Year award.

Dan Ritchie, PhD

Dan is an NSCA Certified Strength and Conditioning Specialist, a FallProof Balance and Mobility Enhancement Specialist and an Enhance Fitness Master Trainer. He has a broad background in the fitness industry including training and management in commercial, university and hospital-based fitness centers. He is currently owner and manager of Miracles Fitness, a successful small group and personal training facility specializing in mature adults. His primary area of expertise is functional assessment and exercise for older clients. Additional areas include training for special populations (Parkinson's, multiple sclerosis, Fibromyalgia, etc.), pregnancy and athletes. He has worked with Division I athletes including some that have been drafted to their professional sport.

Dan regularly presents at national and regional conferences including DCAC, ICAA, Athletic Business, ACSM, National Council on Aging and others. His success has been featured in several industry magazines and is the 2014 PFP Magazine's Personal Trainer of the Year award.